

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

'STAGING YOUR SWING'

When we make any and every 'Golf Shot', there are '**Five Essential Elements**' present. We best understand and utilize them efficiently. They are 1)'Clubface AIM', 2)'Clubhead PATH', 3)'Clubhead SPEED', 4)'Optimal Percussion Area' ('OPA') or 'Sweet Spot' and 5)'Angle Of Attack'.

We know that we can make from very short '**Less Than Full Swing**' Putts to very big 'Deep Flat & Wide' Radius and Long Circumference '**Full Swings**' such as the Driver. Incidentally, your 'Wedges' can make 'Full Swings' as well. You know, the ones that go from '**Bottom to Top and Back to Bottom**' where 'IMPACT' occurs. (see 'Target Lever Dead Rope) Staging is really about 'Range Of Motion' ('ROM') and the 'Body Parts' required or involved to accomplish the 'Pre-Selected Motions or Procedures'.

Remember, there is an '&' word at every 'Top Of Back Swing'!

Remember, your 'Heads or Tails Drill' and to 'See The Ball Come Off The Aimed Clubface'.

Remember to 'Hover and 'Sweep' (just like 'Putting') for the first 8 to 12 inches of your 'Breathing Out Take-Away'.

THE THREE STAGES:

1) **STAGE ONE**: This is the very short stroke such as the 'Putting and Chipping Procedures' ('Bump & Run' included). This 'Stroke Protocol' involves '**No Wrist Cock**' and '**No PIVOT**'. The 'Target Wrist Hinge' does not move in a 'Vertical Motion' about the 'Horizontal Hinge Pin'; in other words 'Up And Down' ('Cocked, Level or Un-Cocked'). Your '**IMPACT FIX**' conditions ('Hand, Wrist, Forearm Triangles', 'HWFT') do not change during this 'Swinging Motion' ('Rocking Chair Shoulders').

2) **STAGE TWO**: This 'Stroke Pattern and Range Of Motion' is found in very long 'Chipping, Bump & Run and Short Pitching Procedures' (Bump & Run' included) which are still 'Less Than Full Swing'. This 'Stroke Protocol' involves '**Wrist Cock**' and '**No PIVOT**' ('Winding, Loading and Coiling'). The 'Target Wrist Hinge' does move in a 'Vertical Motion'; in other words 'Up & Down' and the 'HWF Triangles' do start to change shape due to the 'Bending Brace Elbow' (the 'Bend & Straighten Drill') necessary to create the 'Motion'. There is no "Lower Body Motion' or 'Leg Action' involved.

3) **STAGE THREE**: This ‘Stroke Pattern and Range Of Motion’ is found in all longer ‘Pitching, Punching, Knock-Down and bigger ‘Radius and Circumference Procedures’ which include the ‘Full Swing’. This ‘Stroke Protocol’ involves ‘**Wrist Cock**’ and ‘**PIVOT**’. The ‘Vertical Target Wrist Hinge’ is active and the ‘Brace Hand and Shoulder Action’ ‘WINDS, LOADS or COILS’ the ‘Lower Body Machine’ which naturally results in its reflexing in the reverse ‘Direction’ with natural reverse ‘Actions or Reactions’ (‘Round & Round’). This is ‘Un-WINDING, Un-LOADING or Un-COILING’. It stores and delivers ‘Energy’. (‘Accumulate, Load, Store, Deliver and Release’ – ‘ALS DR’)

“I Drive As I Putt”.
 “There Is A Putt In Every Drive”.

Remember, it is your ‘**Brace Hand and Arm**’ (the ‘Upper Body Machine’s Brace Lever Assembly’) whose ‘**Back and Up MOTION**’ ‘Winds Up, Loads or Coils the trailing ‘Lower Body Machine’ in the ‘Back Swing’. ‘Brace Hand Travel Distance’ determines the degree of ‘Load & Coil’. (see ‘The Balsa Airplane Concept’) The ‘Physical Laws’ come into play. ‘Action and Re-Action’. What ‘Coils will naturally Un-Coil’. What goes ‘Back and Up’ in the ‘Back Swing’ will naturally ‘Front Swing’ in a ‘**Down and Out MOTION**’. Hence your well known ‘Geometric Shape of the Golf Swing’ - ‘**D.O.F.T.**’

DIAGRAMMATIC SUMMARY

Stage One	Stage Two	Stage Three
No Wrist Cock No Pivot	Wrist Cock No Pivot	Wrist Cock Pivot
‘Putting’ To Small Chipping	‘Big Chipping’ To Small Pitching	‘Big Pitching’ To Full Swing
No Hand Action No Leg Drive	Hand Action No Leg Drive	Hand Action Leg Drive

“Welcome Aboard!”
 “Enjoy The Ride!”

SATISFACTION GUARANTEED

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