

THE 555 GOLF SYSTEM

This '555 SYSTEM' has been simplified over the years and proven effective. It deals with the absolute 'Fundamentals' necessary to produce 'CONFIDENT, COMFORTABLE, CONSISTENT' Golf Swings through 'Check-Listing' your 'BASICS'. This is what we carefully deliver to the touring professionals in order to assist them in their pursuit of the 'Reliable, Repeatable Swing'. Basics are basics whether you are a weekend linkster or a grinding ball-striker dedicated to making a living 'Out There'.

the '10 BASICS'

COMPONENTS
'5 SET-UPS'
(PASSIVE-STATIC)

- [1] 'POSTURE'
- [2] 'GRIP'
- [3] 'STANCE'
- <4> 'BALL LOCATION'
- [5] 'ALIGNMENT'

PROCEDURES
'5 EXECUTIONS'
(ACTIVE-DYNAMIC)

- (1) 'SWINGING MOTION'
- (2) 'HANDS'
- (3) 'EYES'
- <4> 'BALL'
- <5> 'PIN'

'5 CONTROLS'

- [1] 'CHIN'
- [2] 'HANDS'
- [3] 'FEET'
- <4> 'BALL'
- <5> 'PIN'

This '5 5 5 GOLF SYSTEM' applies to ONLY the Swings between 'PUTTING and DRIVING'; between the 'Shortest and Longest of Strokes' and perhaps nothing else! Know your '5 Essential Elements' as well as you 'Components & Procedures'. 'Master Golf Basics' or suffer the consequences! No need!

KEY FUNCTIONS:

- . 'GRIP' (carefully Instructor-Designed 'Clubhead Control')
- . 'SEE The BALL COME OFF The CLUBFACE', 'FEEL The PIN' ('Stabilize The Top')
- . 'The Ball Goes Where Your Hands Go' ('Hand PATH')
- . 'Swing The Clubhead THROUGH The Ball And NOT At The Ball' ('Clubhead PATH')
- . 'If The Clubhead Is In Motion, You Should Be BREATHING OUT' ('Pressure Release')
- . 'R E L A X Generally Throughout The Entire Swing' ('TENSION Control')
- . 'Brace ELBOW Bends ('Back Swing') & Straightens ('Front Swing') ('PINCH')
- . 'Keep Your Brace Knee FLEXED So Your Brace Foot Can Provide The 'PUSH'
- . 'SIT DOWN' At 'IMPACT FIX' To 'Load & Stabilize' Your 'LBM' ('Load Quads & Glutes')
- . 'Brace Knee NEVER Straightens At Any Time During The Swing' ('Stabilize The Base')
- . 'Load Or Coil 'PUSHES' Propels The ROTATING HIPS And Drags 'Lever Assemblies'.
- . 'FEEL A Little Sit-Down At IMPACT FIX And THROUGH The Swing ('LBM Stability')
- . 'Brace Knee Stability' creates the 'Pre-Selected Swing PATH & PLANE'.

I want to add right here that the 'SET-UP' is truly an **'Exciting Endeavour Unto Itself'**. You should become enthralled or gently consumed in its accomplishment. Any golfer who does not have a defined dedicated 'Pre-Shot Routine' is doomed to 'Hacker Golf'. "Ok so you are playing to a 4 handicap!" That is fabulous and you are in extremely rare company! Do you aspire to get to 'Scratch'? Do you have images of teeing it up with the 'Big Boys'? Don't quit your day job! The ranks are absolutely chocked full of 'Wannabees'! The only way any one gets to this privilege is to earn it methodically! Routine! Repeatable skills under pressure! 'Reflex Golfers'! There are no accidents holding trophies!

KEY! If you are absorbed and dedicated to your 'Pre Shot Routine' ('PSR') and those distinct disciplines your '555 TEAM' demands, you shall weather the 'Anxiety, Doubt and Fear Storms'. You will be able to 'Play In The Present' where 'Anxiety, Doubts and Fears' are absent. Any doubts? **"JUST ASK US !"**

Any champion or great player knows clearly how to shed the temptations and damage of **'OUTCOME GOLF'**. They know how to **'SET-UP'** and **'EXECUTE'** that wonderful game we call **'PROCESS GOLF'**.

I know we think 'Let's Get Onto Smashing The Ball Out Of The Park' but first things first. Learn to really enjoy getting your 'Set-Up' correct. It is athletic; requires patience, knowledge, understanding, fitness and a great deal of 'Routine Practice'. I personally 'KNOW' that the 'SET-UP' is a **'PREREQUISITE ARTFORM'** and a great 'Execution' in the making. We must 'Set-Up For Success'.

Even though you might think that the great players seem to just 'Breeze Through this Set-Up Stuff', rest assured that they are performing a **'Precise Sequence of Motions and Events'** that can culminate in a great 'Ball Flight'. Their 'Breezing Through the Set-Up' seems so because they have diligently earned the right to appear casual when they are not. Ask any player if he is haphazard about his getting ready to Swing. He will more than likely tell you **"It Is My Ritual"** and he or she certainly means it. Your 'Pre-Shot Routine' really does 'Set You Up For Success'! Without a routine that is reliable, you are severely handicapped.

If you were to create a 'Video Library' of a great player's 'Set-Up and Execution', over several dozen 'Cycles', you would find that they are just 'Carbon Copies of the Original' taking the same number of seconds. **'Best That The Original Be the Best It Can Be!'**

**This 'Game' Is Really 'FUN'
If You Prepare and Intend To Enjoy 'IT'!**

'JUST DO IT NOW!'

**"Welcome Aboard!"
"Enjoy The Ride!"**

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