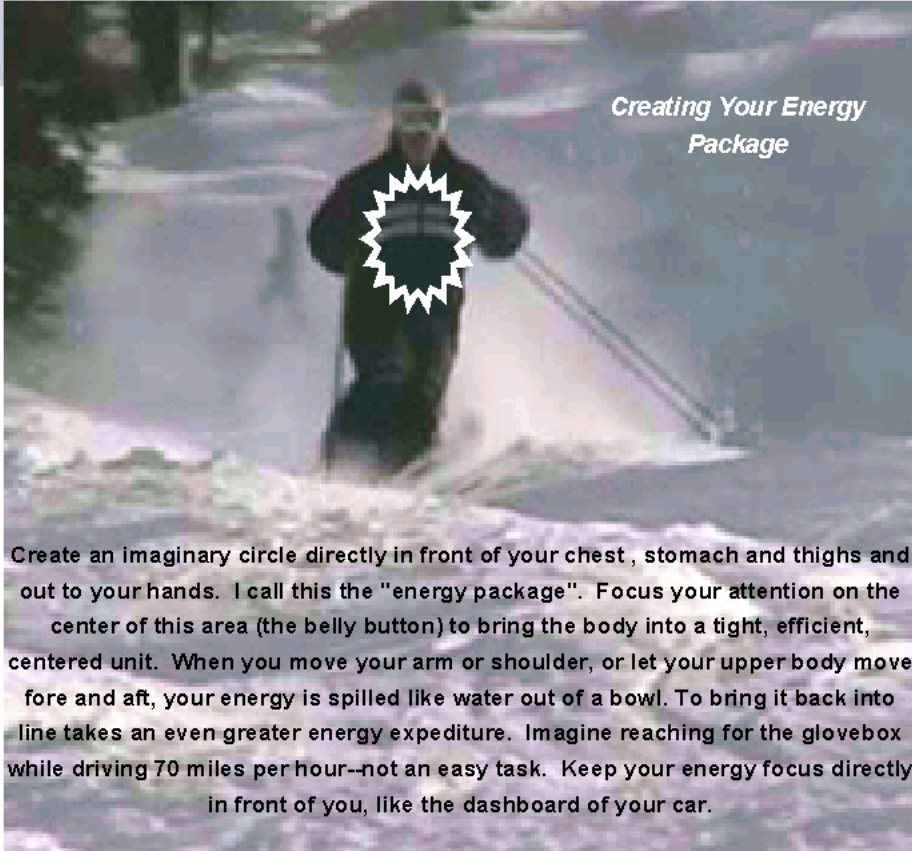


# BUMP BUSTERS

## Energy Package



### "The Key To Moguls"



*Creating Your Energy Package*

Create an imaginary circle directly in front of your chest , stomach and thighs and out to your hands. I call this the "energy package". Focus your attention on the center of this area (the belly button) to bring the body into a tight, efficient, centered unit. When you move your arm or shoulder, or let your upper body move fore and aft, your energy is spilled like water out of a bowl. To bring it back into line takes an even greater energy expenditure. Imagine reaching for the glovebox while driving 70 miles per hour--not an easy task. Keep your energy focus directly in front of you, like the dashboard of your car.