

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

555 AREAS OF FOCUS

- 1) Happiness & Having 'FUN'! ('The Journey')
- 2) Mental Management ('The Mind Machine' 'Mental Pictures')
('Focus' 'Confidence & Concentration' 'Present Tense' 'Process Not Outcome')
- 3) Course Management ('The Battleground' 'Experience & Knowledge' 'Chess Game')
('A To B Golf' 'Dots On The Ground – Connect The Dots' 'PSR')
('Just PAR 3's' 'Billiards Golf' 'Pitching Wedge Rule' 'Risk Management')
- 4) Fitness ('The Body Machine')
 - Nutrition & Hydration
 - Cardio – Pulmonary
 - Flexibility, Resistance & Power ('Stretch & Strengthen')
 - Endurance, Stamina & Speed
 - Rest, Refuel & Recovery (The 3 R's)
 - Core Strength & Stability ('Quads, Glutes & Abs')
 - Balance, Coordination & Skill (Timing 'RPM')
 - (Timing/Tempo/Rhythm/Cadence/Pace')
- 5) Mechanics
 - '555 System'
 - 'The Primary Imperative' ('Impact & Separation')
 - 'Compression & Line Of Compression'
 - 'The 5 Primary Absolutes'
 - 'The 5 Essential Elements'
 - 'The 5 555 Concepts'
 - 'The 5 Step Routine'
 - 'Components & Procedures' ('Tools & Motions Must MATCH')
 - 'Constants & Variables' ('The C's & V's')
 - 'The Physics Of Rotation' ['Ground Up & Inside Out']
 - 'The Geometry Of The Circle' ['DOFT']
 - 'Newtonian Motion LAWS'
 - 'Consistency & Repetition'
 - 'Pre-Shot Routine' ('PSR')
 - 'Visualization' ('Mental Imagery')
 - 'Ocular Acuity' ('Captain EYES' 'Data Gathering' 'Steady Head')
 - 'Three Zones' ('Hands, Arms & Body Actions')
 - 'From The Ground Up' & 'From The Inside Out' ('Mechanics')
 - 'Three Lever Single Action' ('Brace Lever Assembly' 'PINCH')
 - 'Brace & Target' ('Handing')('Bend & Straighten Motion')
 - 'Power Sources' ('Primary Secondary Engines' 'PUSH PINCH')
 - 'Triceps or Brace Lever Extensor Action' ('BLEA')
 - ('Tertiary Engine' 'Wrist Hinge Accumulators - CLU')
 - 'PUSH & PUNCH Basics' ('Putting & Punching' 'Leg Drive')
 - 'STAGING' ('Stage One/Two/Three') ('Wrist Cock & PIVOT')
 - 'ALSDR' ('Power Accumulators' & 'Pressure Points')

- ‘Power Line Sequence’ (‘BTP’, ‘BFP’ & ‘BLD’ ‘Pivot Pressure’)
 - ‘From The Ground Up’ & ‘From The Inside Out’
 - ‘Round & Round’ (‘LBM’) – ‘Up & Down’ (‘UBM’)
 - ‘Brace Hand Travel Distance’ (‘BHTD’)
 - ‘Energy Management’ (‘Body Clocking’)
 - ‘Ball Flight Laws’ (‘Primary Performance Evaluation Critic’)
 - ‘Building Your Shot Library’ (‘Post Shot Routine’)
- 6) Short Game which is ‘Less Than Full Swing’ (‘Protocols’ & ‘Procedures’)
- ‘Putting’ (‘Stage One Procedure’ ‘PUSH Basic’)
 - ‘Chipping’ (‘Stage One & Two Procedure - Coiling’)
 - ‘Bump & Run’ (‘Stage Three Procedure’ ‘PUNCH Basic’)
 - ‘Pitching’ (‘Stage Three Procedure’ – ‘Coiled’)
 - ‘Knock Down’ (‘Stage Three Procedure’ – ‘Coiled’)
- 7) Full Swing (‘Bottom Top Bottom’ - ‘Protocols’)
- (‘The 5 Ps – Push, Pinch, Pulmonary, Pin, Pose’)
- 8) Video Analysis (‘High Speed Video Capture’ ‘Quad Camera’)
- ‘4 Four Swing Segments’
 - ‘11 Swing Sequences’
- 9) Specialty or Trouble Shots (‘Protocols’)
- 10) Unusual Lies (‘Protocols’ ‘Uphill, Downhill, Side Hill – Ball Above or Below Feet’)
- 11) Bunker Work (‘Protocols’ ‘Sand or Grass’)
- 12) Custom Fitted Equipment (‘Components & Procedures’ - ‘Tools’)
- 13) Etiquette
- 14) Rules
- 15) Daily Discipline
- 16) An Action Plan
- 17) Dedication With Honesty
- 18) ‘DESIRE, Honesty & An Open Mind’
- 19) ‘Golf Is A Life Long Leisure Skill’ (‘Needs To Be Learned & Practised’)
- 20) ‘Endless & Destinationless’

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

E-Mail: KF@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7