

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

555 GOLF GUT STUFF

- 1) The 'Absolute Reason' we play 'Golf' or 'At Golf' is
'PURE PERSONAL PLEASURE'!
- 2) The **'TETHER BALL POLE CONCEPT'**. (see 'The 5 555 Concepts' below)
'Spinal Crankshaft Horizontal & Vertical Stability'
- 3) To stabilize the 'Base Of The Tether Ball Pole' one must
'Load The Quads, Glutes & Abs' ('Core Stability')
- 4) To stabilize the 'Top Of The Tether Ball Pole' one must
'See The Ball Acutely' ('Ocular Acuity')
- 5) The **'BALSA AIRPLANE CONCEPT'**.
Load The Rubber Band 'From The Outside In' & 'From The Top Down'
The 'Tip Of The Propeller Loads The Rubber Band'
attached to the 'Resistive Tail' (see 'Brace Foot Resistance')
Un-Load The Rubber Band 'From The Inside-Out' & 'From The Ground Up'
- 6) The **'HUMAN RATCHET CONCEPT'**.
There is but one 'Ratchet Handle' in a full mechanics socket set. It simply turns one way to tighten and the other to loosen just like the 'Golf Body Machine' ... one way 'Loads or Coils' while the other naturally 'Un-Loads or Un-Coils'. That is all! There are usually two extensions in the ratchet set along with numerous actual sockets that fit the various nut and bolt heads. The extensions are like the variable length of golf shafts, while the 'Sockets' are simply like the varying 'Golf Club Heads'.
- 7) The **'TARGET LEVER DEAD ROPE CONCEPT'**.
One must establish and maintain 'Swing Radius' under a 'Stable Tallish Chest and Chin' set atop a 'Stable Lower Body Machine'. (see 'Create Space Between your Hips & Sternum' – 'No Kyphosis') This is just like the taught rope that connects the 'Tether Ball' to the top of the 'Tether Ball Pole' (see 'Vertical Axis' – 'Aft Tilt & Forward Inclination' – 'Knee Flex'). That 'Extension or Distance' should never vary. (see 'Impact Components & Conditions')

- 8) The **'GOLF BODY MACHINE CONCEPT'**
contains **'Lower Body Machine'** ('LBM')
(Feet, Knees, Hips, Abdomen, Chest, Shoulders and Head)
and **'Upper Body Machine'** ('UBM')
(Shoulder Sockets, Upper Arms, Elbows, Forearms, Wrists and Hands)
(see 'Components & Procedures')
- 9) The **'LBM'** creates all the 'Horizontal Motion' ...
all the **'Round & Round'** ('PIVOT')
- 10) The **'UBM'** creates all the 'Vertical Motion' ...
all the **'Up & Down'** ('Brace Lever Extensor Action')
- 11) The 'Front or Down & Out Swing' is achieved
'FROM THE GROUND UP' and **'FROM THE INSIDE OUT'**
- 12) The 'Back & Up Swing' is achieved
'FROM THE TOP DOWN' and **'FROM THE OUTSIDE IN'**
- 13) **'Swing Circle'** ... Clubhead In Top Half Is Retreating!
- 14) Learn the **'5 SET-UPS'** ('Posture, Grip, Stance, Ball Location Alignment')
- 15) Learn the **'5 ESSENTIAL ELEMENTS'**
(C/F AIM, C/H PATH, C/H SPEED, Sweet Spot, Angle Of Attack')
- 16) Understand that **'WE DRIVE AS WE PUTT'**! (see 'The 5 Essential Elements')
- 17) The 'Grip' or 'Hands Are Just Passive Clamps'. Don't over work them!
- 18) **'Strive To Take Your Hands Out Of Your Swing'**.
(No Wrist Cock Take-Away or Flip Handed Delivery')
- 19) Learn and understand **'THE POWER SEQUENCE'**
'Accumulate, Load, Store, Deliver, Release' ('ALSDR')
- 20) Learn and understand 'The Three Zones Of The Golfing Body Machine'
- 21) The **'Hands Control The Golf Club'** ('RPM')
- 22) The **'Arms Support The Hands'** ('RPM')

- 23) The **'Body** Transports The Arms' ('RPM' – 'Three Zones')
- 24) **'The Ball Goes Where Your Hands Go'**
- 25) **'The Hands Get To The Ball Before The Clubhead'** ('LAG Pressure')
- 26) **'See The Ball Come Off The AIMED Clubface'**
- 27) Look at the 'Bottom Inside Cheek Of The Ball' ('BIC')
- 28) Universal Trigger Word Sequence' is **"ONE & THRU" 'Feel That Rhythm'!**
- 29) **'DOFT'** ... Every Swing Procedure strives to move the Clubhead
'Down, Out, Forward & Thru The Ball'
- 30) **'There Are ONLY Two Basics Procedures In Your Game'**
- 31) Learn about the **'PUSH** Basics Stroke Procedure' ('Stage One & Two Procedures')
'Lower Body Machine' ('LBM') goes Round & Round – 'PIVOT Pressure'
- 32) Learn about the **'PUNCH** Basic Stroke Procedure' ('Stage Three Procedure')
- 33) Learn about **'PINCH'** ('Brace Lever Extensor Action' 'MATCHING Down Force')
'Upper Body Machine' ('UBM') goes Up & Down – 'PINCH Pressure'
'The PUSH & PINCH FORCES MUST MATCH'
- 34) **'There Are ONLY Two Swings In Your Bag'**
- 35) Understand 'Brace Hand Travel Distance'! (**'BHTD'**)
(The Tip Of The Propeller')
- 36) Learn the **'One Inch Rule'** for 'Distance Control
In Stage One Procedures'
- 37) Learn **'5 Point Body Clocking'** for Stage Two
and Three Distance Control'
- 38) **'Loft Around The Green Is Your Enemy'!**
- 39) **'Spin Rate Is Your Enemy'!**
- 40) Learn and Play **'A TO B Golf'** ... 'Point To Point Golf' ...
'Connect The Dots Golf'
- 41) All Golf Shots should be Dead Straight! ('Putts Certainly Are')

- 42) 50% of your carded strokes are in your 'Putting'! Master 'IT'!
- 43) 75% of your carded strokes are in your 'Short Game'! Master 'IT'!
- 44) **A PAR 5 is three Par 3's!** ('Course Management')
- 45) 'Process Golf ... NOT Outcome Golf'
 'Expectations & Outcome Engender Anxiety & FEAR' – 'Negative Chemistry'
- 46) Play & Practise Golf in the '**Present Tense**' where there is '**No FEAR**'.
 Accomplish your solid proven 'Pre Shot Routine' ('PSR') and use it!
- 47) Be 'Grateful'!
- 48) Be 'Reverent'!
- 49) By The Way ... **YOU ARE ALWAYS SWINGING DOWN AT THE BALL!**
 (see 'DOFT – Down Out Forward & Through The Ball')
 'The Geometric Shape Of The Golf Swing'
- 50) There are ONLY Two Procedures In Your Bag'.
 'PUSH ('Putt & Chip') & PUNCH Basic'
 ('Pitch' – 'Leg Driven With Pivot Pressure')
- 51) There are ONLY Two Swings In Your Bag'. 'Full Swing & Less Than FULL
 Swing' (see 'Body Clocking')
- 52) There are ONLY Three Stages To Your Swing.
 Stage One No Wrist Cock & No Pivot
 Stage Two Wrist Cock & No Pivot
 Stage Three Wrist Cock & Pivot
- 53) There are 5 Ways To Shorten Your Distance
 1) Decelerate, 2) Select Appropriate Club, 3) Narrow Your STANCE,
 4) Shorten Your GRIP and 5) 555 Golf Body Clocking
- 54) The 'Bottom Half Of The Swing Circle'
 The 'Clubhead ONLY Advances on the Ball & Target
 In The Bottom Half Of The Swing Circle'

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