

# **Golf Myth**

The Human Gyroscope

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# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## THE HUMAN GYROSCOPE

As the Earth spins around its North South Polar Axis, so too does the little toy gyroscope we have all seen or owned. Pull the string and watch the magic!

The rotational motion creates stability and resistance to change in position. Even when we tip, tilt or incline this Vertical Axis, the wonderful device does not fall over. (see 'Rigidity In Space')

We can use some of this 'Newtonian Stuff' in our ever-improving golf swings?

If we can establish and exercise a stable, consistent, constant 'Spine Angle' in our Back & Up and Down & Out swings, our 'Clubhead Orbit' shall also become reliable and repeatable. As unusual as it might sound, we arguably are more stable when our 'Lever Assemblies' (Arms, Wrists, Hands and the actual golf club) are in motion! Pretty amazing, right? One would tend to think 'Stillness Is Stability' ... only to a degree!

"How can I do this 'More Reliable Golf Stuff' Dr. Fischer?" you ask.

A couple hints are to 1) learn and use your '5 Set-Ups' (Posture, Grip, Stance, Ball Location & Alignment). "Set Up for Success!"

'Work Smart' now provides the second hint and discipline. 2) learn about the 'Power Of Your Ocular Acuity' (Amazing Vision Asset)

Your trained eyes, combined with your inherent 'Balance Capability Of The Inner Ear', detect very small movement ... 'Oscillations Of The Human Gyroscope'. We can fix little glitches!

Focusing on the 'Bottom Inside Cheek' (BIC - red dot) will invite more 'Golf Smiley Faces'. (see 'Three Point Target Golf' ... BIC, Intermediate Target and Far Target) The better you see, the better you will perform 'Impact & Separation'. (Compression, Delivery & Release)

**"Welcome Aboard!"  
"Enjoy The Ride!"**

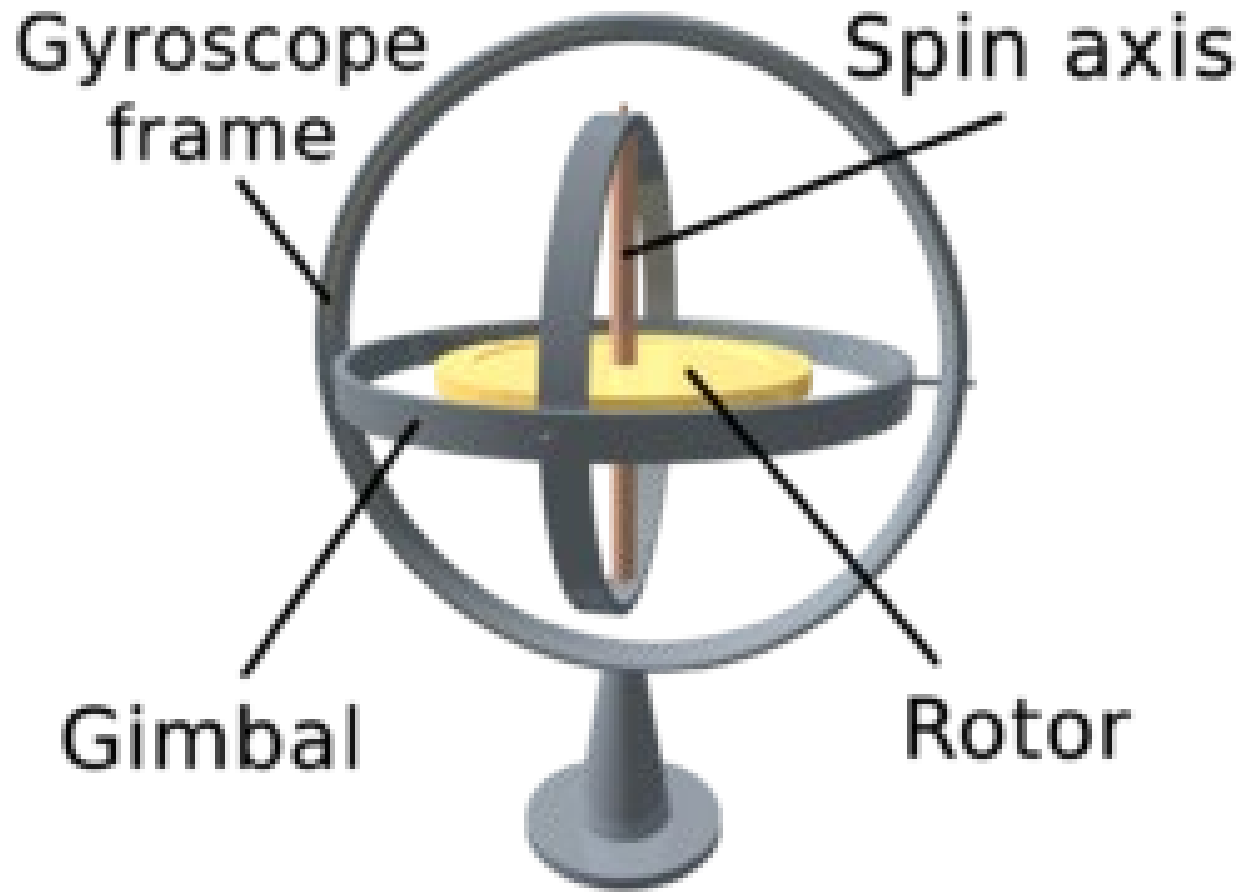
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Notice that the 'Gyroscopic Frame' is 'FIXED In Place or Space'.

Notice that the 'Horizontal Gimbal' is 'FREE or Float Pivoting'. (HIPS = Spin Axis)

Notice that the 'Vertical Gimbal' is 'FREE or Float Pivoting'. (LEVER ASSEMBLIES)

Notice that the 'Rotor' is 'FREE Spinning'.

The 'Base Of The Frame' is the Golfers Feet. It is NOT Free Moving' but Stable.

The '5 Set-Ups (Pre Shot Routine) establishes the 'Gyroscopic Machine Parameters'.

When the 'Rotor' is spinning and energized, the entire 'Gyroscope' device becomes '3 Dimensionally Stable' ... 'Rigidity In Space'

'The Human Vertebral Spine' is very similar to the 'Gyroscopic Rotor Axis'.