

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

555 GOLF GUT PAGE

- A) The absolute reason we play 'GOLF' is '**Pure Personal Pleasure**'.
A well rehearsed efficient 'Pre Shot Routine' is key!
- B) **Basics Science** - '**The Physics Of Rotation**' & '**The Geometry Of The Circle**'
- C) There are **ONLY 2 SWINGS In Your Bag**
- 1) The FULL Swing
 - 2) The Less Than FULL Swing
- D) There are **ONLY 2 PROCEDURES In Your Bag**
- 1) The 'PUSH Basic' - Putting & Chipping
 - 2) The 'PUNCH Basic' - Pivot Pressured Swings ('Brace Leg Drive')
- E) There are **ONLY 3 STAGES In Your Swing**
- 1) **Stage One** - No Wrist Cock & No Pivot
 - 2) **Stage Two** - Wrist Cock & No Pivot
 - 3) **Stage Three** - Wrist Cock & Pivot
- F) There are **ONLY 5 WAYS TO SHORTEN YOUR DISTANCE**
- 1) **[DECELERATE] - NO NO**
 - 2) '**SELECT APPROPRIATE CLUB**'
 - 3) Narrow Your '**STANCE**' ('Narrower Restricts Range Of Coil')
 - 4) Shorten Your '**GRIP**' ('Shorter Reduces Swing Radius & Thus CHS')
 - 5) '**BODY CLOCKING**' to modulate 'BHTD Range Of Motion'
which is 'LOAD, COIL & WIND or Pivot Pressure'
(see 'The Balsa Airplane Concept')

A Little Food For Thought!

"Not Every Break Needs A Cast!"

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