

# MULTI-SWING METHOD

## 3-DIMENSIONAL POWER HITTING



## POWER HITTING FOR EVERY PITCH LOCATION

### A MESSAGE FROM THE CREATOR

"Knowing, the pitcher delivers multiple pitch-types, why does the hitter train, one hitting method? Presenting our groundbreaking, Multi-Swing Method; hitting mechanics for the 3-dimensional contact zone (height-depth-breadth). Coaching, players to hit for a high batting average, and big-boy power; to all fields.

Training our Multi-Swing Method is your decision; our Laser Power ST morphs to your body/mechanics, therefore, you can hit your way.

Clinton Balgera, Inventor of Exoprecise technology, driving our Laser Power ST, and creator of the Multi-Swing Method.

## CONTACT ZONES AND MECHANICS

All hitting methods fall under the top level category of time, and distance, more specifically; distance from your body at contact. Your swing path is dependent on pitch location, velocity, and movement. High, low, extended, deep, inside, outside; ball dropping, sliding, and so on.

Additionally, your reaction time, body type, swing movement, and style. Therefore, distance and the time it takes to get to the action point is the top-level category for hitting, superseding the subcategory mechanics; for the importance of the event.

## BALANCING THE SWING

To be a complete hitter you need to practice top-hand, and bottom-hand mechanics, for example, M.M.A fighters require an excellent stand-up, and ground game; otherwise, opponents attack their weakness.

### THE TOP AND BOTTOM HAND

Coaching the mechanics, hitting any pitch, in any location; the Multi-Swing Method identifies the critical role of the top-hand, making contact closer to your body. Conversely, the bottom-hand, making contact away/extension.

## STEREOTYPE MECHANICS

During the past "big league" coaches, teach a top-hand dominant swing; seen with many H/T R/R players. Gearing up, looking for a slow, and high mistake pitch. The problem? Sometimes pitchers do not make mistakes; leading to the high strikeout rate, in the modern MLB era.

Top-hand dominant hitters: use a two-hand follow through, hitting at a mid-range contact zone, however, struggling with both; up-and-inside, and low, and outside.

Bottom-hand dominant hitters: use a top-hand release follow through, hitting the low ball, however, struggling with contact closer to the body; commonly, an up-and-inside fastball.

## MULTI-SWING METHOD MECHANICS

### STARTING WITH THE MIND

Reflex Mechanics: Hitting in the automatic/subconscious state of mind.

Think Mechanics: Thinking/anticipating a pitch you can handle. Thinking, about the triggers of your elongating mechanics, for example, timing; "lift the front leg, now," and, pitch selection; "see something slower-and-hanging, getting the barrel in-front of home plate."

Hybrid: Anticipating a challenging pitch, switching, to an automatic/subconscious state of mind; stepping in the box.

### THE BODY

Comparing mechanics for multiple contact zones, there's a difference in the swing circumference, the height of the back elbow, movement of the stride, and the use of top, and bottom hands on the follow through. For example, adjusting the height of your back elbow, depending on the pitch you expect to hit; correlating to your batting stride, swing path circumference, follow through, and mental approach.

### EXAMPLE ADJUSTMENTS

Raising your back elbow anticipating a high, and slow-moving pitch, using a longer stride, elongated swing path, one-hand follow through; using a "sitting on your pitch" thought process.

Lowering your elbow if you anticipate a dominant fastball, using a shorter stride, short-and-flat swing path, and a two-hand follow through; using a "close your mind and open your eyes" thought process.

Facing a pitcher early in the batting count, with a variety of dominant pitch types use the mechanics, and thought process; playing to your swing strength.

If you're in a 2-strike situation, or consistently facing hard-and-late-breaking pitches early in the batting count; set your elbow, and stride movement, at a height allowing to you get to the ball on time, varying on the pitcher's velocity; using a "close your mind and open your eyes" thought process.

## MULTI-SWING METHOD MECHANICS

### HARD AND MID-UP

Height: Thigh to the belly button.

Breadth: Inside.

Depth: Mid to deep.

Example: Above average fastball.

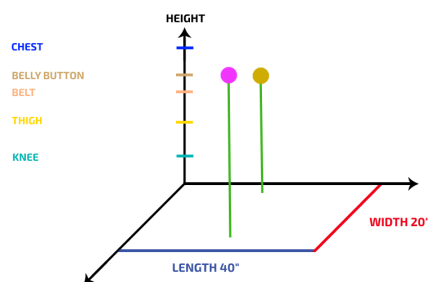
Available Time To React: Minimum.

Contact: Closer to the body.

2-Strikes: Reflex Mechanics.

Less Than 2-Strikes: Hybrid, Reflex and Think Mechanics.

● H/R ● H/L



### 3D HITTING ZONE

## HARD AND MID-LOW

Examples: Hard and late-breaking slider, and split-finger.

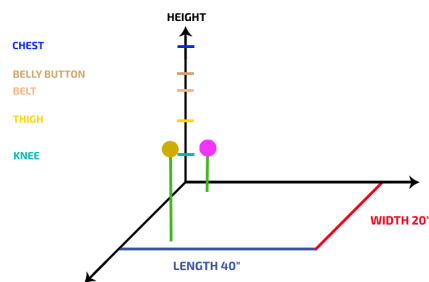
Available Time To React: Minimum.

Contact: Further away from the body, lower, and extending towards the outside edge of the home plate.

2-Strikes: Reflex Mechanics.

Less Than 2-Strikes: Hybrid, Reflex and Think Mechanics.

● H/R ● H/L



### 3D HITTING ZONE

## SOFT AND MID-UP

Height: Mid-thigh to belt-high.

Breadth: Middle to inside.

Depth: In-front.

Example: Hanging slider, and below average fastball.

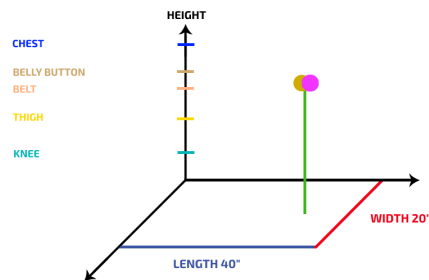
Available Time To React: Maximum.

Contact: Further away from the body, lower, and extending in front of the home plate.

2-Strikes: Reflex Mechanics.

Less Than 2-Strikes: Think Mechanics.

● H/R ● H/L



### 3D HITTING ZONE

## SOFT AND MID-LOW

Example: Change-up.

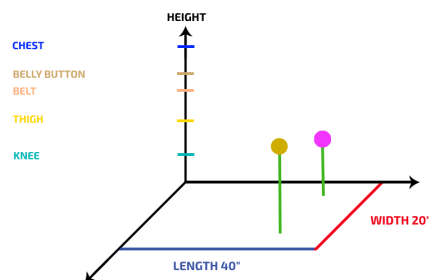
Available Time To React: Minimum if fooled, maximum for anticipating.

Contact: Further away from the body, lower, and extending in front of the home plate.

2-Strikes: Reflex Mechanics.

Less Than 2-Strikes: Hybrid, Reflex and Think Mechanics.

● H/R ● H/L



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