



E3
ACADEMY

EDUCATE • EMPOWER • ELEVATE

THE KINEMATIC SEQUENCE

Efficient Motion.
Maximum Performance.
Lower Risk.

The kinematic sequence is the body's energy transfer system. When each segment moves in the correct order, you create more clubhead speed, better contact, greater consistency, and reduce injury risk.



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Great golf is not just about skill—it's about sequence.
Move in order.
Move with purpose.
Transfer the energy.
That's how champions swing.

E3 Academy



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THE CORRECT ORDER

— PROXIMAL TO DISTAL SEQUENCING —

According to TPI, the ideal kinematic sequence in the downswing is:

- 1 PELVIS (LEGS)**
The lower body initiates the downswing by clearing and rotating the pelvis toward the target.
- 2 TORSO**
The torso follows, rotating after the pelvis and accelerating through impact.
- 3 LEAD ARM**
The lead arm accelerates next, moving the hands into impact.
- 4 CLUB**
The club is last to accelerate, reaching its highest speed at impact.

— THINK OF IT LIKE A WHIP —



LEGS/PELVIS → TORSO → ARMS → CLUB

Each segment reaches peak speed in sequence, then decelerates as the next segment accelerates.



KEY TAKEAWAYS

- ✓ Pelvis initiates the downswing
- ✓ Torso follows
- ✓ Lead arm accelerates
- ✓ Club is last
- ✓ Each segment peaks and decelerates before the next
- ✓ Energy transfers efficiently from the ground up

WHY SEQUENCE MATTERS

- More clubhead speed
- Better contact
- Improved consistency
- Reduced injury risk

COMMON FAULTS

WHEN THE SEQUENCE BREAKS DOWN

- Upper body starts first:**
Leads to over-the-top moves, pulls, slices, and loss of power.
- Pelvis doesn't rotate well:**
Contributes to early extension, casting, or flipping.
- Arms dominate the downswing:**
Reduces energy transfer and lowers clubhead speed.
- Poor mobility or stability:**
Causes compensations that disrupt the sequence.



OUR PROMISE

We promise to protect the trust you place in us. We promise to honor the game.
We promise to help you become the best version of yourself through the game of golf.

Joshua Mundt
FOUNDER, E3 GOLF ACADEMY