

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

5 SWING SEGMENTS

There are '5 Swing Segments' that form the basics golf 'Back & Up' and 'Down & Out' swings.

From 'Address Ready', better yet 'Impact Fix', they are #1B, #2B, #1F, #2F, #3F, #4F and #3B ('The Bounce Back' or Swing Sequence #11)(see 'The 11 Swing Sequences') These are very basic '555 Golf' 'mechanical' 'Position Descriptions', which are quite mechanical. They are not for every golf student. You can make perfect golf strikes without knowing about these 'Segments and Sequences'.

Top Of Back Swing

'TOB'

SS #1F

SS #4F

Full Swing Finish

Past Vertical

SS #3B

Bounce Back

SS #2B

Shaft Horizontal

SS #2F

Pre Impact

Shaft Horizontal

SS #3F

Impact

Chase, Follow

SS #1B

Impact Fix

'BOSA'

SATISFACTION GUARANTEED

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