

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

FIVE ALIGNMENT AXES

We are generally informed that we must 'Align or Aim' our bodies correctly in order to make really satisfying golf shots. Well, it's true!

It is fairly commonly known that we should 'Align Our Hips' to the target. So what does that mean?

There are '**5 ALIGNMENT AXES**' that have proven and recognized substance. Let us start 'From The Ground Up'. These five are: 1) The '**FEET**' and more specifically the 'Heels', 2) The '**KNEES**', 3) The '**HIPS**', 4) The '**SHOULDERS**' and 5) The '**EARS**'. They must all be harmonious to facilitate a natural and easily 'EXECUTED' 'Golf Swing'. **It may be of interest that the most important 'AXIS' is the 'Shoulders' for the simple reason that they are the closest to the Hands and Ball**'. You can be aligned slightly 'Open or Closed' with your feet and correct that with your 'Shoulders'. If your Shoulders are wrong, you are in trouble. I think the 'EARS' are a very important 'Component' as well. If your 'Head Is Cocked' to the 'Brace Side' you will restrict or obstruct your 'Front Swing' and, without any 'Manipulation' will launch the 'Ball Flight To The Low Energy Side Of The Target Line'. The 'Mirror Image' is equally true.

So what are these 'Aligned' to'? If it is like 'AIMING' we need something to 'AIM AT'.

The '**Target Line**' is arguably the 'Primary Line'. The '**Body Line**' is a very close second and may, in some ways, be first. The third is the 'Ball Flight Line' ... 'Initial / Primary & Resultant / Secondary'. This is the actual '**Flight Line**' that the 'Ball Takes' to its destination. It may be curved or straight. It is that simple!

Once that 'Clubface Is AIMED', we 'MATCH the Body Components to the Clubface', which is the '**#1 ALIGNMENT IN THE GAME OF GOLF**'. Then, when our 'Pre-Shot Routine' is completed, all we need to do is 'Coil or Load On The Body Line' which naturally enables us to 'Un-Coil or Un-Load' on relatively the same line. This takes place if we utilize 'Motions' that have as little 'RESISTANCE' as possible.

SATISFACTION GUARANTEED

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