

# 555 GOLF ACADEMY

## 'PERFORMANCE EXCELLENCE'

### 5 BASIC ESSENTIALS

- 1) **'Stationery Head'**. The 'Top Of The Tether Ball Pole' is stabilized by the 'Captain EYES'. The 'Base Of The Tether Ball Pole' is stabilized by 'Loading The Quards & The Glutes' ('Lower Body Machine').
- 2) **'Balance'**. This is primarily a task of 'Seeing The Ball Well' which stabilizes the 'Top Of The Machine'. One must have created a 'Firm Strong Body Core' as well. This 'Core' supports the 'Lower Body Machine'.
- 3) **'Tempo'**. This aspect focuses on the 'Speed' with which one moves the 'Components or Parts' of the entire body. Too fast or too slow creates imbalance.
- 4) **'Timing'**. This aspect focuses at the 'Coordination' or relationship of one part to another at any and all times throughout the entire 'Back & Front Swings'. A key word herein is 'RPM'. (see 'RPM')
- 5) **'Rhythm, Cadence and Pace'**. This aspect focuses on the total 'Harmony' and 'Cooperation' of all the 'Components' and 'Procedures', of all the 'Parts & Motions'.

Keep your conscious mind and motion centered around ONLY 'Basics Elements'.

**'Simplicity Is The Solution To Complexity'!**

**SATISFACTION GUARANTEED**

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24/7