



E3 CERTIFICATION

MODULE SIX

THE MUSIC OF PERFORMANCE

Rhythm Organizes Movement.

*"The golf swing is a dance move—
find what genre suits you best
and build your game
around that."*

— Joshua Mundt

RHYTHM. TEMPO. FOCUS. FLOW.
THE LANGUAGE OF CONSISTENCY.

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WELCOME TO MODULE SIX

Master Your Rhythm. Master Your Game.

Great golf is not random.
It is not just mechanics.
It is not just strength or speed.

Great golf is rhythm.

Rhythm organizes movement.
It brings order under pressure.
It calms the mind.
It frees the body.

In this module, we explore how
music, tempo, and internal rhythm
unlock consistent, repeatable
performance on demand.

Feel the beat.
Own the tempo.
Trust the rhythm.
Let it move you.

*This is where feel
becomes free.*



OUR MISSION AS TECHNICIANS:

Use rhythm to create freedom.
Use music to control emotion.
Use tempo to build consistency.
Use flow to perform under pressure.
Make rhythm your edge.



KEY PRINCIPLE

*Rhythm is the bridge between thought and action.
Tempo is the key that unlocks it.*

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THE SCIENCE OF RHYTHM

Why Music Makes You Better.



NEUROLOGICAL ALIGNMENT
Music activates both sides of the brain,
improving timing, coordination, and focus.



EMOTIONAL REGULATION
Rhythm stabilizes your nervous system
and reduces stress and anxiety.



MOTOR LEARNING BOOST
Rhythmic cues enhance repetition,
pattern recognition, and muscle memory.



ATTENTION & FLOW
Tempo creates structure, allowing you
to enter a flow state more easily.



RHYTHM ISN'T JUST SOMETHING YOU HEAR.
IT'S SOMETHING YOU BECOME.

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THE E3 3:1 TEMPO MODEL

The Foundation of Your Swing.



FEEL IT. HEAR IT. OWN IT.



WHAT IT MEANS
The backswing takes three times
as long as the downswing.



WHY IT WORKS
It builds power, control, and
timing consistency.



HOW TO USE IT
Practice with a metronome.
Internalize the rhythm.
Then, trust it under pressure.

TEMPO IS TRAINABLE. RHYTHM IS TRANSFERABLE. CONSISTENCY IS EARNED.

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THE SWING MANTRA

Your Rhythm. Your Words. Your Anchor.

*Soft eyes
and tight thighs.*

RELAX THE MIND.
ENGAGE THE BODY.
TRUST THE RHYTHM.



THE POWER OF MUSIC

Emotion Sets the Tone.



PRACTICE PLAYLIST
Build focus. Enter repetition mode.
Keep energy steady.



COMPETITION PLAYLIST
Elevate focus. Control emotion.
Lock in your rhythm.



RECOVERY PLAYLIST
Reset your mind. Lower stress.
Recharge your body.

HOW TO BUILD YOUR PLAYLISTS

1

CHOOSE SONGS THAT
MAKE YOU BETTER

2

MATCH THE BPM
TO YOUR TEMPO

3

TEST IN PRACTICE
BEFORE COMPETITION

4

USE CONSISTENTLY
TO CONDITION YOUR MIND

5

THE E3 RHYTHM PROTOCOL

Your Complete Performance System.



FEEL
Feel the beat.
Feel the tempo.

SWING
Trust the rhythm.
Let it move.

FOCUS
One shot. One beat.
One moment.

YOUR RHYTHM CHECKLIST

- ☒ I control my tempo.
- ☒ I trust my rhythm.
- ☒ I stay present.
- ☒ I keep it simple.
- ☒ I execute my plan.
- ☒ I let the music move me.

*"Discipline is choosing
rhythm today so
freedom shows up
tomorrow."*

REMEMBER

RHYTHM
IS YOUR
FOUNDATION.

MUSIC
IS YOUR
AMBIENCE.

TEMPO
IS YOUR
STRUCTURE.

FLOW
IS YOUR
FREEDOM.

CONSISTENCY
IS YOUR
LEGACY.

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