

555 GOLF ACADEMY

BODY PARTS CLOCKING

'The Full Size One Inch Rule'

Golf is about 'The Physics Of Rotation' and 'The Geometry Of The Circle'. Golf is always a 'Two Point Endeavour ... Ball To Pin'. Your '555 TEAM' calls it 'A To B Golf'. Golf Is Compression And Line Of Compression! PERIOD! These truths are not difficult concepts. Get a grip on them quickly.

Remember that there are only **'THREE DIFFERENT SWING STAGES'** which are 'Stage One, Stage Two and Stage Three'. The following 'Body Parts Clocking' is all very related to this 'Staging' approach to the **'Physics and Mechanics'** aspect of making good 'Golf Swings'. When we manage these we can graduate easily to the **'Geometry and FEEL'** arena which is a very rewarding place to be! **'REMEMBERED FEEL GOLF'** and that magical **'REFLEX GOLFER'!**

You will recall the 'PUTTING' 'One Inch Rule'. **'FOR EVERY FOOT YOU WANT TO ROLL THE BALL, TAKE THE PUTTER BLADE BACK ONE INCH PER FOOT AND ADD ONE MORE INCH FOR THE BACKSIDE OF THE CUP. THEN ADJUST FOR UPHILL AND DOWNHILL.'** With this method of 'Putting' we want to get the Ball past the hole about 12 to 17 inches. We learn this 'Rule' so that we can control the **'Energy Or Momentum Of The Clubhead'** ('Clubhead SPEED', see '5 Essential Elements') and thus control the 'Distance' we roll the Ball. This is really **'INCH CLOCKING'**. Simple indeed! Learn what 'Brace Hand Travel Distance' ('BHTD') means! It is a key to success!

If this method of 'Controlling the Stroke Length and Energy' is functionally accurate and beneficial in the 'Putting Stroke or Procedure', it may have relevance in our other 'Stages' which are the 'Less than Full Swing and Full Swing'; everything longer than Putting. These Swings will encompass the 'Stage Two and the Stage Three Procedures' reminding you that your very short 'Chipping Motion' is a 'Stage One Procedure'. Longer "Chips" involving and 'Wrist Cock' are 'Stage Two'. If you can Putt, you can Chip!

Hence, the 'Body Parts Clocking Technique' of controlling the 'Clubhead Energy' will be relevant in all 'Stages and Procedures' greater than the 'Putting and Short Chipping Strokes'.

Remember, **'THERE IS A PUTTING STROKE IN EVERY GOLF SWING FROM THE SMALLEST OR SHORTEST STROKE LENGTH TO THE BIGGEST OR LONGEST!'** There is a 'Putt In Your Drive'. (Events In The **'IMPACT & SEPARATION ZONE'** always involves '5 Essential Elements')

Here is how **'BODY PARTS CLOCKING'** works. It is key to note that all this 'Inching and Clocking' is about your 'Brace Hand Travel Distance'. ('BHTD') So now you know!

For pure 'Clocking', envision yourself as a clock with your 'Target Lever' being the big hand of a very big 'Body Clock'. The farther the Hands move the greater should be the acceleration of the Clubhead. It has more 'Swing Distance and Swing Duration' ('BHTD') in which to gain 'Clubhead Speed' which directly produces Distance'.

Where we might use about twelve to fifteen inches of 'Gravitational Stroke Length' ('Inch Rule') to control our 'Putting Length Distance or Weight', to produce more 'Momentum or Strike to the Butt Of The Ball, we might establish about five progressive **'Body Clocking Points'** to our 'Back Swings' in order to control our 'Ball Flight Length' while off the 'Dance Floor'. Let us see how this all works?

What are the five '**BODY CLOCKING PARTS**' or reference points?

- 1) **BRACE THIGH ('Inner & Outer') & POCKET**
- 2) **BRACE HIP**
- 3) **BRACE LOWER RIB CAGE**
- 4) **BRACE ARM PIT**
- 5) **BRACE SHOULDER AND ABOVE** (Full Swing)

These are the '**Body Clocking Reference Points**' ('BCRP') to which we should take our 'Brace Hand In The Back Swing' in order to directly control our 'Swing Length' which directly controls our 'Clubhead SPEED' and thus our 'Ball Flight Distance'. Make sense?

Master these five 'BCRP's for every club in your bag. Know that the number five position, which takes the Brace Hand 'Up and Back' to the Brace Shoulder, is the Physics or scientific definition of making a 'FULL SWING'. (see 'Short Game Grid')

You should very much 'FEEL' a 'Lift and Drop MOTION' in these 'Clocking Procedures' with a "Dead Target Rope". You should NOT have Tension in your 'Lever Assemblies' during virtually any of the entire Back (UP) or Front (DOWN & BACK UP) 'Swinging Motion'. (see 'Drop and Drop Thrust' for 'Energy Management')

Always remember that your 'Clubhead' is NOT 'Advancing To The Target' at any time it is 'Above Horizontal'. When it is 'Above Horizontal' it is always 'Retreating or Going Away From The Target'. So you should never 'Step On The Throttle' (as in your car) until you are moving in the correct direction! You should 'Make the Pressure and Strike' when totally 'In The Bottom Of Your Swing Circle'. If you attempt to make it too early (In The Top Of Your Swing Circle) you will find your 'Brace Shoulder leading your Brace Hip'. What is that called? 'CASTING' which gets your Clubhead PATH 'Outside-In' and comes with a whole host of less than optimal effects or results. Time in '**Golf Purgatory**'!

Remember, if you can accurately and subconsciously produce these '5 Body Parts Clocking Back Swings' you can control your 'Clubhead SPEED' and 'Ball Flight Distance'. Guaranteed!

Now, how about your scoring and shot making ability? (see 'The Performance Grid')

You will have five reliable 'Ball Flight Distances' for each of your Short Irons! Practise these shots! Write down the 'Net Effective Distances' at average sea level temperature and moisture! Use this information to your selfish benefit! Note that you might just use a couple or three of these five (Hip, Arm Pit, Shoulder and above which is Full Swing) but use something nevertheless. If you use these three with your #8, #9, #PW and #SW, you will have established $3 \times 4 = 12$ distinct controlled and repeatable Distances. Nine of these are Less-Than-Full-Swing which means they are in your 'Short Game'. The '555 TEAM' thinks that every stroke procedure inside your 'Full Swing #PW' is definitely in your 'Short Game' as well. You must decide where you draw the line. The decision is important!

Better scoring now!

You are becoming a Guru!

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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