

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

5 MORE PRESSURE POINTS

(There Are 9 Total)

The first '4 Pressure Points' deal with primarily the 'Upper Body Machine'. These next '5 Pressure Points' take place in the 'Lower Body Machine' which includes the 'Feet, Legs, Hips, Trunk, Abdomen, Chest and Core'.

Your '555 TEAM' sometimes calls this the 'Primary Engine' whose major task or job is 'Rotational Power' created along a 'Horizontal Plane' around 'Vertical Axis'.

- 1) **#5 Pressure Point** is '**Brace Toe Pressure Against The Ground**'.
('Good Undercarriage and Wheels')
- 2) **#6 Pressure Point** is '**Brace Foot Pre-Load Against The Ground**'.
('Good Undercarriage and Wheels')
- 3) **#7 Pressure Point** is '**Brace Leg Drive**' against the '**Earth's Resistance**'.
('Good Undercarriage and Wheels')
- 4) **#8 Pressure Point** is '**Pulmonary Pressure**' which is so essential to any rigorous physical exercise. Not unlike the automobile engine, we must be "Breathing Out" or 'Exhausting' during the 'Power Phase or Cycle' of our 'Power Deliver and Release'. (see 'ALSRD' – 'Power Delivery Sequence')
- 5) **#9 Pressure Point** is '**Ocular Pressure**'. As minute and unimportant as it may seem, your '555 TEAM' feels that the acute function of the 'Captain EYES' is primary to any successful 'Golf Swing'. 90% of the 'Data' that is gathered and processed by the brain is taken in by those 'Two Baby Blues'. Use them better and well!

"Welcome Aboard!"
"Enjoy The Ride!"

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