

555 Golf Swing
The Simplest Swing in Golf

How To Gain 20 Yards

And Get Rid Of A Slice At The Same Time



Authored by Dr. Karl Fischer

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Foreword

Have you ever been so frustrated with golf that you thought about quitting? Me too! That is, until I started taking lessons from Karl.

Let me start off telling you about my history with golf. Like many of you, I was introduced to golf by a friend of mine from work. At first I didn't understand their fascination with golf, that is until I got bitten by the "golf bug". I found that golf was a perfect way for me to relax and blow off some steam from work. It was a perfect way to escape for a while and put things into perspective.

As I started getting more serious about golf, I spent more money on golf clubs, equipment and lessons. And while I did play much better than when I started I would eventually always go back to playing miserably and "losing my swing" in the middle of a round. I would shoot in the 80's one day and then shoot in the 100's the next day. And no matter how many lessons or new clubs I bought, the outcome was always the same. Good golf for a few days followed by sheer "golf hell." This was a truly frustrating experience that I just chose to live with for 15 years.

Then I met Karl, and that is when my golf life changed forever. I told my new teacher about how bad my golf game was. He told me not to worry about it, and that he would fix everything. Needless to say, I didn't have much faith that anyone could help me. But to my surprise by the end of the lesson I was hitting the ball long and straight. I was hitting my 2 hybrid over 225 yards consistently. I was in shock.

Then he went to work on the rest of my game, driving, chipping, putting etc. I shot an 83 that weekend and went back to see Karl. He promised to have me shooting in the 70's consistently soon. I shot an 81 the next time I played, and have dipped into the 70's a few times (I never did that before in my entire life).

I am sure shooting in the 70's consistently is coming up soon. But more importantly, I am having fun again.

Karl, words can't truly express how grateful I am to you.

Foreword written by Carl Andreson

Student and Dear Friend

Preface

Your '555 Team' is passionate about your 'Success & Happiness'. I cannot tell you how many times a year we get students telling us emphatically about how we have changed their 'Golf Lives' ... some times in just one lesson. We can FIX or IMPROVE your situation permanently in very short order ... **'Satisfaction Guaranteed'**. Our **'Work Smart'** system is amazing!

We care about 'YOU' every day and that always shows!

I wrote every one of our 555 'Articles', 'Editorials', 'Golf Tips', 'Putting Tips', 'Short Game Tips', 'Course Management', 'Newsletters', these '555 Golf Books', including the extensive and rare **'GOLF ... Solving The Complexity Myth'** (a 6 book encyclopedia comprised of some 3500 Proven Professional Pages' with generous pictures and illustrations), because there are many things that need to be written about the humbling simplicity of this wondrous 'Game'.

If you can drive home a 16 penny framing nail with a 22 ounce framing hammer, you can golf! Now that is the truth full of hope and invitation! Most people have the raw human capabilities, but never develop the skills required to enjoy golf. This game demands that we develop the capability to repeat specific motions under fire! How are you doing in that department? When the pressure's on, can you rip one down the middle?

Yes! It's a 'Game'! We would be well-served remembering that genesis fact about our sometimes explainable anticipation loaded all too often with painful, manic obsession! It hurts me when you hurt! So, 'The 555 Team' does something about it every waking hour of every day!

What I write is always important to me. 'YOU', mostly absolute strangers, are precious cargo taken aboard on our 'Endless and Destination-less Golf Voyage' in the sports world's wide and wondrous seas, often savage oceans and quiet sheltered coves.

Have you ever prayed "Lord ... Why have I become so entangled in this silliness they call a sport?" This writer, passionate about 'GOLF' and 'YOU', has spent many a deep moment measuring and massaging questions and a liberal amount of epidemic doubt.

On occasion I have done battle with instructors and fellow teachers about the 'Science' and 'Physics' that underpin this 'Eye Hand Motion Coordinated' activity. I write to share my informed and solidly founded basics. I write to share more than 45 committed years of wonder, study, testing, refining, proving and delivering what 'The 555 Team' feels is the 'Truth'. When 'Golf' is properly explained, it can be much more 'FUN' and shall constantly beckon you back for more! It is full of hope and inspiration, if you allow that to shine through the dark moments.

At your first opportunity, please read **'The 555 Natural Progress Of The Golf Swing ... a new paradigm'**. That having settled in your curious gut, also read **'The Perfect Problem Solving Golf Swing'**. Your '555 Team' strives to 'Fix Things Fast ... 'Out There' ... 'On The Fly'. The 'System' works in the heat of battle. You shall see for yourself.

“You do not want to suffer the painful learning process that I went through attempting to teach myself how to strike golf balls! What folly that was!” Dr. Fischer writes. He tells us that he threw his new ‘Short Set’ into the far corner of our garage and quit ‘Golf’ at the ripe old age of 14! “Thought I had ‘IT’ figured out! How wrong I was! How wrong throngs of ‘YOU’ are as well. We cannot go this ‘Golf Journey’ alone ... ever!” By the way, while studying ‘Flight Engineering’ and ‘Pre-Med’, Karl’s ‘Putter’ drew him out of exile! He adds, “Needless to say I am grateful and reverent for that blessing!”

“I have had some very generous assistance along the way. My ‘Golf Wilderness Guides’, Alvie Thompson, Gordon Murray, Homer Kelley, Chuck Evans, Moe Norman and more, have been nothing short of phenomenal.”

You will discover that these ‘555 Golf Pages’ are unique! Why? The Golf Doctor answers: “Because they expose and solidify what ‘Mastering Golf Basics’ really means. When we ‘Focus On Fundamentals’ we learn baseline truth about the swing. This keeps us firmly footed and prepared to grow and to play well.”

You will be delighted that these writings have both emotional and entertainment purposes!

We do not advertise. **“Word Of Mouth Is King!”**

Please help us get discovered along your ‘Golf Journey’ as well ... “Tell-A-Friend!”

Subscribe to the FREE ‘555 Club House’. Even better, become a ‘Preferred Member’. Those who are a little ‘Out There In The Golf Realm’ should become part of ‘The Inner Circle’. It is where the ‘Players Hang Out’. You will enjoy the comraderie! By the way, you will have your very own “Certified Teaching Professional’ ‘ON RETAINER’ ... like ‘Live Support’ ... 24/7.

Many of my close associates think ‘The 555 Team’ has lost its mind! Perhaps! But we disagree! We are here for ‘YOU’.

www.555golf.com

Go ahead ... click on that link!

“DO IT NOW!”

My ‘555 Team’ and I thank you generously for your relentless motivation!

Stay well and keep in touch as often as you might require!

We are here because we have been where you are!

You are no longer alone in a 'Golf Wilderness'!

Dr. Karl
'The 555 Team At Your Service'

“Welcome Aboard!”
“Enjoy The Ride!”

Introduction

HOW TO GAIN 20 YARDS and get rid of a slice at the same time

We are passionate and emotional about ‘The Great Game Of Golf’ ... about ‘YOU’. If you want your ‘555 Team’s Attention’, it will not take much to accomplish that! Ask our loyal following!

“Walk A Mile In The Other Man’s Shoes!” The notorious Dr. Fischer once quit golf!

Before we get rolling with the actual book, let me explain the ‘Who, What, Where, Why, When & How’. Most everything has a background and a purpose. A good book should be no different!

Your ‘555 Team’ wrote this book for ‘You’. **‘Who’** does not want to hit the ‘Driver’ farther? If the ‘Big Stick’ crushes the ball, so too might the rest of the bag in a relative fashion. That is the very simplified **‘Who’** and the **‘What?’** of golf’.

With a little tongue in cheek, the **‘Where’** is a ‘No Brainer’ ... “In The Short Stuff, A Short Repeatable Country Mile Down Range ... perhaps a little farther!” **‘Why?’** Farther is a good thing, unless there is a ‘Dog Leg or Hazard’ in the way! **‘When?’** Almost any time is fine by most of us!

Now to the **‘How’?** That’s the kicker! If the ‘How’ were easy, that would not be ‘Golf’ ... or ‘FLOG’ spelled backwards.

This book gives you a specific system for working towards improved performance. The ‘555 Team’ is also available to provide professional assistance. If you are an ‘Inner Circle Member’, you will have your very own ‘Certified Teaching Professional’ ‘ON RETAINER’. A couple consultations and you will have earned your membership fee back! The folks you play with will make your gains well known. “Join Now!” www.555golf.com Takes but a moment!

Can you ‘Master Golf Basics’ and maintain your focus in the heat of battle?

Can you grasp ‘The 5 Set-Ups’ and ‘The 5 Essential Elements’?

You may just hit the ball 20 yards farther and straighter after all!

Enjoy!

Your ‘555 Team’ believes in ‘YOU’!

Chapter One

GENERAL TOPICS

Many students tell us that there are three skills they would like to have in their game 1) heart thumping drives with missile-like distance farther than the eye can see, 2) shots with the accuracy of an eye surgeon's scalpel and 3) the confidence of a consistent swing in the heat of the kitchen or under fire. Don't know if these would bring smiles or tears? Sure that you would take either in one of those heartbeats! I would in the time it takes for a 'YIP'!

It sounds like a pipe dream but believe it or not, these very students were able to achieve all these things just by attending a single '**555 Golf Academy**' school and joining our 'Subscription List'. You really want to be a 'Basic Club House Member', on the 'Preferred List' or find a special seat in the 'Inner Circle'. Golf will become a renewed thrill! Your associates always love to follow the leader! That could be 'YOU'!

Why does this writer like to teach golf? There is profound satisfaction gained by helping good people achieve pleasure from a sports discipline. Let me tell you, 'Golf' is a demanding sports undertaking that, without some seasoned help, without smart parameters, will 'Eat Your Lunch' like squirrels jumping onto your golf cart to steal food while you are buying another cocktail or beer from the voluptuous cart girl!

THE ABSOLUTE REASON

What is the absolute reason we play this 'Silly Game'? 'A Burning or, at least, a 'Smoldering Love Affair'! If it is not true for you, strive to make it 'Pure Personal Pleasure'. If you are not having 'FUN', you shall ultimately pack up your tools and quit golf! This writer did precisely that at age 14, but I developed a slow burning, kind of campfire glowing embers relationship with my putter and 'SHE' brought me back from exile!

Your '555 Team' is dedicated, in fact passionate, about your enjoying the game. Recently Gregory H. called me sounding humble and contemplative ... unlike him! He just wanted to thank me for the extra time and miles I had gone with him down the 'Golf Path'. He told me that it had actually improved his domestic environment. Now he did not come home after a miserable round and go one more testy round with his wife or children! Guess that might be one of golf's indirect benefits? I was pleased that Greg was happier!

Many more are not! Over a million frustrated North Americans abandoned the game ... last year! The 'Frustration Quotient' was simple too much! They did not leave due to cost, a snooty attitude at the clubs or inadequate time to 'Play The Silly Game'. They left because they could no longer handle the 'Frustration Quotient'. Golf poorly played punishes us! This painful and often terminal 'Frustration' truth and reality saddens me and my '555 Team'! We want to help 'YOU' and we can do just that so **"RELAX"** and come along for the ride.

SOME NERVOUSNESS IS NOT ALL BAD!

Most of my 'Player Students' tell me about the 'Butterflies In The Pit Of Their Stomach' the morning of the big tournament. I just pat them on their backs and remind them that those beautiful winged creatures are flying in rhythmical formation! The day any of us who 'Compete' don't feel these twinges or pangs, we need to hang it up! Being excited is part of being human and ready! Then there is hope the 'Rub Of The Green' ... always need lots more!

However, we cannot just 'Hope We Get Lucky Out There!' We cannot survive this challenging game without some proven mechanical frame work and cannot expect pre-selected results without some skills and tactics that have to be provided by knowledgeable third parties. The fact is that we cannot go this 'Golf Journey' alone! Yet golfers so often fail to get properly trained counsel and guidance. How short-sighted of us all in the 'Golf Family'!

With a faulty strategy, this very special 'Life-Long Leisure Skill' opportunity will be missed! How unnecessary and sad that is!

REDUCE YOUR FRUSTRATION

Your 'Frustration Quotient' is the known key to making good people quit the game! A large number do that every week! The only way we can prevent that bad outcome is to establish solid basis by which we have more 'FUN'. The '555 Golf System' is a 'Bullet-Proof' method of playing better. There are a few more strategies that will help us to more enjoy our golf time. 'Your '555 Team' will gladly unfold them for you over a short time!

SLOW PLAY IS A PROBLEM THAT CAN BE FIXED

Please learn about and apply 'Ready Golf' and 'Play It Forward'! Combine these two really important but simple strategies and you shall fend off a lot of that time deficit misery that seems to, without notice, loom its leery head out of nowhere expected. In 'Slow Play's' menacing grasp, golf's survival is at risk! 'Golf' scolds its participants on a regular basis ... with help! Late for dinner of just not being home much on the golf day? Oh sure, "NOT ME!" you say. Of course, it is just this teaching author who takes heat for being at the course working too much?

READY GOLF IS A GREAT CONCEPT

This shot glass full of smarts is about 'Pace Of Play'. 'Slow Play' ('6 Hour Rounds') is death to golf! When you add travel to and from the golf property, combined with a few drinks before and after, you consume an eight hour day for one long round of golf. Ridiculous! Most normal people simple do not have the time.

Here is how 'Ready Golf' works. In your foursome there are three of you about even across the fairway after your tee ball. The fourth is up front by about 40 yards. Who 'Has The Honours' and plays first? All three! Just 'Play Away'. There is no one in your way! One of your buddies hitting his or her ball simultaneously will not bother the other two who are also in process.

Might I please tell you that 'Ready Golf' is considerate of others and appreciated out there with and around you? It makes very good and practical sense!

With 'Ready Golf' the head pro will not need an army of marshals driving up the cost of green fees. What a novel idea!

COST CAN ALWAYS BE REDUCED SHOP FOR AND DEMAND DISCOUNTS

Then there is the money! Golf has a reputation of being "Elitist" along with which comes 'Expensive'. Clubs and all the support equipment costs a fortune! Doesn't have to be the case! Shop around and demand lower prices. You shall get an audience and results. Try this strategy ... tell the 'PGA Superstore' that you just spent time over at 'Golfsmith', 'Edwin Watts', 'Galaxy Golf' or 'On The Internet' and get "WAY BETTER PRICES". They have to meet the prices offered by their competitors or lose market share!

Your '555 Team' knows all the pawn shops in the region as well as places like 'Play It Again Sports'. You can cut your costs by half or even three quarters! I personally often get my new clients a little-used, quality name brand full set of clubs with a like-new bag, two dozen balls, tees and more, retailing for over \$1,000.00 new for under \$300.00! With this approach to spending money on golf, you can decide to quit and then liquidate your equipment at a profit. Pretty safe strategy!

PLAYING IT FORWARD IS VERY SMART

"What in the world does that mean?" you ask.

Well, have you ever played with three of your buddies and had a couple or three of them say "Let's play from the tips! I want my money's worth!" They are NOT really proficient stick handlers and might even be respectfully and rightly classified as 'Weekenders or Hackers'. The 'Man Size' course is 7456 yards from the 'Pro Tees' and they want to play from there? "Are you kidding?" Perhaps they had a few in the 19th Hole for the 'Golf Path Well Traveled'?

All this egocentric, bad judgment gives you is lots of lost balls, slow play, more bad language than is acceptable and a sun burn to go along with your 'Mind Burn'! This is precisely about that self-induced 'Frustration Quotient' that ultimately drives you away from the game!

The 'Players and Professionals' are not average or usually normal folks! They really do occasionally hit the ball full-carry, cutting corners across big water hazards more than 300 yards. Now, come on, how far do your really hit your 'Straight Driver'?

Making the decision to 'Play From The Tips' is usually masochistic! What sense does that make? You are just about to ruin a good 'Walk In The Park'!

Especially if you do not know the golf property and do not have a 'Course Management' strategy, never play from the tips! Heck, this is about fun and comraderie! "Play It Forward" from the front tees at least for the first round. There is a benefit! You can brag about taking 'The Purgatory 18' to its knees!

Did you know that the 'Players and Tour Pros' regularly 'Play It Forward' to work on their 'Short Games'. That leaves the driver in their bag most of the round. Really smart practice makes for really smart play! You can play a lot closer to par from up front!

"Think Smart and Work Smart" ... it is more FUN!

These above 'Strategies' above will make you more 'Confident, Comfortable and Consistent'. You will have more FUN and play more often for less. You will be known for respecting the game and reap direct rewards for your behaviour.

Little known fact ... the players in our teaching team could play 18 in under two hours from the mid tees using the 'Ready Golf' method! That was really fun and great practice.

This pace gives us hope that all-day rounds might be avoided?

We write the above because we care!

Chapter Two

HOW TO GAIN 20 YARDS now that will produce a happy face

Adding more 'Distance' is a very simple endeavour, yet plagued with challenges and often some surprises, both pleasant and not so pleasant. You have three clear tasks to this 'Golf Valhalla' ... 1) 'Buy Optimized Equipment', 2) 'Get Fitter' and 3) 'Improve Your Knowledge and Skill Levels'. Heightened emotions are real but seldom helpful! "Tension Is The #1 Killer Of A Good Golf Swing!" Fear induces 'Tension'. You must relax in order to play well.

Knowledge may not be all that 'Glitzy', but it is a necessary component to success! It may seem a little boring or dry, but you had better get a big spoonful, plug your nose and swallow hard! You are not going to pretend to be knowledgeable! You shall accomplish your improved 'Golf Swing' 'The Old Fashioned Way ... You are going to have to earn it!"

I have had many students a little teary eyed with happiness! What a reward it is to strike a ball with authority, rather than like stale marshmallows coming of Grandma's old 'Wooden Spoon'!

'Gaining 20 Yards' is simply about properly generated 'Clubhead Speed' that is squarely applied by the 'Sweet Spot' ('MOI & Center Of Mass') to the 'Optimal Energy Transfer Point Of The Ball'. That is properly called 'The Optimal Impact Point' or 'Ballistic Point', but your '555 Team' also refers to it as the 'BIC' or 'Bottom Inside Cheek'. You are right! We were thinking of 'The Baby's Bottom' when that term was coined.

Note, due to the fact that we are swinging around our 'Spinal Column', ('Pivot Cores') the 'Clubhead Path' is naturally 'Inside - Square - Inside' or radius-ing to and from the ball. When your 'Sweet Spot' approaches the ball 'From The Inside', its 'Path' is rounded and strikes the ball slightly closer to your feet than the 'Mid-point Of The Ball'. You might call this the 'Target Line Point' or Center Point'. Your 'Aimed Clubface' does not become fully 'Square to the Initial Ball Flight or Target Line' until it reaches the 'Bottom Of Swing Arc'. ('BOSA')

If you grasp this information, and make it your own, you shall be able to hit your 'Golf Balls' "Out In Front Of You"! If you 'Keep Your Ball In Play', hit it 'Straight A To B', you will not lose it! Saving money and strokes is a good thing!

Still on the topic of 'BIC', might we tell you right up front that, 'If You Want To Kick The Little White Ball's Ass, You Had Better Be Looking At Its Inside Pants Pocket!" More on this 'Captain Eyes Hand Coordination Primary Task' shortly!

**DISTANCE IS ABOUT MORE CLUBHEAD SPEED SQUARELY APPLIED
WE MUST 'SET-UP FOR SUCCESS'!**

We only accomplish more 'Clubhead Speed' by proper mechanics ('Set-Up & Execution') combined with 'Fitness'. 'Stretch & Strengthen' is key. We must dedicatedly 'Set-Up 4 Success' and believe in what we do. ("See It, Feel It and Trust It" ... 'Seven Days In Utopia')

We accomplish more 'Clubhead & Ball Speed' by NOT trying to 'Hit AT the Ball' (AT-itis') but 'THROUGH The Ball'. ('THROUGH-itis'). To accomplish this 'Delivery & Release' task, we must approach the strike from an intellectual, logical and effective manner. (see 'ALSDR' - 'The Power Train Sequence' ... 'Accumulate, Load, Store, Deliver & Release')

GET YOUR STANCE CORRECT

You all know about our '5 Set-Ups' ('Posture, Grip, **STANCE**, Ball Location and Alignment'). They are pertinent for or functional in every single golf strike world-wide ... no small consideration for all of us!

'STANCE' is about your feet. It is about both 'Width' (the distance between your feet) and about 'Foot Aim'. You can have your 'Feet from 'Open To Square To Closed' to the 'Target or Body Line'. If your 'Foot Aim' obstructs 'Energy & Pivot Release' in you 'Front or Down Out Forward & Through Swing' ('DOFT'), if it is pointed away from the 'Target', it is 'Closed'. You cannot swing through or release through a 'Closed Stance Gate' This is a key golf truth. Read it again if you need to.

Your '555 Team' constantly promotes that you 'Steer So You Can Clear'. "What does this mean?" you ask. Here is the answer. Many golfers set up a 'Square Square Stance'. That means both your 'Brace Foot' and 'Target Foot' are 'Square to the Target or Body Line'. This is beneficial to your 'Brace or Push Foot' as it is a position of power. You are 'Braced'. It is NOT beneficial to your 'Target or Steering Foot'. We call this a 'Foot Block'. It induces 'Clubhead Path' and 'Shaft Plane' issues. This, of course, directly affects your 'Ball Flight'. 'Stance' is an often overlooked keystone item.

If you have a 'Square Target Foot', it will 'Block your 'Pivot Release'. Your 'Hip Gate' will be closed 'From The Ground Up'. You will not be able to 'Re-Turn' 'THROUGH The Ball' and will have a tendency to 'Hit At The Ball'. This situation reduces your 'Clubhead Speed', compromises your 'Mechanics' and thus directly and indirectly affects your 'Distance'.

There is absolutely 'NO Question' that 'Steering So You Can Clear', opening your 'Target Foot' about 45 to even 60 degrees from 'Square', will markedly increase your performance. That should make you happier?

How much happier? ... likely "20 Yards Happier!"

There is more that you want to know!

Keep reading!

**THE #1 ALIGNMENT IN GOLF IS
'CLUBFACE AIM AT THE MOMENT OF SEPARATION.'**

If we get control of this one 'Element', we shall get control of our 'Initial Ball Flight'. Then we shall be blessed and happier more often! We will talk more about this primary truth again soon! Getting 'Clubface Aim' (see 'GRIP') under control will ignite your 'Passion' as well as mine! You will make me happy too!

**BREATHING PROPERLY REDUCES TENSION
and INCREASES SPEED or VELOCITY**

'Tension Is The #1 Killer Of A Good Golf Swing'! Controlled tension is a learned responsive skill that your '555 Team' can help you master! Tension and relaxation properly timed is your golf bedrock. Please remember, **'Tight Muscles Are Slow Muscles'!**

As rudimentary as this sounds, your '555 Team' shall teach you how to breathe athletically! If you are wanting to enjoy your golf, 'Pulmonary Discipline' is not optional!

There is a very important rule all '555 Students' follow. Goes like this ... **"If Your Hands Are In Motion, You Must Be Breathing Out!"** This is quite simply 'Physiological Common Sense'. Listen to the heavy weight lifters. Listen to the new breed of tennis stars! There is a lot of exhaling and noise!

If you stick a potato in the tail pipe of your automobile, it will not run long enough to get you out of the parking lot ... no exhaust means no power! Need I say more?

Let me please be quite clear? When you start your slightest 'Take-Away' you are already breathing out. Do not breathe in on the 'Back & Up Swing'. Your tendency will be to 'Hold Your Breath' at the 'Top Of Back Swing'. ('TOB') That is a death warrant for 'Over The Top and Casting' It will create 'Pull Cuts' ... unhappiness and misery!

You deserve better.

Improvement is simple and within 'YOUR' reach!

**SEEING THE BALL PROPERLY
KEEPS US EFFICIENTLY ENGAGED IN THE PROCESS**

Our acutely functional ‘Captain Eyes’ (‘Ocular Data’) gather about 90% of the ‘Raw Brain Data’ that must be computed or crunched before and during the ‘Golf Swing’. Remember that the actual ‘Golf Strike’ (‘From Trigger through the ‘Impact & Separation Zone’) is a ‘Subconscious Physical Event’. You cannot process data fast enough to accomplish that in the ‘Conscious Mode’. Do not attempt to think your way through a ‘Golf Strike’. It won’t work!

The same rule as above (‘Breathing’) applies to ‘Seeing The Ball Come Off The Aimed Clubface’.

“If Your Hands Are In Motion, You Must Be Focusing Impeccably On The ‘BIC’” (see ‘The Heads or Tails Bullet-Proof Drill’)

Those ‘Captain Eyes’ gather 85% to 90% of the dynamic data that the brain processes very quickly in order to accomplish a solid ‘Golf Strike’. The millisecond that you ‘Look Away From The Ballistic Focus Point’ (‘BIC’) your data stream is interrupted and you shall suffer from what your ‘555 Team’ refers to as ‘The Ocular Bail-Out’. Then precise athleticism is over!

DO YOU USE YOUR ‘ENERGY SWING GATE’?

If not you should do so at your first opportunity. It’s a ‘Work Smart’ thing!

The core advantage of this ‘Intermediate Target’ (‘I/T’) is that we can and should be ‘Accelerating Through The Ball’ and not hitting at ‘AT The Ball’. AT-itis creates ‘Mind & Muscular Tension’.

The ‘I/T’ is between 10 to 15 inches in front of the ball. The ‘Energy Gate’ is like two tees 4 inches apart 10-15 inches on front of the ball. Pretty simple methodology!

A quick note of importance is about “Where We Focus Our Captain Eyes”? Some very respected instructors are now promoting that we look at the ‘Intermediate Target’ or about 4 inches in front of the ball which is our ‘BOSA’. The proper and natural divot is taken to about 4 inches in front of the ball. With a proper ‘Set-Up’ and ‘Mechanics’ we employ a descending strike. But we do NOT look there!

Do not get caught with this nonsensical methodology of looking away from the ball. Annika Sorenstam actually looked in front of her ball with long irons for a short while. Then she came to her senses and quit as it did not withstand the test of time. The argument for such practices is flawed. Your ‘Sweet Spot’ fires through the ‘Ballistic Point’ so you MUST look there! The ‘Captain Eyes’ cannot take you somewhere they are NOT looking!

THREE TARGETS

A huge advantage in following these '555 Protocols' includes the dedicated use of what your '555 Team' calls 'The Three Targets'. These are 1) 'The Ballistic Point Of The Ball' ('BIC - Bottom Inside Cheek'), 2) 'The Intermediate Target' ('Point 10 to 15 Inches in front of the ball directly on the 'Target or Initial Ball Flight Line' and 3) 'The Far Target'. (see 'Flagstick or Quarter'). Why do we refer to this as 'The Quarter'? The 'Flag Stick Hole' in the bottom of the cup, where our ball ultimately comes to rest, is the size of a 'Quarter'. It is the ultimate target. Take dead aim at precise 'Targets' and you shall be more successful than not!)

"AIM SMALL and SCORE SMALL!"

Chapter Three

THE 555 GOLF SYSTEM

Our 'System' is a huge and relatively simple advantage for 'YOU'!

Do you know what '555 Golf' stands for?

'The 5 Set-Ups', 'The 5 Executions', 'The 5 Controls' and fourthly 'The 5 Essential Elements'. These proven and primary building blocks shall enable you to make success happen with predictable happiness as the direct by-product. You will be able to determine 'Pre-Selected Components, Procedures and Targets'. Then methodically go about making good things happen!

GOOD ADVICE OUT OF THE BLUE

A little good advice? "Play Downwind ... with the Wind at your Back!" Let 'Mother Nature' take you for a ride as 'She' sometimes enjoys doing!

If you cannot count on that 'Good Fortune', design and perfect your 'Go To Shot' ... the low-flying 'Stinger' that stays under the wind. It is a 'Held Off Punch'. Massive advantage for any golfer! Lethal and generous weapon of preference when you have it in your bag and arsenal!

'Stingers' can be described as a 'Knock Down or Punch Shot' that fly lower than normal. Why? Slightly 'Aft Ball Location' with some 'Forward Press'. These procedures demand 'Brace Leg Drive' and 'Pivot Pressure'. That is why they are called 'Punch Shots'. A 'Stinger Protocol' for you might be 'Weight Distribution Very Slightly Forward'.

HOW TO FIX YOUR SLICE

'Direction & Shape' is not much more complicated than generating more 'Distance', but pretty demanding at times of greatest importance and pressure! When the 'Heat Is Up In The Kitchen', tension mounts and bad things can happen! We get tight fisted, hard handed and then 'Off Path & Plane'. Bad things can and do happen. "YUK!"

Do you know how we have many times fixed 'Snap Hooks', the demonic killer on tour? Change 'Grip Pressure'! The 'Snap Hook' requires an 'Inside-Out Clubhead Path' with a 'Closed Clubface At Separation'. It tends to be a 'Fast or Flippy-Handed' maneuver. A tighter 'Grip' slows the hands down. No 'Flip - No Hook'! There are options, but 'Wilderness Guides' fix things fast to stay safe! Keep It Stupid Simple! Time to talk to a '555 Teacher'?

To be happier out there, we must achieve mental clarity and comfort. We call this mind foundation, 'Confidence, Comfort & Consistence'. (see 'The 3 Cs')

Here is where 'The 5 Set-Ups' come powerfully into play. You really must 'Set-Up 4 Success'. A good 'Set-Up' and a mediocre swing will make you happy. A bad 'Set-Up' and a wonderful swing will drive you into a padded cell located a quarter mile short of 'Purgatory'.

All our '555 Students' will tell you that we provide classroom definition and understanding. This enables us to produce more 'Constants' and to reduce the number of 'Variables'. Golf is plagued with 'Variations To The Theme'. If you promulgate too many 'Variables', you may have to spend time in the 'Golf Looney Bin' due to menacing 'Slices & Hooks'! We've all been there!

These 'Set-Up, Execution, Control and Essential Elements' ('Loyal Golf Soldiering Tools') form the foundation of your '555 System' for proper and efficient shot making. They are worthy of our detailed discussion, so let us get at it without further delay.

'Not One Swing Anywhere Worldwide Is Without All Five Of The Following 'Set-Ups'. Hope you share our opinion as to their importance?

Here are these loyal foot soldiers coming to your rescue! Keep them close at your side every step of your 'Golf Journey'!

Chapter Four

The 5 Set-Ups'

Posture, Grip, Stance, Ball Location & Alignment

There is no single golf swing made anywhere on this planet that does not **have 'The 5 Set-Ups'**. That being the case, who would not endeavour to know more about each one of these items?

Farther along in your reading herein, we shall tell you about 'The 5 Essential Elements'. They too exist in every single golf shot ever accomplished. This type of information makes learning a skill and game more successful and more fun!

Get in contact with your '555 Team' and take advantage of our 'Live Support'. Simply log onto our website 'www.555golf.com' and, with a few clicks, you shall be subscribed and become part of our international family!

We cannot pretend our way into ownership of these assets! You had better get a move on and invest the time to get to know them. 'Desire, Honesty and An Open Mind'' are not options! We must put in the time before we get paid!

Deep breath! Here are your '5 Set-Ups'. Let's get at 'IT'!

'POSTURE'

This single word is really about the condition of the 'Tether Ball Pole'.

This simple term is really about getting your '**Lower Body Machine**' ('LBM') (Feet, Knees, Hips, Trunk or Abdomen, Chest and Shoulders') ready to go to 'Work'. It also enables the 'Upper Body Machine' ('UBM') ('Hands, Wrists and Fore, Elbows and Upper Arms') to function properly which is generally around the 'LBM Spinal Column'.

Remember, your 'LBM' creates exclusively the '**Round & Round or Horizontal Motion**', while the 'UBM' produces all the '**Up & Down or Vertical Motion**' in the 'Golfing Body Machine'. Very simple but very powerful knowledge. Grasp it!

Posture is about '**Creating Space or Clearance Between Your Hip Sockets And The Sternum**' so you can 'Pivot or Rotate'. 'Kyphosis' or 'Curvature Of The Spine' does not promote rotation. 'Chin Downish' produces 'Kyphosis'. 'Posture' is thus equally about setting your 'CHIN Tallish' atop of that 'Spinal Tether Ball Pole'. Again, remember, a curved or bend spine does not like to 'Rotate freely. Feel Long and Up Bodied!

In this topic we must briefly mention the 'Legs and Feet' but they are covered in the '5 SET-UPS' area of 'STANCE and ALIGNMENT'. I personally feel that the position or bend of the 'Knee Flex' and the 'Angle Of The Insertion of the Femur into the Acetabulum or Hip Socket' ('**Forward Inclination**') are really very influential on consistent 'POSTURE'. One must have a slight 'Knee Flex' and 'Forward Inclination' in order to be 'Athletic Address Ready' and then to perform solid rotational 'Motions' to accomplish '**IMPACT FIX**' followed naturally by 'IMPACT & SEPARATION'.

Proper 'SET-UP' is about 'Loading The Quads & Glutes' for 'Stability'. One is well served 'Setting-Up' '**DEEP DEEP SEE!**' This means 'Deep Seated', Deep Lever Extension and really acutely functioning 'Captain EYES'. Get this right and enjoy!

'GRIP'

The 'Hands' are the ONLY connection of the 'Upper Body Machine' ('UBM') to the 'Golf Club'. They '**CONTROL**' the 'Golf Club'. The 'Arms **SUPPORT** The Hands'. The 'Body **TRANSPORTS** the Arms'. That is how it works.

The 'Hands' actually function like gentle to firm '**Clamps**'. Seldom should they ever be 'White Knuckled'! The '**Target Hand Controls The Clubface AIM**'. The entire 'Target Lever' establishes and maintains '**Swing Radius or Depth**' ('Distance' from your 'Target Shoulder Socket' to the 'Sole Of The Club' where it brushes the grass) and provides the '**#4 Pressure Point**' ('Target Biceps pressing against the Target Pectoralis muscle and Lateral Chest. When the 'Body Rotates Target-ward', it applies pressure against the 'Target Lever', thus moving it in the same direction at relatively the same '**RPM**').

The '**Brace Hand Takes The Clubhead LAG Out**'. The 'Clubhead and Shaft' get slightly behind ('LAG or Trailing') the 'LEADING Hips' ('LBM') in the 'Down & Out Swing' ('DOFT'). The 'Lever Assemblies' get inherently a little 'Late'. Thus they must catch up, get 'On Time', to achieve 'Square-ness' at the 'Moment Of Separation'. This is '**Timing and RPM**'.

"So what is this RPM stuff?" you ask. Think of 'Components & Procedures', 'Parts and the Motions' they make. Envision the '**Bicycle Wheel and Tire**'. There is a 'Valve Stem, Spokes and the Hub'. When these 'Parts or Components' go 'Round & Round' ('Motions or Procedure') the 'Valve Stem and Cap' always remain in the very same positional relationship to the 'Hub'. This 'Positional Relationship' is what we scientifically correct golf teachers refer to as 'Timing and RPM'. When the 'Golfing Machine' goes 'R&R', the 'Outside Of The Human Golf Club Wheel' must 'MATCH' the 'Hub or Core or Crankshaft or Spine' of the overall machine. We generate forward movement 'From The Inside Out' which pressures and slings the 'Clubhead On PATH and In ORBIT' away from and back to the 'Passive Patiently Waiting Little White Golf Ball'. Simple?

The 'Hands' must be 'Laid On' the 'Golf Club' in an orderly fashion. They must be arranged so as to be able to **'DO WORK'**. The back of the 'Target Hand' roughly matches the 'Clubface'. It is more 'Square To The Target Line' in the softer shots and rotated more to the 'Brace Side' which makes it 'Stronger' in the more powerful shots where there is more 'Work' to be done.

How do we know and control **'Stronger & Weaker GRIP'**? You will observe a 'V Line' in each hand formed by the margin between the 'Thumb and Index Fingers'. When each of these lines points at your 'Chin', the 'Grip' is said to be **'Weaker'**. When either is pointing at or towards your 'Brace Shoulder', it is described and functions in a more powerful or **'Stronger'** manner. The 'Hand, Wrist and Forearm' thus become more active. Do not get your 'Hands' overactive or **'Flippy'**. Remember, we must 'MATCH' each 'V' to the other in order to create 'Mechanical Efficiency or Compatibility'. If the 'Wrist Hinges' do not 'Match', their 'Actions and Motions' will be opposing. Thus the 'Golf Swing' will not simply become a **'LET IT HAPPEN'** event.

Generally the 'Target Hand' must have a very light 'Grip Pressure'. As the 'Brace Hand' activates and manages the 'Golf Swing', it provides and utilizes a slightly 'Firmer Grip Pressure'. The **'GRIP PRESSURE'** is primarily applied by the 'Helper Fingers' ('Smaller Fingers' while the 'Worker Fingers' ('Thumb & Index') are far more 'Passive' than usually accomplished. 'Soft Hands' perform best in the 'Golf Swing'. Remember, 'Tight Muscles Are Slow Muscles'. Thus, tight muscles 'Produce Slower Clubhead Speeds' and then 'Hit The Ball Shorter Distances'! How logical is that?

Remember, the 'LBM Produces The R&R' while the 'UBM Produces the U&D'. There may be no single more important message that your '555 TEAM' can provide!

Keep in mind that the 'Golf Swing' is primarily a **'Brace Handed & Brace Sided Move'**. The 'Motion Of The Brace Hand's Moving Back & Up To The Brace Shoulder' accomplishes 'LBM COIL' ('Load or Wind'). The reverse move but **'From The Ground Up'** and **'From The Inside Out'** enables the 'Un-COIL' ('Un-Load or Un-Wind'). The 'Brace Leg Drive ('Resistance') dominates the 'DOFT' move. This 'Resistance Theme' and reality in 'Golf' is exactly like the simple act of walking. We must have the large 'Earth Mass' off of which we 'Push'. The 'Big Green Ball' 'RESISTS' our 'Pushing Off and Away With Our 'Brace Foot, Leg and Hip'. Keep this simple picture in clear focus!

Little note: Some golfers wear gloves on both hands, especially if cold and wet. Most wear one glove on the 'Target Hand' only. This 'Hand' controls the 'Clubface AIM' so preventing slippage is useful or the 'Bullets' wander. Some folks play 'Golf Bare Handed' as this writer. Why? I got tired of not having fresh clean gloves in my bag. Taking it off for 'Putting' and putting it back on for the rest was annoying. Gloves are \$15 to \$20 each! I wore a lot of them out! **Now I am even wealthier!**

Well done and best of luck!

‘STANCE’

Your ‘555 TEAM’ has its core ‘5 SET-UPS’ as you know. They are 1)Posture, 2)Grip, **3)STANCE**, 4)Ball Location and 5)Alignment. There is not one single ‘Golf Stroke’ that does not involve all five of these very basic ‘SET-UPS’.

This is very similar to the fact that there is not one single ‘Golf Procedure’ that does not involve the **‘5 Essential Elements’**. Approaching learning the ‘Great Game’ is truly enhanced by working and building off such a reliable foundation.

Often ‘Stance’ and ‘Alignment’ are co-mingled or confused. They are quite different. It is important that we know the difference.

‘Alignment’ is purely about the position and condition of your ‘Five Longitudinal Axes’ which include 1)Feet or Heels, 2)Knees, 3)Hips, 4)Shoulders and 5)Ears. When you look across the back of your shoes (‘Heels’), as you might with a ‘Gun Sight’, you will see where your ‘Body Line’ is pointing or is ‘Aligned’. The same is true with the other four ‘Alignment Components’. The ‘Ears’ may seem peculiar but if your ‘Head Is Cocked’ your tendency will be to direct your rotational energy along that presupposed line or in the pre-selected direction of the ‘Head Cock’.

With everything smooth and right, the ‘Ball’ should go where your ‘Alignment Gun Is Pointed’. You should be able simply to ‘Turn Brace Side and the Re-Turn Target Side’. That is **‘The Primary Golf Engine Move’**. ‘PIVOT’! ‘Coiling Energy and then, in response, Releasing Energy Through The Clubhead To The Golf Ball’.

‘STANCE’ is a ‘Lower Body Machine’ issue but is quite different from ‘Alignment’. ‘Stance’ is all about the physical relationship of your **‘Feet To Your Hip Girdle’** and ‘Hips Sockets’. ‘Stance’ is about the width of your feet and the actual ‘Foot Line’ relative to your ‘Hip Axis’.

The **‘Distance Between The Balls Of Your Feet’** (‘Width’), or perhaps between your heels is very important. If you are too wide you will inhibit ‘Pivot or Rotation’ due to the angle of the Femur to the ‘Hip Socket and Girdle Line’. When you are very wide-footed you cannot turn freely. Width varies from about under your ‘Ribcage In Putting’ to just outside your ‘Shoulder Sockets’ when making a big free-wheeling swing with your Driver. From a ‘Rotation’ standpoint, narrower is better than wider.

The **‘Direction Each One Of Your Feet’** (‘Foot Aim’) is pointing relative to the ‘Line Across Your Hips’ is also very important physically.

Your ‘Brace or Push Foot’ is optimally **‘Square To Your Body Hips Line’**. From this position it is most capable of performing its ‘Rotational Thrust Task’. Minor variations make big differences. Get this ‘Brace Foot’ right!

The 'Target Foot' is really key! You must **'STEER SO YOU CAN CLEAR'**. Your '555 TEAM' aptly refers to the 'Target Foot Aim' as a 'Gate-ing Function'. Open you 'Target Foot' at least 45

degrees for a 'Full Swing'. More is better than less! If you have a 'Square Target Foot' your 'Rotation through The IMPACT & SEPARATION Zone' will be seriously inhibited. Your 'Pivoting Hips' will run into a 'Closed Gate'.

When this inevitably occurs, the 'Hips' will stop and your 'Hands ('Upper Body Machine') will 'Inertially Pass The Lower Body Machine'. You will suffer from what we call 'Flippy Handedness'. If the 'Hands Flip' so too will your 'Clubface AIM'. You will struggle endlessly with your 'Ball Flight Control' both in 'Distance & Direction'. Scoring up to your expectations will be more 'Crap Shoot' or 'Get Lucky' than repeatable precision.

So **'STANCE Is About Foot Width and Foot Aim'**.

Get this '5 SET-UPS' aspect right! The small investment will enable you to swing effortlessly. Remember, we want to oppose 'Powerless Effort' and promote 'Effortless Power'. You can strike 'Golf Balls' farther than you ever imagined.

Best of luck!

'BALL LOCATION'

This simple term requires very little explanation but a full understanding. Get it right or 'Go Left and Right'! Simply put, 'Ball Location' is about getting the 'Ball' in the way of the 'Speeding Clubhead' as naturally as possible!

In **'Less Than Full Swings'** or what we call 'Stage One ('No Wrist Cock and No Pivot) and Stage Two Procedures ('Wrist Cock but No Pivot') the 'BALL LOCATION' is very important. It always is!

In **'Putting Procedures'** you must have your **'Ball Location Centre To Forward'**. Your '555 TEAM' promotes that the ball be about on your 'Target Heel' so you catch it on the 'Up Swing' which imparts 'Top or Over Spin'. This helps the ball roll end over end and stay 'On Line' more effectively.

The **'Chipping Procedure'** is the only time when you place the **'Ball Centrally To AFT In Your STANCE'**, meaning aft of your 'Sternum'. You want a 'Descending or PINCH' 'IMPACT & SEPARATION'. 'Thin' produces what we call 'Skullies'! Not good!

All the other 'Procedures' call for a **'FORWARD BALL LOCATION'**. Why! Because you are 'Pivoting or Rotating Forward' and the 'Ball' must be there to meet the 'Forward Moving

Clubhead'. All 'Stage Three Procedures' require that the 'Ball' be placed under the 'Target Clavicle' moving central to distal as the shaft gets longer. The 'Driver B/L' is right out under your 'Shoulder Socket' which is under the 'Target Lever Pivot Point'.

'IMPACT FIX' is very different than 'Address Ready'. 'Address Ready' is a 'Non Motion Condition' whereas 'IMPACT FIX' is 'Motion Prepared'. It is like a simulated, 'Pre-Shot - Impact & Separation' where you get all the 'Components' ready for the very soon to happen 'Procedure'. From 'IMPACT FIX' the 'Swinging Motion' is far simpler!

Common Sense May Not Be All That Common!

'ALIGNMENT'

Your '555 Team' often refers to this as 'The Railway Track' aspect. We have a 'Target Rail' and a 'Foot or Body Rail'. The 'Lever Assembly' ('Hand Action') and 'Ball Action Lines' are generally 'Parallel' for making straight strikes and "Ball Flight". We should always 'Swing On Our Body Lines'. That is the most efficient motion method.

This simple and well know term, 'Alignment', is directly about your **'Five Alignment Axes'** ('Feet, Knees, Hips, Shoulders and Ears') being properly and efficiently prepared for action. You must have a good 'SET-UP' relationship with the 'Target or Ball Flight Line' in order to expect and get any adequate measure of success.

Your **'5 Alignment Axes'** ('Feet, Knees, Hips, Shoulders and Ears') are primarily 'Aligned Parallel To The Target Line'. Open is better than closed. Promotes 'Load & Release' rotation! If you find the 'Ears' to be a little challenging, **"JUST ASK US!"**

Your 'Feet' are the trickiest element. When your 'Feet' are 'Square To The Target Line', the 'Heels And Toes Are Both Square And Parallel'. After you have **'Steered So You Can Clear'** or have flared your 'Target Toe' so as to **'Open The Target Gate'** (see 'The Intermediate Target') so your advancing 'Brace Hip' can drive the 'Leading and Retreating Target Hip Out Of The Way', your 'Target Toe' will no longer be 'Parallel' to the 'Brace Toe'. It will be open, aft or behind. Your 'Toes will look as though your are going well to the 'High Energy Side Of The Target Line'. You are not. Once 'Flared' you must judge your 'Alignment' by your 'Heels' and not your 'Toes'. The 'Heel and Shoulder Line' are the key 'Alignment Components'. Why is the 'Shoulder Axis' so influential? Because it is the closest to your 'Hands and Clubhead'.

It is generally best that you be relatively 'Square and Parallel To The Target Line' to 'Open' and seldom 'Closed'. When you are 'Closed' you will tend to make **'Double Cross Procedures'**. These lead to 'Pull Hooks or Push Blocks. Common but not good!

Your '555 Team' suggests that you 'Set-Up' with a 'Two Step Stance Procedure'. Firstly, 'Square – Square' Check your 'Alignment' to be as required ... then 'Flare' your 'Target Toe' as desired to facilitate proper 'Load Coil' and 'Un-Load Release'.

Once you have your 'Feet Aligned' and you want to get the rest of the 'Lower Body Machine' in balance, all you have to do is 'Bounce Up & Down & Up' to a 'CHIN Tallish POSTURE'. **DEEP DEEP SEE!** Really magic moves!

Welcome aboard and enjoy the trip! The 'Golf Journey' is worth your investment!

Chapter Five

The 5 Executions

Swinging Motion, Hands, Eyes, Ball, Pin

There is not one swing anywhere worldwide without all five of these '5 Executions'. Hope you share our opinion as to their importance?

The **'555 GOLF SYSTEM'** is 'Bullet-Proof'! This is what the **'555 TEAM'** knows! More importantly, our 'Students Confirm It' both in their reports and their playing skills!

The **'555 GOLF SYSTEM'** is comprised of **'5 SET-UPS'** ('Static or Passive'), **'5 EXECUTIONS'** ('Dynamic or Active') and **'5 CONTROLS'** which are the distillation of the previous '10 Basics'. The 'Power Of Simplicity'!

If you want to advance and improve in this **'Physical Mechanical Skill'** we have come to know as 'GOLF', you can do it either the easy or the hard way! It just depends on how much pain and suffering you can withstand! The 'Golf Swing' is not about guesswork. It is a 'Science' that very much involves **'The Physics Of Rotation'** and **'The Geometry Of The Circle'**. Don't let this 'Technical Sounding Stuff' scare you off! It is relatively simple! It is your key to 'Golf Success' and more 'Pleasure'. It is about a really great 'Life-Long Leisure Skill' that will last a lifetime. It is about 'Destinations' along your 'Life Journey'. Your '555 TEAM' is your 'Trusty Seasoned Savvy Guide' and can show you the way. Come along for the ride!

These **'5 EXECUTIONS'** are about the 'Motion or Active/Dynamic Aspect Of The Golf Swing' whereas the '5 SET-UPS' are about the 'Preparation Passive/Static Aspect Of The Golf Swing'. It is about 'Doing The Job'! It is about putting the 'Pre-Selected Components Into Motion' so as to accomplish the 'Pre-Selected Procedures' necessary to 'Launch and Deliver The Object Ball' 'Dead Aim To The Target'. Simple as that!

SWINGING MOTION: This key term is about the 'Motion Facet' and refers to the **'Movement Of The Subject Clubhead'** and all of the 'Golfing Machine' that is related and connected to it via various 'Components' that are necessary to create or accomplish 'Pre-Selected Procedures'. It is about the 'Tether Ball Pole' and its 'Rope & Ball' 'Slinging or Orbiting' about the 'Pivot or Rotational Axis'. This 'Swinging Motion' is about our 'Lever Assemblies', including the 'Golf Club', 'Slinging Centrifugally or Centripetally About The Spinal Crankshaft' in order to 'Impart or Transfer Kinetic or Dynamic Energy' from the 'Speeding Clubhead' to the 'Passively Waiting Golf Ball'. This 'Process' can be made to be very complex but we are best served looking

at it in as simplistic a manner as we possibly can. Your '555 TEAM' strive to accomplish this with you along your 'Golf Journey'.

HANDS: This key term is about the 'Motion Facet' and refers to the '**Movement Of The Navigator Hands**' that so wonderfully 'Control The Actions Of The Golf Club'. We call this aspect 'GRIP'. Contrary to even the sound of the word ('Onomatopoeia'), our 'GRIPS' must be smooth but in control of the 'Golf Club'. Once applied like a 'Soft Pair Of Clamps' to the 'Handle Of The Club', the primary function of the Hands is then to simply 'Hang On'! Really! The 'Lower Body Machine' (LBM) puts the 'Upper Body Machine' (UBM) in its 'Horizontal Round & Round Motion'. The 'Lever Assemblies' create all the 'Vertical Up & Down Motion'. The 'Grip' must be properly applied. You may well need the assistance of an experienced 'Teaching Professional' to get this right. There are 'Seven Distinct Grip Options'. Don't hesitate to seek out this support! You cannot go the 'Golf Journey Alone' regardless of what you think! If you want to excel, and not wander about the 'Links Wilderness' you need a 'Golf Guide'!

EYES: This key term is still about this 'Motion Facet' and refers to the '**Control Of Movement**' of the entire '**Golfing Machine**' by the '**Captain Eyes**'. At least 80% of the 'Raw Data' that is processed by the 'Brain Centre' is gathered by the 'Eyes'. That is why we call them the 'Captains'! The 'Golf Club Ship' and its 'Navigator Hands' are not going to function without good data. What gathers the remaining 20%? The 'Hands and The Feet'! We must 'See The Ball Come Off The Clubface' in order to establish and maintain 'Control' of the 'Swinging Clubhead and Golf Ball'. Why do we play 'Golf' in the daytime? So we can see the Ball! Simplicity? So, if we are striking the 'Ball' without 'Eyes Closed' it is nighttime! Fair enough? Equally, if we are not looking right at the 'Ball' prior to and during the 'IMPACT & SEPARATION INTERVAL', we are neither gathering nor processing data. Thus, if we are not looking precisely at the 'Ball While In Motion', it is nighttime! Use them 'Baby Blues'!

BALL: This term is obviously about the 'Object Ball'. '**Golf Is A Two Point Endeavour**'. These '2 Points' are the 'Ball' and the 'Pin'. All one has to accomplish to be a good 'Golfer' is to 'Connect The Dots' with a 'Ball & Stick'! That is why your '555 TEAM' call it 'A To B Golf'. When we are in the 'SET-UP PHASE' we must ascertain precisely where each of these points is relative to our 'Clubface AIM and ALIGNMENT'. When we are 'IN MOTION', 'Swinging Down The Body Line', we must 'Direct Our Energy' and the 'Parallel Thrust Lines' 'Down The Line' whether it be 'Target, Ball Flight or Ball Rolling Line'. In the 'Post-Shot Routine' we 'Evaluate Our Performance' by seeing how we did 'A To B'! ('Distance & Direction')

PIN: This term is very similar to the 'Ball Point'! It does not write! **'The Pin Is The Other Half Of The Point Duo'**. In order to 'Connect The Dots' one must know precisely where they are located. So be 'Precise and Take Dead Aim'.

Remember the total 'Island Green Is Not An Acceptable Target'. If one makes it such, then a 'One Inch Miss' produces a 'Splash' and you are 'Wet and More Strokes'. 'Embarrassed' too! If you have a 'Quarter As Your Target', the 'Pin Hole At The Bottom Of The Cup', and you miss by 500% which is five inches more than the 'One Inch With The Island Green Target Where You Got Wet', you are a 'Kick In Putt' and perhaps a 'Birdie'!

If this seems overly 'Optimistic or Cocky', remember 'Walt Disney's Fantasyland' is largely a mental exercise or 'State Of Mind' and costs nothing! "Be of great courage my son!"

If you want to accomplish 'Big' strike out 'Big'! Take 'Massive Action Plan Steps'.

So now you know about the **'5 EXECUTIONS'**!

Are you a 'Locker Room Member' as yet? 'Membership Has Its Privileges!'

'JUST DO IT NOW!'

Chapter Six

The 5 Controls

Chin, Hands, Feet, Ball, Pin

Now we get this material down to the very simplest 'Check List' form that anyone can remember and use in the 'Heat Of Battle' when our minds get a bit fuzzy!

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If you want to advance and improve in this **'Physical Mechanical Skill'** we have come to know as 'GOLF', you can do it either the easy or the hard way! It just depends on how much pain and suffering you can withstand! The 'Golf Swing' is not about guesswork. It is a 'Science' that very much involves **'The Physics Of Rotation'** and **'The Geometry Of The Circle'**. Don't let this 'Technical Sounding Stuff' scare you off! It is relatively simple! It is your key to 'Golf Success' and more 'Pleasure'. It is about a really great 'Life-Long Leisure Skill' that will last a lifetime. It is about 'Destinations' along your 'Life Journey'. Your '555 TEAM' is your 'Trusty Seasoned Savvy Guide' and can show you the way. Come along for the ride!

These **'5 CONTROLS'** are about the **'Summary Of The 10 Basics'**. You already know that the '5 EXECUTIONS' are about the 'Motion or Active/Dynamic Aspect Of The Golf Swing' whereas the '5 SET-UPS' are about the 'Preparation Passive/Static Aspect Of The Golf Swing'. It is about 'Doing The Job'! It is about putting the 'Pre-Selected Components Into Motion' so as to accomplish the 'Pre-Selected Procedures' necessary to 'Launch and Deliver The Object Ball' 'Dead Aim To The Target'. Simple as that!

These **'5 CONTROLS'** are the 'Distillation Of The 10 Basics' into five little 'Four Letter Words' (almost) so as to prevent your using the other well know 'Four Letter Words'!

When you are 'Under The Gun' or **'In The Heat Of Battle'** which certainly includes all the 'Pre and Post-Shot Routine', you need to **'Stay Cool' And Under Control'**! If you just rely on these 'Five Loyal Servant Guards' you will not only survive but flourish! Your 'Golf Associates' will be impressed and call you more often to be a part of their foursome! You will enjoy 'Life' just that much more!

Remember, the marvelous Ben Hogan is reported to have said, **“When I Am Under Pressure, My Swing Performs Best!”** How good is that?

CHIN: This key term and ‘Little Word’ really takes care of all the ‘POSTURE Elements’ and makes it possible for ‘7 Of Your Primary Articulating Joints’ to be in place and ready to perform properly. This ‘Little Fur Letter Word’ enables you to ‘Freely Rotate or Pivot To The Brace And Target’ which provides your ability to create all that ‘Horizontal or Round & Round Motion’ that creates the forward ‘Clubhead Speed’ and ‘Makes The Ball GO Away Far’! Your ‘CHIN’ is the ‘Top Of The Tether Ball Pole’ upon which your ‘Lever Assemblies or Upper Body Machine’ is suspended and performs its ‘WORK’. This one word, if you are studious and prepared, if you have ‘Earned The Right’, shall ‘Protect Your POSTURE Interests’.

HANDS: This key term and ‘Little Word’ takes care of all the ‘GRIP Issues’ in an instant! When you say it, run through your ‘Check List’ that contains the ‘Hand Items’. Do I need a ‘Putting Grip’ or am I requiring a ‘2 or 3 Knuckle Grip For A Full Swing Procedure’? Is there ‘Debris and Mass To Move Whereby I Might Require Additional Grip Pressure’? Establish these parameters and then maintain them. Then and only then can you ‘Trust Your Swing’ and ‘Perform To Your Expectations!’

FEET: Like the single key term and ‘Little Words’ above, this one takes care of all the ‘STANCE & ALIGNMENT Issues’. Don’t confuse the one with the other. You know they are quite different. Only by getting these ‘Lower Body Machine Aspects’ right will you be able to ‘EXECUTE Optimally’ and be really ‘Happy!’

BALL: This key term and ‘Little Word’ is all about ‘Two Point Golf’ remembering that your ‘Captain Eyes’ can only make ‘Drilling The Ball’ possible if you know precisely where the ‘BALL LOCATION’ is and then ‘See The Ball Come Off The Clubface’. ‘A TO B Golf’ is cool! This is your **‘VRBP #1’**. Don’t leave home without it’s being fully under control! Don’t ‘Trigger’ until you are sure of the precision you deserve and may have earned!

PIN: Just like the previous term, ‘BALL’ (‘VRBP #1’), this key term and ‘Little Word’ is called **‘VRBP #2’**. It is your ‘Destination’ so get precise about its location and the ‘Motions’ necessary to get your ‘Ball’ ‘From A To B’. ‘See The Ball Come Off The Clubface’ and ‘FEEL THE PIN’. In your Pre-Shot Routine’ take a very deliberate look ‘Down The Line At The Pin’ (‘Pivot Waggle’) and ‘Take A Metal Picture’ that is clearly stored in your ‘Mind’s Eye’ or on your ‘Mental Film’. Then you can ‘Connect The Dots’ and play better ‘Golf’ as you will deserve!

So now you know about the **'5 CONTROLS'** those 'Loyal Foot Soldiers and Body Guards' for you 'The King' ... perhaps one day! Simplicity is King!

Stay simply in your approach to the 'Golf Swing'! This is the explicit purpose of your '10 Basics' supported by your '5 CONTROLS'. In this manner you shall have the opportunity to 'Execute In The Heat Of Battle' up to those personal expectations!

Do you have your own **'Personal Certified Master Teaching Professional'** as yet? Become a **'Locker Room Member'**. **'Membership Has Its Privileges!'**

Chapter Seven

The 5 Essential Elements

Clubface Aim, Clubhead Path, Clubhead Speed, Sweet Spot, Angle Of Attack

There is not one swing anywhere worldwide without all five Of these '5 Essential Elements'. Hope you share our opinion as to their importance?

When we make any and every 'Golf Shot', there are some 'Common Denominators' that are always present in every swing. We best understand and utilize these efficiently.

They are:

- 1) **'Clubface AIM'** (the 'Absolute #1 Alignment In Golf') is the **ANGULAR** relationship of the straight line 'Leading Edge Of The Clubface to the Target, Ball Flight or Ball Rolling Line', especially at the 'Moment Of Separation'. This affects 'Initial Direction, Ball Flight Shape and Spin-Rate'. ('Distance & Direction').
- 2) **'Clubhead PATH'** is the **LONGITUDINAL** relationship of the 'Motion of the Clubhead to the 'Target, Ball Flight or Ball Rolling Line', especially 'Through the IMPACT & SEPARATION Zone'. This affects 'Ball Flight Shape and Spin-Rate'. ('Distance and Direction')
- 3) **'Clubhead SPEED'**, which is 'Momentum, Inertia and Velocity' ('MIV or ENERGY'), directly produces 'Ball Velocity'. This creates 'Distance And Affects Shape'. When the 'Clubface AIM and Clubhead PATH' remain constant and the 'Clubhead Speed' increases, 'Ball Flight Line' variations are amplified when errors are present.
- 4) **'SWEET SPOT' or 'Optimal Percussion Area' ('OPA')** is the relationship of the Ball to the 'Center Of Mass Of The Clubhead'. That is where the Ball actually makes contact with the 'Clubface'. 'OPA' is about 'Optimal ENERGY Transfer' which affects 'Initial Launch Angle, Spin-Rate and Ball Flight'. It is not Fat, Thin, Heel or Toe'. (Distance & Direction)

- 5) **'Angle Of Attack'** is the 'Clubhead's Climb & Descend Angle to the 'Base Line of the Swing Plane' as affected by 'Spinal Plane, Shaft & Arm Plane, Wrist Hinge Position, Hand Path and Weight Distribution'.

In order to put these **'Five Essential Elements'** to proper efficient use, we must understand the **'555 Golf System'**. We must understand and apply the **'5 SET-UPS'**, the **'5 EXECUTIONS'** and the **'5 CONTROLS'** so that we best get our bodies ready to 'Master These Basics'. Hence your 'Angle Of Attack' and 'Swing Plane' ('C/H ORBIT').

We must become familiar with 'Stroke Protocols or Characteristics'. This is again 'Components and Procedures'. What are our 'Tools' and what specifically are we going to do with them? What is our task at this moment and how are we going to get it done?

We must nurture a 'Good Attitude'. We must develop a reliable 'Pre-Shot Routine' that includes effective 'Visualization' and 'Green Reading'. We must constantly strive to apply practical 'Course Management' or what we call 'Billiards Golf'. Remember, **'I Drive As I Putt!'**

'Work Smart!'

Chapter Eight

WHAT CAUSES A FADE SLICE?

The golf ball curves in the direction of the 'Spin Rate' just like in throwing a curve ball from the pitcher's mound. The 'Fade' is logically and practically a 'Mini Slice'. Add more 'Clubhead Speed' with a long-shafted stick and your 'Cut Spin Rate' around the 'X North South Polar Axis' is exacerbated, creating a radical curvature. (see 'Bernoulli's Theorem')

Trying to hit the ball harder usually creates more 'Spin Rate'. When we get more 'AT-itis', we get punished. Always strive for more relaxed 'THROUGH-it is'.

If you establish a 'Target or Initial Ball Flight Line' ('Straight Line From Ball to Pin' – 'Clubhead PATH') with a 'Square Clubface Aim' at that 'Target', at 'The Moment of Separation', you will accomplish a pretty straight ball flight outcome.

If you 'Open The Clubface Aim', even slightly, you shall impart 'X North South Polar Axis Fade Slice Side Spin Rate' on the ball. It will produce the Fade Slice Curvature'.

If your 'Clubhead Path' is slightly 'Outside-In' you will also produce a 'Cut Fade Slice', with or without an 'Open Clubface'. We also refer to this 'Outside-In Path' as being 'Over The Top' or 'Above Plane'. 'Inside-Out' might logically be described as 'Under The Bottom' or 'Below Plane'. These terms are worthy of remembering! We cannot discuss golf mechanics without some pertinent vocabulary.

Too tight of a grip pressure will cause all these above 'Fade Slice' ball flight elements to get worse and amplify your 'Off Line Ball Flight'.

PROTOCOLS WHAT IS A FADE - SLICE?

What makes up a 'Fade – Slice? 1) Outside-In Clubhead PATH, 2) Open Clubface Aim At The Moment Of Separation and 3) 'Slow Hands'. (see 'Blocked or Tight Hands')

PROTOCOLS WHAT IS A DRAW – HOOK?

What makes up a 'Draw – Hook? 1) Inside-Out Clubhead PATH, 2) Closed Clubface Aim At The Moment Of Separation and 3) 'Fast Hands'. (see 'Flippy Hand Action')

BALL FLIGHT LINE CURVATURE BALL FLIGHT IS THE HARSHTEST CRITIC OF MY BALL STRIKING!

To take advantage of this 'Ball Flight' revealed truth, we must 'Have Desire', 'Be Honest' and 'Have an Open Mind'! Then, and only then, will we be receptive of good instruction!

There is a great quote! "When The Student Is Ready, The Teacher Shall Appear!"

Let us assume that you are swinging 'Quiet Hand, Wrist, Forearm Triangles', so that you are not falling prey to that traditional, even chronic, nasty, game wrecking 'Flip Handed Delivery' that inevitably produces 'Draw Cut Spin'. We call it 'Swipecy Golf'! It's epidemic with no vaccination!

Let us assume that your 'Alignment' is perfect ... the 'Railway Tracks' are properly in place so you can 'Execute' optimally. We are properly 'Set-Up'.

Remember to always optimally 'Swing On Your Body or Foot Line'. When our 'Path & Plane Lines' cross, in either direction, ('Inside-Out or Outside-In') there is resulting 'Cut Action Spin Rate'. This degrades our 'Walk In The Park'.

'Frustration' is causing a 'Net Attrition' or loss of participation in golf. All the talk about millions of new participants is a cover-up. The 'Achilles Heel Of Golf' is inadequate 'Golf Instruction'. People who think they can 'Go This Journey Alone' are sadly mistaken. Going it alone is better than taking expensive bad instruction.

The reason you are here reading this material right now is that you realize these smart needs to be true! Congratulations in taking action to fight off mediocrity!

You can trust 'The 555 Team' to always have your back!

THE PRE SHOT ROUTINE ('PSR')

Here is some passionate revelation for you! "We can only think of 'One Thing At A Time!" One of the subtle advantages of a 'Pre Shot Routine' ('PSR') is that this defined process precludes any other spurious thoughts about what is of little or no importance at the moment ... thoughts like "Oh I pray that I can stay out of the lake right"! This is 'Negative Energy' and you want to rid yourself of all of that type of death wish!

If you are engrossed or consumed by a 'Negative Mental Image', that is where you are going. The brain does not readily discern 'Negative From Positive Targets'. In fact, 'Fear' generated by the 'Negative' is more powerful than its sister, 'Love & Comfort'.

Please convince your person to focus on 'Process Golf' and do whatever is necessary to avoid 'Outcome Golf'. 'Process' ('Present Tense') is almost immune to 'Fear'. 'Outcome' is awash in it and your ship is sinking!

The 'PSR' also helps us get organized and to visualize 'Ball Flight & Success'. A well-formed mental picture helps paint the real picture on the 150 acre canvas called a 'Golf Course'!

To accomplish perfection in 'Set-Up' and 'Execution' one must have developed and implemented a professionally designed 'Pre Shot Routine'. ('PSR') It is your 'Golfing Insurance Policy'. Like your 'Driver's Licence', never leave home without it!

In a nutshell, if your 'Clubface Aim is OPEN To Your Club Head Path At The Moment Of Impact & Separation', you shall produce 'Fade - Slice Curvature'. The amount depends on 'Degree Of Open-ness', 'Clubhead Speed' and 'Ball Velocity'.

It is important to note herein, that your proper 'Grip' is a key factor in any 'Clubface Aim Open-ness'. Get it right with 'The 555 Team's direct assistance.

Remember, that your 'Hands and Sweet Spot' will go where you are looking!

One step further, 'The Ball Goes Where Your Hands Go!'"

So, we have to understand and remedy these 'Human Errors' that cause so many good golfing folks to contemplate suicide or the masochism of continuing the game!

Your dedicated, supportive '555 Team' wishes you well in both 'Distance & Direction'.

This information will most certainly have made you 'Longer' and rid you of your 'Fade Slice'.

Have FUN out there!

Call your '555 Team' any time.

We are here because we have been where you are!

If you are not a very affordable 'Premium Locker Room Member' or part of the 'Inner Circle' where you have your very own 'Certified Teaching Professional' 'On Retainer', take actions to **'Join Now!'** You can comfortable and conveniently do so at www.555golf.com .

The very special ability of consulting with your 'Personal Pro' soon offsets you membership fee.

Who in the golf instruction industry offers 'Live Support'?

You know who they are!

Many of our colleagues think we are truly nuts now suffering from almost ‘Zero Free Time’! They are always asking us “When was the last time you played golf?” I know my answer. There are two parts to the answer ... 1) “It has been a long while!” and 2) “I would rather teach than play! So I am quite happy playing less!”

Hook up with a ‘Premium Membership’ or step up to ‘The Inner Circle’. That is where the ‘Players’ hang out. We all learn from that gang who really are ‘Good Out There’!

Take advantage of ‘The 555 Team’ at your first opportunity!

‘It’s Time To Join Now!’

Takes but a moment!

There are three really convenient avenues to follow in order to join our great worldwide family!

- 1) Club House Basic Membership
- 2) Premium Membership
- 3) The Inner Circle Membership

There are distinct and enormous advantages of upgrading. The website will clearly explain who and why we offer different packages and content each time you step up.

Do you have your very own ‘Certified Teaching Professional’ (‘CTP’) ‘ON RETAINER’? That’s right! You can contact your very own teaching and/or playing professional ‘24/7’ and get carefully designed help with your issue. ‘The 555 Team’ call this ‘Live Support’!

Our peers tell us we are nuts! We know that ‘Going The Extra Mile’ may seem nuts, but it is just ‘Passion Being Applied’. We are committed and have been so for over four decades. No change coming any time soon!

Just one or two of these ‘Live Support’ consultations and your ‘Inner Circle Membership’ is paid for.

We will provide various generous discounts for all ‘Premium and Inner Circle Member’ purchases. Stay tuned!

Sign up for our great ‘555 Golf Newsletters and Articles’. Huge resources just for ‘YOU’! We fix things ‘On The Fly’ and will show you how to as well.

There are rewards for being connected to the ‘555 Golf Core’!

www.555golf.com

“Welcome Aboard!”
“Enjoy The Ride!”

Conclusion

'The 555 Golf Swing' has helped countless golfers play the game as it was meant to be played. Golfers chronically struggle with controlling where the golf ball goes. The end result is painful, inefficient manipulation. They spend countless hours over many years trying to build a reliable golf swing. Doesn't bear much fruit! Many of these golfers give up the game out of sheer frustration.

I have seen 'The 555 Golf Swing' save golfers from "Golf Hell" and change them into happy golfers. The reason this golf swing works is because it is simple, repeatable, and produces consistent results. It gives golfers ball control and lets them hit the golf ball with confident authority! It is more 'FUN'!

Moreover, the '555 Golf Swing' can be learned very quickly and easily. I have spent just a little over one and a half hours with golfers and watched their golf game completely transform before my eyes. I have watched their entire attitude change and have even witnessed a healthy bit of confidence and cockiness develop. A little 'Cocky' is not all bad if you can back it up with 'Pre-Selected Ball Flight Performance'! Let your sticks do the talking!

I have seen golfers talking a lot of "smack" on the golf course and have the goods to back it up. I know that countless other golfers have had the same type of success though the '555 Golf Website' because they have told me so.

Now that you know our '5 Set-Ups' and '5 Essential Elements', what are you waiting for? Get out there and shoot the best score of your life!

God Bless and Good Golfing,

Dr. Karl Fisher