

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

5 STAGES OF THE POWER PACKAGE

'ALSDR'

The **'Power Package Is The Sequence By Which We Provide Energy'** and the cooperative **'Sequence By Which We Apply Power'** via the 'Human Golfing Machine' with a 'Component Tool' to the 'Golf Ball' for the purpose of pursuing 'FUN'!

Sometimes successfully! Sometimes not so successfully!

These '5 Stages' are quite orderly and logical.

They are 1) **'Accumulation** Of Energy or Power', 2) **'Loading** That Energy Effectively Into The Machine', 3) **'Storing** That Energy In The Various Accumulators' so it is ready and available upon demand, 4) **'Delivering** The Potential Passive or Static Energy in its Kinetic, Active or Dynamic States' and 5) **'Releasing** All The Kinetic Energy From the Body Accumulators, Completely From The Human Golf Body Machine Into The Ball Via The Golf Club'.

The **'ALS Processes'** ('Back & Up Swing') take place **'From The Top Down'** and **'From The Outside In'**.

The **'DR Processes'** ('Down & Out Swing' – 'DOFT') take place in the reverse order, **'FROM THE GROUND UP'** and **'FROM THE INSIDE OUT'**.

This, when related to all the 'Human Golfing Machine Components & Procedures', is aptly called the **'Power Line Delivery Path'**.

The 'Potential Energy' releases into its 'Kinetic State' from the 'Brace Foot and Leg Drive' through the 'Body Machine From The Ground Up', through the 'Hips Trunk and Abdomen, via the Chest & Shoulders, down the 'Lever Assemblies', via the 'Hands through the 'Club Shaft and finally out of the Speeding Clubhead' to the 'Passively Waiting Golf Ball'.

'Simply Sensible & Sequential' right?

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