

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

THE 7 SWING SEGMENTS THE 11 SWING SEQUENCES

Detailed Aspects Of The 11 Swing Sequences

The very simple '5 SET-UPS', '5 EXECUTIONS' and the '5 CONTROLS' are the '555 Golf' foundation. They are always present and never change. They enable us to work on our 'Golf Swing' via the method of 'Components & Procedures' which is so easily conceptualized and actualized.

You already know '**Four Swing Segments**' and that is good! If you have any fuzzy images or thoughts, go to the 'Friendly Tour Guide Index' in your copy of the '**Golfmyth Collection**' and look it up. If you do not have a personal copy, give your '555 TEAM' a call. You do have your own 'Personal Certified Master Teaching Professional' don't you? '**FREE**' '**Locker Room Membership**' has its privileges. If you have not 'Joined Free' you had better 'DO IT NOW!'

Before we embark on this very important, in fact central, evaluation of a 'Golf Swing'. I want to tell you some 'Core Realities' that are always in the 'Swing Equation'. Over and above the material that you will read in the '**BACK & UP**' and the '**DOWN & OUT**' ('DOFT') sequences, you need to know the following: **1) The 'Golfing Machine' has but two parts, 1) the 'Lower Body Machine' ('LBM') which simply goes 'ROUND & ROUND' ('R&R') (PIVOT and ROTATION) and, in doing so, produces 'ALL' the 'HORIZONTAL MOTION'. No other aspect, 'Component or Procedure' can do so. Period! 2) the 'Upper Body Machine' ('UBM') simply goes 'UP & DOWN' ('U&D') and thus produces 'ALL' the 'VERTICAL MOTION'.**

The '**Primary Imperative**' is 'Effective IMPACT & SEPARATION' or 'Letting The Ball Go'. One is best served focusing on the 'Ball's Coming Off The Clubface' rather than its coming onto the 'Clubface'. Being consumed with 'IMPACT' as so many golfers are, produces 'TENSION' and thus impedes relaxed, reliable performance.

The '**Basic Essentials**' are a 'Stationery Head' ('Top Of The Tether Ball Pole') and good 'Timing, Tempo, Rhythm, Cadence and Pace. The 'Top Of The Tether Ball Pole' is stabilized by those 'Captain EYES'. The 'Base Of The Tether Ball Pole' is stabilized by your 'Brace Toe Pressure'.

The '**Primary Absolutes**' are 1) The Flat Target Wrist and Hand which control the 'Clubface AIM', 2) Clubhead Lag Pressure, 3) the Clubshaft's being 'On Plane' and 4) the 'Hands Getting To The Ball Before The Clubhead' which is really 'Lag Pressure'.

The **'5 Essential Elements'** are 1) Clubface AIM, the '#1 Alignment In The Game Of Golf', 2) Clubhead PATH, 3) Clubhead Speed, 4) Sweet Spot, ('Centre Of Mass or OPA') and 5) Angle Of Attack. There is not one single 'Stroke In The Game Of Golf' that does not contain all of these '5 Essential Elements'. Worthy Of Your Attention!

'See The Ball Come Off The Clubface'. The 'Eyes Are The Captain Of The Ship'. The 'Hands Are The Navigators'.

Establishing **'Parallel Thrust Lines'** between the 'Brace Lower Leg' (LBM) and the 'Brace Forearm' (UBM) is very beneficial. This enables you to **'Deliver The Energy'**!

Understand the **'Power Of The Dominant Brace Side'** and simple function of the 'Target Side'.

The **'Balanced Golf Swing'**, (and they do not have to be perfect and made solely by champions), requires a coordinated effort between these two 'Machine Aspects', the 'LBM' and the 'UBM'. They need to perform in cooperation. One needs enough 'Up & Down' ('DOWN FORCE') to go along with or 'MATCH' the 'Round & Round' ('PIVOT PRESSURE'). **The 'COMPONENTS' need to 'MATCH' the 'Pre-Selected MOTION PROCEDURES'**. We will not be well advised to make a 'Driver Swing With A Putter Tool and It's Task'!

'RPM or TIMING' is key! The 'Parts or Components' that are going 'R&R and U&D' must again do so cooperatively. Especially in the **'Bottom Half Of The Circle'** in the 'Front or Down Swing', the Lever Assemblies' (and all their 'Parts') must be going 'R&R' at the same 'RPM or TIMING'. One must NOT 'Flip Their Hands or the Clubhead' through the 'IMPACT and SEPARATION Zone'. **The 'Outside Of The Wheel' (Clubhead) must be turning at the same 'RPM' as the 'Hub Of The Wheel'**. This is how the 'Physics Of Rotation and the Geometry Of The Circle' are disciplined. **The 'Butt of The Club or the Brace Hand Best Track With The Target Hip In The Bottom Half Of The Swing Circle'**. No more basic than that!

In this manner ONLY can we become more **'MACHINE LIKE'** (reliable and repeatable) and enable the 'Back Of Our Target Hand' to 'CONTROL' the 'Clubface AIM At That Key Moment Of SEPARATION'.

This in mind, when we want to strike the Ball harder so it flies farther, we must generally summon up the additional strength from our 'Brace Leg Drive and PIVOT' so the 'Golf Swing' is truly **'FROM THE GROUND UP'** and **'FROM THE INSIDE OUT'**. We 'LOAD, WIND or COIL' 'From The Outside-In and Top Down' and we 'Un-LOAD, DELIVER and RELEASE' 'From The Inside-Out and From The Ground Up'. There is not much more important to your success! Your 'Future Fun and Pure Personal Pleasure' stems from this knowledge! (see 'ALS DR')

Remember, **‘The EYES Are The Captain of the Ship’. The ‘Hands Are The Navigators’** and the ‘Golf Club’ is the ‘Ship’. Those ‘EYES’ gather about 90% of all the data that is assimilated by the brain in the process of ‘SET-UP’ and ‘EXECUTION’.

Beyond this, ‘Know Where Your Target Is’ so you can ‘Swing At It’ or ‘Direct your Energy’ precisely at the target! Remember, ‘Golf’ is an ‘A To B’ task. Being so, one might sum golf up by saying it is all about connecting defined dots scattered about the golf course with one simple stroke each.

THE BALL GOES WHERE YOUR HANDS GO!

Now to the actual

THE 11 SWING SEQUENCES

THE BACK & UP SWING

- 1a) **ADDRESS Ready** ‘Static or Passive’
(SS#1a)
- 1b) **IMPACT FIX** ‘Static or Passive’
(SS#1b)
(Both At Rest)

- 2a) **INITIAL TAKE-AWAY** ‘Low & Slow, Deep, Flat, Wide’
(SS#2a)
(‘Dynamic or Active’, ‘In Motion’)
The **‘First Five Inches’** with ‘Hands Activating’ and ‘No Wrist Cock and No PIVOT’
(Stage One Procedure)
- 2b) **CLUB SHAFT** at about 45 degrees to the Ground or Horizontal
(SS#2b)
(useful minor increment still quite ‘Down The Line’, the ‘Sweep’)

‘Hands’ starting ‘Cock the Wrists and ‘Activating the COIL or WIND of the Hips’. The ‘Hands’ either ‘LEAD’ the ‘Shoulders and Hips’ ever so slightly in the ‘Back Swing’ or

start simultaneously. This sequence may vary from subject to subject but it is properly one or the other from a 'Physics and Mechanics' perspective. It is imperative that you understand that the 'Front or Un-LOADING – Un-WINDING Swing' takes place 'FROM THE GROUND UP' and 'FROM THE INSIDE OUT'. But the 'Back or 'LOADING – WINDING Swing' takes place from the 'TOP DOWN' and 'FROM THE OUTSIDE IN'. As such, the 'Hands LEAD' the parade and activate the 'Carousel or Merry-Go-Round' (the 'Horizontal Wheel').

The 'Hands' turn or 'Rotate', go 'R&R', in this 'Swing Segment' (#2B) at the very same 'RPM' as do the 'Hips'. This is because the 'Hips, Abdomen, Trunk' produce all the 'R&R'.

3) **CLUB SHAFT HORIZONTAL TO THE GROUND** (SS#3)
(slight Wrist Cocking)

Hands are outside Brace Foot. Weight has begun to shift to the Inside of the Brace Foot. Brace Knee is Flexed. Knuckle Count same as at Address or Toe Up. The 'PIVOT' is 'LOADING' gradually and very smoothly. A key criteria for recognizing this 'PIVOT COILING ACTION' is 'Shoulder Motion'. When it moves 'Back' ever so slightly, the 'Body Machine' is 'LOADING'. When the Brace Hand moves the Brace Shoulder and Body should as well.

The 'Hands and Arms' (Lever Assemblies') must perform 'In Ratio' so that the amount of 'Round & Round' 'MATCHES' the amount of 'Up & Down'. If this is the case, you will have the proper balanced 'Back & Up' or Turn to Lift Ratio' necessary to stay 'ON PLANE' and make a great 'Golf Swing'. This taking place, you will also be able to maintain a 'Flat Target Wrist' (Control The Clubface) and that 'Clubhead LAG Pressure' that is also a key to success!

4) **TARGET ARM HORIZONTAL TO THE GROUND** (SS#4)
AND CLUB SHAFT VERTICAL TO THE GROUND
(Substantial Wrist Cocking)

Head has shifted to the Brace Side. Wrist Cock is completing. Target Heel should still be on the ground. Weight is on the Inside of Brace Foot but transferring to the Brace Heel with the 'Sit Down Move' taking place as a result of the 'Hips Coiling Back Motion'.

That 'RPM' is still in 'Balance' so you can have the proper 'Ratio of Lift to Turn'. Your Hands are staying in front of your Hips and Chest. Your 'Hands' never get behind your 'Hips' if you make a good 'Golf Swing'!

5) **TOP OF BACKSWING (TOB)**

(SS#5)

‘Back Swing Wrist Cock’ is complete. ‘PIVOT is Completed’. ‘Lever Assemblies’ either ‘Fully Elevated’ or are close to ‘Fully Elevated’ with the ‘Brace Hand raised to ‘Back and Above the Brace Shoulder’. Shoulders have Rotated to Maximum (generally about 90 degrees) or are close to ‘Full Rotated’ as well. The ‘Hips’ Become Fully COILED Slightly Before The Shoulders’ as the ‘Body Machine’ is ‘WINDING UP FROM THE TOP DOWN’. Hips have Rotated approximately half of the Shoulder Turn, FEELING ‘Strong Tension’ in the Inside Brace Thigh and ‘Inside Brace Knee (Medial Head of the Femur) and likely in the Inside Target Thigh as well. Weight is definitely on the ‘Inside of the Brace Foot and towards the Heal’. Shoulders and Ears ‘FEEL’ like they have been ‘Turning Relatively Level’.

It must be noted here that, because the ‘Hips Become Fully-COILED before the Shoulders’, they also start ‘Un-COILING Slightly Before the Shoulders’. This is what is known as ‘Hips LEADING’ and ‘Shoulders and Lever Assemblies LAGGING or TRAILING Behind the Hips’.

It should also be noted here that, due to the fact that the ‘Abdominal Release’ ‘Triggers’ the ‘Front Down and Out Swing’, causing the ‘Hips to LEAD’ just before the ‘LAGGING Shoulders Follow’, that the ‘Hands’, with a proper ‘Swinging Motion’ generally get to the ‘Top Of The Back Swing (TOB) and have a ‘Collision’ with the ‘Departing Lower Body Machine’. This is what the ‘555 TEAM’ calls the ‘Bounce At The Top’. We also call it the ‘REVERSE MOMENTUM’. This action causes the ‘Wrist Cock’ to increase slightly as took place in Ben Hogan’s Swing and takes place in Sergio Garcia’s Swing. So, in many cases, Even with very good Swings, the ‘Wrist Cock’ is not ‘Completed’ until after the ‘Forward Swing Is Triggered’. This ‘Delayed Wrist Cock Completion’ is ‘Typical of Hitters’ and ‘A-Typical of Swingers’.

It is worthy of note that this ‘Collision Of Sorts’ of the Hips running into the Hands’, also slightly increases the degree of ‘COIL’ and thus still ‘Stores more Potential Energy’ in both the ‘Trunk Abdominal Hips COIL’ as well as in the ‘Wrist Cock Accumulator’. Even as the ‘Lower Body Machine’ has commenced its ‘Un-COILING or Un-LOADING’, the very end of the ‘UBM’ in its ‘Primary Lever Assembly’ (the Clubhead) is still getting to the very ‘Top Of Back Swing’ (TOB). This is a rather subtle but dramatic little ‘Physical and Mechanical Reality’. Now you know about it too! Your ‘Hands and Levers’ are still ‘In Front Of Your Hips’. You are still in the proper ‘RPM’ but now with ‘LEAD and LAG’ in the equation. This existing ‘LAG’ which will increase slightly in the early ‘Front or Down Swing’, will all be caught up or taken out by the time you are into the ‘IMPACT Zone and SEPARATAION’ occurs. You will properly return to the ‘IMPACT FIX’ you ‘Set-Up’ just before ‘Take-Away’.

THE DOWN & OUT SWING

6) **STARTING DOWN**

(SS#6)

A very interesting Interval indeed!

The '555 TEAM' appropriately calls this the 'Direction Change At The Top'.

Remember, it is a '**Low Inertia Interval**' as is its direct cousin, the 'Take Away Interval', which is just at different ends of the 'Machine'. Both are 'At Rest' for a definite and definable or finite period of time!

The very first 'Front Swing Move Is The Release Of The Abdominal Coil' which creates what we technicians call the '**Lateral Bump** or a slight '**Forward Lateral Slide**' towards the Target and generally on the 'Body-Foot Line' which may or may not be parallel to the 'Target Line'. Knowing this, we then know that the very first muscles to fire in the quick and powerful 'Forward or Down and Out Swing' are the 'Loaded Abdominals'. These are often called the 'Core Muscles'.

In this interval, the '**Lagging Lever Assemblies**' drop almost vertically towards the ground to the outside of your 'Brace Foot' while the 'Hips commence their 'Leading Action'. It is also described that the 'Brace Elbow Drops Into The Forward Hip Slot'. Make no mistake that this is a natural 'Dropping Action' and is not a 'Forced Action'. This 'Dropping Process' is largely due to the fact that the 'Lower Body Machine', in its 'Un-COILING Motion' sort of 'Runs Away From The 'LAGGING Upper Body Machine'. The 'Degree Of LAG' in 'Hitters' definitely increases when the forward 'Un-COIL Fire' takes place. 'Swingers' experience less. The 'Forward or Secondary Swing Plane' also depends upon or occurs as a result of this 'Hips LEADING the LAGGING Levers'. The more 'Reverse Momentum' the more will be the resulting 'Lever LAG' and the 'Lower The Forward Swing or Un-LOAD Plane' will be relative to the 'Back Swing or Load Plane'.

Needles to say, you now know that the point in the Swing where the 'Wrist Cock' is maximized is not necessarily at the 'Top Of Back Swing'! With 'Hitters' it is likely just after the Hips depart and the 'Collision At The Top' or 'Reverse Momentum' has taken place. This specific information is little known, of considerable interest and very important. The definition of the difference between 'Swingers and Hitters' has consumed many a pint of ale!

In this interval, after the 'Bump and Abdominal Release' and the 'Hips Departing', the 'Target Lever' returns to the 'Horizontal to the Ground Position' that is passed through in the 'Back Swing' (SS#4). But the 'Club Shaft' will not necessarily again be at about 90 degrees to the 'Target or Swing Lever' at this point in the 'Down Swing. Remember, it has likely increased as discussed above. This is the new 'Return Trip' in a different direction with its unique 'PATH and PLANE'!

Let's add that, in this 'SS#6' or in late 'Swing Segment #1F', the **'Target Lever Comes Roughly Back To Horizontal to the Ground'** through which it passed on the way 'Back And Up'. But with the 'Club Shaft' past or more than 'Square To The Target Lever' due to the 'LAG' and 'DRAG' of the 'MASS' of the Clubhead'. The entire 'Body Machine' is now involved in adding 'Momentum, Inertia and Velocity' ('MIV') to the 'Clubhead' so it can do its 'WORK' at the 'Bottom' through the 'IMPACT and SEPARATION Zone'.

I could get into the 'Math' of this 'Science' but I have no intentions of doing so. You will get up and depart, 'Stage Left' or the closest exit! I would too!

Also remember, that all the while we have been going through these 'Swing Sequences', some very key elements have been in play. Those 'Primary Imperatives', 'IMPACT and SEPARATION' are core events. They never get out of the equation. The '3 Basic Essentials', 1) 'Stationery Head', 2) 'Balance' and 3) 'TIMING and Rhythm' are real. The '3 Primary Absolutes', 1) 'FLAT TARGET WRIST', 2) 'CLUBHEAD LAG PRESSURE' and 3) 'CLUBSHAFT ON PLANE' are key elements. The '5 Essential Elements', 1) 'Clubface AIM', 2) 'Clubhead PATH', 3) 'Clubhead Speed', 4) 'Sweet Spot' (OPA) and 5) 'Angle Of Attack' are all unavoidable realities in every inch and every millisecond of every Swing. Don't forget all those 'Secondary Absolutes'. They contain such items as 'POSTURE', 'GRIP', 'STANCE', 'BALL LOCATION' and 'ALIGNMENT'. Items worth a moment!

Best we all keep these in mind?

7) **PRE-IMPACT**

(SS#7)

'Club Shaft is Horizontal or coming Horizontal to the Ground'. 'Wrist Cock is Fully In or Delayed' as it is sometimes called. 'Weight has shifted slightly to the Target Side'. 'Hips have moved laterally with their 'Bump' and are 'Rotating Very Strongly and Powerfully to the Target'. You are now 'Swapping Pockets' or doing the 'Butt-Master 2000 Drill'. The 'Brace Elbow and Brace Hand are 'In-Line' with the 'Brace Hip'. You are 'Brace Connected'! Your 'Brace Foot' is connected by your controlled body to the 'Clubface' which is about properly and squarely 'AIMED' back directly 'Down the Pre-Selected Ball Flight Line'. Your 'Brace Hand' is 'Driving Down At The Ball' while the same amount of 'Force' or 'MATCHING FORCES' are balanced between the 'LBM and the UBM'. This produces 'TIMING, TEMPO, RHYTHM, CADENCE, PACE, BALANCE and 'RPM'. Your 'Clubface is going to get back to the Ball at the same time as does the 'Rotating LBM Brace Hip' which is the 'Engine Of The Body Machine'. Both Knees are flexed. The 'Brace Knee' is chasing or closing on the 'Target Knee'. This is due to the 'PIVOT' and 'Forward Motion of the Brace Side while the Target Side is quite firm and stationary. We are 'Rotating forward ultimately onto a nice tall and straight 'Target Leg' where we will be at 'Finish'. The Knees have thus got to be together or closer. (see the 'Body On' picture) The 'Un-LOADING MOTION' is very evident and the 'Clubhead' is still accelerating. The 'Clubface AIM' ('Back of Target Hand') is starting to 'Square Up' with the 'Body Line'. The 'Brace Lever Extensor Action or Down Force' is very

prominent. This 'Force' also assists in 'Squaring Up the Clubface'. The 'Hand Delivery Path' can be seen traveling directly from the 'Top Of Back Swing' (TOB) down to the 'Butt Of The Ball'. Collision and the resulting dramatic 'Transfer Of Energy' is imminent!

There is a distinct process about to take place that warrants mention. The 'PIVOT' and the 'Wrist Cock' are about to be 'Released'. The 'Accumulators' that, by the very name, store 'Potential Energy' are now being 'RELEASED' in the form of 'Kinetic Energy'. They are starting to 'Un-LOAD'. We will talk more about this in few moments. (see INDEX, 'Accumulators')

The 'UBM' and the 'LBM' are still very much in the 'RPM MATCHING' game! When the 'Hands' (Lever Assemblies) are in the 'Bottom Half Of The Swing Circle' that 'Brace Hand and the Target Hips Rotate at the Same RPM'. Put another way, that 'Distance Between The Brace Hand And The Target Hip Is Always The Same When The Hands Are In The Bottom Half Of The Swing Circle'. If you do not get very much of this, and I know you are getting a lot of it, 'GET THIS RPM STUFF'!

8) **IMPACT & SEPARATION** (SS#8)

Just before or as you are entering the 'IMPACT and SEPARATION Zone', the Brace Elbow, Brace Hip and Brace Knee are 'IN LINE' with each other. Club Shaft coming close to 'Vertical to the Ground' again. Your head is still behind the Ball. Your weight has shifted to about 70% Target Foot. Target Wrist is FLAT. Wrist Cock is about fully 'Un-Loading'. Hips are 20 to 30 degrees 'OPEN' and they are 'LEADING and RELEASING'. The Shoulders are about 0 to 10 degrees OPEN while still 'LAGGING or Trailing and Releasing'. The 'IMPACT Zone Sequence' is 'PIVOT RELEASE', 'IMPACT', 'SEPARATION' and then 'BOTTOM Of SWING ARC' (BOSA). A very key feature of this 'I & S Interval' is that the once 'Bent Brace Lever' at the 'Top Of Back Swing' ('Bend & Straighten') reaches the 'In Line Condition' at the 'Bottom Of Swing Arc' after the Ball has departed. At the 'BOSA' with a 'Physically Correct Swing', both the 'Target and Brace Levers are In Line'. Of course, you know that the Target Dead Rope Lever is supposed to be straight at all times while swinging the Golf Club! I am of the opinion that there is a 'Flat Spot or Straight Line Clubhead PATH Segment' through the 'IMPACT and SEPARATION Zone'. It should be about as long as the 'Width Between Your Feet' ('STANCE Width'). This straight line is created by solid 'Brace Leg Drive' and 'Brace Lever Extensor Action' which causes the 'Rotation and Movement of the Hips to be Around and Forward'.

The 'Momentum, Inertia, Velocity' (MIV) of the 'Clubhead' has now been effectively transferred to the Ball. 'Ball Speed and Distance' is resultant effect! Remember, 'The Ball Goes Where The Hands Go'!

9a) **CHASE**
(SS#9a)

The end of the 'IMPACT & SEPARATION ZONE'.

I am a very strong proponent of 'Chasing The Ball' when you are 'Putting'. Since I am also a very strong proponent of the concept that 'There Is A Putt In Every Swing or Stroke Procedure, Regardless Of Its Stage' (there is an IMPACT and SEPARATION Zone), then I should take a moment to include this 'Chase Swing Sequence' into this material.

When you 'Chase' you are less likely to strike the Ball 'THIN' and are less likely to 'Pull the Ball to the High Energy Side of the Target Line' and 'Flip'! Know all about that sort of 'Purgatory Stuff'? You will be more likely to stay down at it! To 'Compress IT'. To control the 'Line Of Compression'. Produce accurate 'Distance'. Produce more accurate 'Direction'. Take some of the bad 'Side Spin' of the Ball. Play better! Write down smaller numbers. Buy less beer and meals at the 19th Hole!

All this 'Chase' really means is that you keep 'Brace Leg Drive' and 'Brace Hand or Lever Extensor Action or Down Force or PINCH' in the equation right through the entire 'I&S Zone' and then on through 'Swing Segment #3F'. It is this 'Brace Foot and Brace Lever Pressure' that produces that quite 'Oblongated or Out Of Round Shape Of The Golf Swing Circle' that we see quite often in the magazines and videos. The 'Golf Channel' starts some of its programmes with a 'Leader' that shows the 'Swinging Motion' graphically. The bottom 'Swing Circle Path' is very extended and oblongated. When you next turn this television programme on, take a look.

Remember, when you 'Turn Off The Throttle In A Transport Truck A-Train or B-Train' (Two Trailers) and apply the tractor brakes ONLY, the trailers will skid past you. This is what is known as 'Jack-Knifing The Rig'. The 'Tractor Power or Rear Wheel Drive' is a lot like the 'Lower Body Machine' (LBM). The trailers and couplers are like the 'UPPER BODY MACHINE (UBM) and Lever Assemblies'. When you take the 'Throttle Off' and worse still, 'Slam on the Tractor Brakes' you are going to get the trailers to pass the Tractor'. If you do not maintain 'Brace Leg Drive' to fuel or Power the PIVOT' (LBM LEADING), your Hands are going to 'PASS The HIPS' and then you get both 'Deceleration and Throw-Away of 'Flipping'! Your 'Primary Absolute' 'Flat Target Wrist' is compromised. Your 'Clubface AIM At SEPARATON' is a myth. Your 'Ball Flight Control' (Distance & Direction) is something others do and you can't seem to manage! Keep the 'Throttle On Longer'. Keep your Hands traveling towards the Target. **'THE BALL GOES WHERE YOUR HANDS GO'**! ('TBGWYHG') Said that a time or two before! More later! By the way, this 'Throttle On Business' really applies to 'Swing Sequence #7 and SS#8' so just keep 'Pushing and Turning' towards the Target Strike the Ball with your Brace Foot! (see 'Parallel Thrust Lines')

Oh, Good Lord, now I am guilty of promoting the 'Foot Wedge'! (USGA is on the phone!)

If you 'Chase', your '**COMPONENTS and PROCEDURES**' will '**MATCH**' longer. You will stay 'Connected and ON PLANE' longer. You will stay 'Centrifugal' longer. The 'LBM' will not be passed by the 'UBM' so you will better prevent 'Throw-Away'. Your 'Clubface AIM' will be more precise when the 'Ball SEPARATES'. You will produce more reliable 'Trajectory' which will be more consistent with the factory's intentions. The wind will not bother you as much. Better 'Distance and Direction'. Not bad associated benefits! This is '**GUT ISSUE STUFF**'!

9b) **FOLLOW**
(SS#9b)

I like to 'FEEL' and maintain good 'Lever Extension' through the entire 'IMPACT and SEPARATION Zone' and well beyond. I can accomplish this by making certain that my 'Brace Leg Drive' and its resultant 'LBM Rotation' are not fully turned off until I actually come all the way up onto that tall Target Leg and fully 'Breathe Out'. This 'Breathing Out' is also an 'Accumulator of sorts (tongue in Cheek). Well it has to be 'Released'!

Once again the 'Club Shaft comes to Horizontal to the Ground. The 'Clubhead Toe is pointing Up and DTL to Target Line. The Arms or Lever Assemblies' are still 'Extended' towards the Target. I still feel 'DEEP, FLAT and WIDE' or 'One Dimensional'. The 'Hip and Shoulders' still Rotating towards the Target Side and shall end up about 90 degrees plus and 135 degrees plus respectively. (Tiger Woods and others non-mortals turns much more! Making work for Spinal surgeons!) The 'Target Leg is Straightening'. The 'Tummy to Chest' is still 'FEELING Tallish'. The 'Brace Knee' is still flexed and has moved fully forward towards and become just about even with the Target Knee. Depending on how wide your 'STANCE' was, the thighs may come fully parallel. The 'Hands have rolled over 'Centrifugally' toward the 'High-Energy Side of the Target Line'. The 'Head' should now be coming 'Off the Ball' as your 'EYES' have also 'Released' and are moving Target-ward. You are 'Breathing Out' and are 'In Balance'.

Everything is fully 'Released' by this point and all you are doing through this 'Swing Segment #3F' is decelerating or coasting to the Top Of The Front Swing' (TOF). Just letting it fully unwind and come to a stop. Remember, there are no brakes on the 'Golfing Machine'!

Notice that you are still 'Swinging In RPM'! The 'Brace Hand' is still tracking with that 'Target Hip'. Well done!

10) **FINISH – TOP OF FRONTSWING**
(SS#10)

You are fully relaxed with the ‘Primary Lever Assembly’ at full height and having finally come out of the ‘In Line Condition’. Now the ‘Brace Lever’ has adopted this In Line Condition’. One ‘Lever’ is ideally fully straight at all times throughout the entire Back and Front Swings. They are both fully extended only at the ‘Bottom Of Swing Arc’. Usually, at the ‘TOF’ the ‘Clubhead and Shaft are dropped over or behind the Target Shoulder. This requires some ‘Wrist Cock’ to again come into play. Either that or two bent ‘Elbows’ which is really quite satisfactory. You are going to say, “Then, you should be able to have some bend or flex in your Target Lever at ‘TOB’!” Actually, contrary to my being a purist, I do not have a big problem with that as long as you attain ‘Full Dual Lever or Lever Assembly Extension at the Bottom Of Swing Arc’ (BOSA). Are you surprised?

The weight will now be outside Target Foot near Heel. The ‘Target Knee will be Straight’. The ‘Brace Knee is still Flexed. The ‘Thighs Together and Square to Target’. You will be ‘Up on Brace Toe’ (‘Tap Tap’ and ‘Flamingo’). The ‘Brace Hip may be closer to the Target than the Target Hip’ which may mean that you have over-rotated’. Shoulders will then likely be over-rotated as well. You will likely still have a ‘FLAT TARGET WRIST’. You will likely be ‘ON PLANE’. ‘MATCHING Components and Procedures’ always!

11) **BOUNCE-BACK**
(SS#11)

This ‘Optional Position’ is where you might ‘Recoil or Bounce Back’ to just above the ‘Follow Position’ (‘Club Shaft and Lever Assemblies’ just above Horizontal to the Ground). Your arms will likely be resting gently on your tummy with the ‘Clubhead and Shaft’ pointing relatively back ‘Down The Line’. I like to think this ‘Bounce Back Position’ rather proves your Clubhead PATH through ‘Swing Segment #3F. In other words, this ‘Swing Sequence or Move’ is a nice comparison to your ‘Front Swing Position in the Follow Phase’. When everything is unwinding efficiently, you should return to approximately the same position you passed through on the way up to TOF at about SS#8. This will prove whether you were comfortably ‘ON PLANE’ or not.

The ‘Hands’ should always be leading even into and perhaps through the entire ‘Follow Interval’. Once into a mature ‘Finish Segment’ they will ‘Drop’ but your should still have a ‘Flat Target Wrist’. It should properly never get to the ‘Bent Configuration’.

With this ‘Flat Target Wrist’ did you know that your are still in proper ‘RPM’? Properly ‘MACTHED’ ‘LBM and UBM’? Your need for ‘RPM’ never goes away!

Notice how symmetrical, balanced, smooth and predictable this 'Back and Front Swing Sequencing' is from a 'Components and Procedure' standpoint. The more practiced and repetitive it becomes, the more the 'Big Muscles' dominate, the more 'Machine-Like' the 'Swing' can become. 'Repetitive is within reach! 'Remembered FEEL' is key! You will want to become a 'Reflex Golfer' as fast as your can, but patience and diligence are ingredients. Don't forget 'Gratitude'!

You have worked hard! Keep up the good work!

Best of luck!

Well done!

**WE HAVE TO DO THIS GOLF THING THE OLD FASHIONED
WAY WE HAVE TO EARN IT!**

**YOU CAN DO THIS RIGHT OR YOU DO THIS WRONGLY
JUST DEPENDS ON HOW MUCH PAIN YOU CAN ENDUER!**

THE SEVEN SWING SEGMENTS

You can call it 6 as you shall soon discover

When considering this concept, review or keep in mind the '**CLOCKING**' diagram. Visualize a 'GUN SIGHT Cross-Hair' placed over your 'Chest and Body' making a 'Four Segment Circle' numbered from 12 o'clock counterclockwise 1 through 4. This '**4 Swing Segments**' is about this 'Clocking' and the '11 Position Swing'. Remember, the swing is all about '**The Geometry of the Circle**' and '**The Physics of Rotation**'.

BACK & UP SWING:

This is the '**Accumulate, Load and Store Phase**'. (see 'ALSDR') This is the 'Balsa Airplane Concept' of winding the 'Body Rubber Band' to create 'Potential Energy'.

1) **Segment #2B** is the 'Initial Take-Away or Early Accumulating Segment' from either 'Address Ready or IMPACT FIX' (see '5 SET-UPS') that is 'Led By The Brace Hand' that 'Winds, Coils or Loads' the 'Lower Body Machine' 'From The Top Down' and 'From The Outside-In'. This is the '**Accumulation Load and Store Phase**' (see 'ALSDR') of the 'Golf Swing'. This produces the 'Potential or Passive Energy'. It is the 'Getting Ready To Do WORK Phase'. This 'Stage' starts at the 'Address Ready or IMPACT FIX POSITION' and concludes when the 'Club Shaft' becomes 'Horizontal To The Ground'. 'Pivot Load or Coil' ('Energy Storage') is being induced. (see 'Stage One and Two Procedures') The Stage One' involves 'No Wrist Cock' ('UBM') and 'No Pivot' ('LBM').

2) **Segment #1B** is the 'Secondary Take-Away Accumulating Segment' where the 'Brace Hand Travel Distance' ('BH TD') 'Winds Up The Lower Body Machine' to its maximum limit of '**Accumulate, Load and Store**' (see 'ALSDR') as required to accomplish the 'Pre-Selected Procedure' with the 'Pre-Selected Components'. This 'Swing Segment' begins at the 'Horizontal Shaft Position' ('Swing Sequence #3') and concludes at the 'Top Of Back Swing' ('Swing Sequence #5') where 'Full Coil' is accomplished. Here, at 'SS #5', it can be argued that the 'Club Shaft' is again in the 'Horizontal Condition' but that 'Element' varies with the 'Shaft Length and STANCE Width' which are 'Personal Characteristics Of The Golfer' (see 'Range Of Motion', 'ROM' and 'Flexibility'). (see 'Stage Three Procedure' that involve both 'Wrist Cock and Pivot')

Now we progress to the 'Active and Dynamic' intervals of the 'Golf Swing' when we accomplish '**WORK Through MOTION**' prepared for in the 'Back Swing'.

FRONT or DOWN & OUT SWING:

This is the '**Delivery and Release Stage**' (see 'ALSDR') of the 'Golf Swing'. It is the interval during which the 'Stored or Potential Energy' is 'Released as Kinetic Energy' in

order to ‘Get The Job Done’ or ‘DO WORK’. It is when the ‘Pre-Selected Procedure’ is accomplished.

3) **Segment #1F** Lever Assemblies **DROPPING** Down from ‘Top Of Back Swing’ (TOB), Low-Energy, Clubhead is Retreating from the Target during this ‘Swing Segment’. This ‘Swing Segment’ ends at the ‘Horizontal Shaft Position’. This is the ‘**Gravitational Dropping Phase**’ of the overall swing.

4) **Segment #2F** Lever Assemblies still Dropping Down, Hands at HIP HIGH FEEL to the Ground with Wrist Cock still fully IN and the Club Shaft nearing the Horizontal Position to the Ground. This Swing Segment, which is the ‘Clubhead and Hands Release Segment’, ends at the Impact Position or 06:00 in the CLOCK-ing. This is the ‘**Acceleration Phase**’ of the overall Swing.

5) **Segment #3F** Lever Assemblies still moving forward, Deep, Flat & Wide, well extended towards the Target, and up to the 09:00 o’clock Position where the Toe of the Clubhead is UP or even turned to the High-Energy Side, the Club Shaft is Horizontal to the Ground. This is the fully Released, ‘**Deceleration Phase**’ of the overall Swing.

6) **Segment #4F** Lever Assemblies (Hands) still quite extended but with the Target Arm folding UP and Over the Target Shoulder, ultimately Dropping Down behind the back and towards the Target Line with the Club Shaft still ‘On-Plane’. This is the ‘**Fully Relaxed Phase**’ where all Energy must be ‘Spent’. It’s over so let it be that way!

7) **Segment #4B** This is what your ‘555 Team’ refers to as the ‘Bounce Back Segment’ if it is employed. Some golfers simply relax and let the ‘Lever Assemblies’ to rest over the ‘Target Shoulders’. (see ‘Slap Yourself In The Back’)

“Welcome Aboard!”
“Enjoy The Ride!”

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