

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

THE 4 GRIP PRESSURE POINTS

(There are 9 Total)

There are a total of 9 Power Accumulators' and '9 Pressure Points'. Logical but too much information perhaps? This is the science side of the ledger for those interested!

Herein, we shall deal with actions in the 'Upper Body Machine' ('UBM').

This information is primarily about the 'GRIP' ('5 SET-UPS'). Three of the 'Pressure Points' are strictly about your 'Hands' and the fourth is about the relationship of your 'Target Lever Assembly' to your 'Lower Body Machine' or upper 'Torso', 'Abdomen & Thorax' and 'Lateral Target Chest'.

1) **#1 GRIP Pressure Point** is created by your Brace Heel Pad & Brace Thumb Drumstick's pressing respectively against the 'Golf Club Handle' and against the 'Target Thumb Arch'. This 'Pressure Point' primarily creates the 'Down & Out Force'. (see 'BLEA')(see 'Bend & Straighten' - '3 Lever Single Action')

2) **#2 GRIP Pressure Point** is created by the 'Target Helper Fingers' holding the 'Golf Club Handle' against the 'Target Heel Pad'. The 'Thumb and Index Fingers' can be essentially off the handle and out of service. This 'Pressure Point' controls the 'Clubhead'. (see 'Clubface AIM & Clubbed PATH')

3) **#3 GRIP Pressure Point** is created by the 'Brace Index Trigger Fingers' pressing against the 'Golf Club Handle' down towards the nose of the grip. This 'Pressure Point Takes The Clubhead LAG Out'. (See 'LEAD & LAG')

4) **#4 BODY Pressure Point** is created by the 'Un-Coiling, Rotationally Advancing Lower Body Machines' ('Upper Torso, Abdomen, Trunk and Target Lateral Chest') pressing against the 'Target Lever Biceps'. This specific 'LBM to UBM' relationship moves or mechanically 'Pressures' the 'Target Lever Assembly' towards the 'Target'.

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