

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

FIVE ESSENTIAL ELEMENTS

When we make any and every 'Golf Shot', there are some 'Common Denominators' that are always present. We best understand and utilize these efficiently. They are:

- 1) '**Clubface AIM**' (the 'Absolute #1 Alignment In Golf') is the **ANGULAR** relationship of the straight line 'Leading Edge Of The Clubface to the Target, Ball Flight or Ball Rolling Line', especially at the 'Moment Of Separation'. This affects 'Initial Direction, Ball Flight Shape and Spin-Rate'. ('Distance & Direction').
- 2) '**Clubhead PATH**' is the **LONGITUDINAL** relationship of the 'Motion of the Clubhead to the 'Target, Ball Flight or Ball Rolling Line', especially 'Through the IMPACT & SEPARATION Zone'. This affects 'Ball Flight Shape and Spin-Rate'. ('Distance and Direction')
- 3) '**Clubhead SPEED**', which is 'Momentum, Inertia and Velocity' ('MIV or ENERGY'), directly produces 'Ball Velocity'. This creates 'Distance And Affects Shape'. When the 'Clubface AIM and Clubhead PATH' remain constant and the 'Clubhead Speed' increases, 'Ball Flight Line' variations are amplified when errors are present.
- 4) '**SWEET SPOT**' or '**Optimal Percussion Area**' ('OPA') is the relationship of the Ball to the 'Center Of Mass Of The Clubhead'. That is where the Ball actually makes contact with the 'Clubface'. 'OPA' is about 'Optimal ENERGY Transfer' which affects 'Initial Launch Angle, Spin-Rate and Ball Flight'. It is not Fat, Thin, Heel or Toe'. (Distance & Direction)
- 5) '**Angle Of Attack**' is the 'Clubhead's Climb & Descend Angle to the 'Base Line of the Swing Plane' as affected by 'Spinal Plane, Shaft & Arm Plane, Wrist Hinge Position, Hand Path and Weight Distribution'.

In order to put these '**Five Essential Elements**' to proper efficient use, we must understand the '**555 Golf System**'. We must understand and apply the '**5 SET-UPS**', the '**5 EXECUTIONS**' and the '**5 CONTROLS**' so that we best get our bodies ready to 'Master These Basics'. Hence your 'Angle Of Attack' and 'Swing Plane' ('C/H ORBIT').

We must become familiar with 'Stroke Protocols or Characteristics'. This is again 'Components and Procedures'. What are our 'Tools' and what specifically are we going to do with them? What is our task at this moment and how are we going to get it done?

We must nurture a 'Good Attitude'. We must develop a reliable 'Pre-Shot Routine' that includes effective 'Visualization' and 'Green Reading'. We must constantly strive to apply practical 'Course Management' or what we call 'Billiards Golf'. Remember, '**I Drive As I Putt!**' '**Work Smart!**'

SATISFACTION GUARANTEED

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