

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

9 POWER ACCUMULATORS

'UBM' & 'LBM'

Firstly, '**ACCUMULATORS**' just '**Accumulate, Load, Store, Deliver and Release**' '**Potential Passive Energy**' for the purpose of accomplishing 'Work'. (see 'ALSDR') When delivered it becomes 'Kinetic Active Energy'.

Muscles, especially the bigger ones, generally move or 'Work In Pairs'. This 'Symbiotic Relationship' is essential since muscle fibers are capable of 'Shortening or Contracting and Relaxing' but NOT 'Extending or Pushing' as a 'Piston' might accomplish by moving or creating 'Fluid Pressure' at both ends of the ram when direction is required.

We might 'Feel' like muscles and skeletons can do so as we can 'Extend Our Arms' for example, but this 'Extensor Action' is directly the result of the 'Paired Cooperative Muscles' 'Contracting or Resting On The Skeletal Structure' ('Levers and Joints or Hinges mounted on Bones') enabling the opposite movement. The 'Biceps' raise or pull the 'Hand' towards our bodies or up towards our head and shoulder. It is the function of 'Gravity' plus the 'Triceps' that lowers or thrusts downwards and outwards and provides the 'Pushing Motion' down and away from our body.

Try it yourself right now! Time for a 'Feel'! This 'Pairing and Oppositional Force' is mechanically how we are able to 'Extend An Arm' out and or up to shake someone's hand! One side of the 'Upper Body Machine Lever' ('Arm'), while lifting, is in 'Tetanus' (Biceps Contracting, Lifting and Shortening) while the other is in 'Tonus' (Triceps Relaxation, Extending and Lengthening). Do a few gentle 'Curls' and you shall experience another great example. Cooperation allows the 'Bending or Straightening Rhythm and Motion'. Cooperation, at its near best for the 'Human Machine' that is!

The 'Accumulators' find residence in the group of 'ALSDR' items and functions. Again, these are '**Accumulate, Load, Store, Deliver and Release**' ('ALSDR'). 'Accumulators' have the amazing ability to 'Store Potential Energy' and then, by that preparation, convert this 'Energy' into its 'Kinetic Form' in order to do 'WORK'. This process creates the novelty of a 'FORCE Through A Distance' when called upon to do so. What a 'Human Machine' right?

We are really a remarkable living 'Machine' if we can comprehend that analogy. When we look upon ourselves as a 'Golfing Machine' and get this foundation right, we can quickly grow in our knowledge and performance. A very worthwhile endeavour!

ALL ABOUT PRESSURE

‘PRESSURE MOVES MASS’, be it via your body or a machine. ‘Pressure’ comes in two forms; ‘Positive or Pushing’ and ‘Negative or Pulling’. The body moves the ‘Golf Clubhead’ which strikes the ‘Ball’ and moves it indirectly by ‘Transfer Of Energy’ from one body, the ‘Subject Clubhead’ to another, the ‘Object Ball’. You can come up with many of your own examples. It is useful to do this, so take a moment to do so. **‘Pressure Accumulators Move Your Golf Club’** and thus that ‘Little White Ball’ too!

Remember, **‘Golf Is All About Deliberately Applied Pressure Creating Motion’** that is hopefully beneficial and pleasing to you and the crowd of onlookers who are generally pulling for you! The crowd wishes you well and often wish they were you!

WALKING – TAKING BUT ONE STEP

It is useful to think that, even the process of walking about, is made possible by **‘Applied Pressure’**. We ‘Bend and Straighten Our Ankle, Knee and Hip’ (‘Primary Articulating Joints’) while coordinating our ‘Weight Transfer’ back to front with two limbs. The process is ‘Front To Back’ if we are walking backwards.

When stepping forward we ‘Extend The Lower Body Machine Articulating Joints Of The Lead Non-Driving or Thrusting Limb’. It is ‘Light, Un-Loaded or Un-Weighted’. It is off the ground. When that ‘Lead Foot’ is making contact with the ground it will be close to or fully **‘Extended’** and the ‘Primary Articulating Joints’ will be relatively straight! The ‘Hip’ is moved forward or in its ‘Extended Configuration’. This is called ‘Hip Lift or Extensor Action’. This includes the simple ‘Motion’ of raising your thigh to level or horizontal to the ground where the front or top thigh muscle (‘Quadriceps’) are ‘In Tension’ (shortened or demanding) while the back and bottom muscles are in a ‘State Of Relaxation’ (lengthened or yielding). ‘Flexor Action’ is accomplished by the other side of the ‘Thigh Machine’. When these muscles in the back of your thigh contract, the leg is pulled back and up. This ‘Action’ involves you ‘Butt Muscles’ (‘Gluteus Maximus, Medialis and Minimus’). When you pull your heel tight up against your ‘Butt’ it is these muscles that are performing while the frontal quadriceps are at rest and long. The one side must relax in order to enable the other to get to ‘Work’ by contracting.

STILL TAKING THAT ONE STEP

As we are already ‘In Motion Forward’, our ‘Weight Is Transferring or Loading Onto This Front Foot’ from the ‘Back Foot’. The ‘Front Foot’ then sequentially takes on the weight and then moves in a ‘Pulling Motion’ back under the ‘Body Mass’. Once there in transit, the ‘Brace Foot’ ‘Pushes’ to the back where the ‘Ankle Joint’ ‘Bends or Cocks’ like a gun. This is the process of ‘Loading or Creating Potential Energy’ and ‘Propelling’

the 'Body Mass' forward. This is then aptly the 'Propulsion Phase or Interval'. This is called **'Transition Through Flexation To Extension So As To Deliver and Release'**. When the 'Work' has been accomplished (fully aft), the 'Knee and Ankle Joint' is fully 'Extended' and behind us. We are pushed up onto our 'Brace Toe'. The 'Hip' is also fully 'Extended'. The 'WORK' or 'Push Process' has concluded.

Now, the 'Ankle, Knee and Hip', moving back forward, become 'Extended Forward or Straight' readying for 'Loading and Reaching' again. Then we 'Do More Work' in the repeating 'Cycle'. The 'Backing or Retreating Limb' always provides 'Resistance' and thus does the 'Pushing Work'. The 'Front Moving or Advancing Limb' extends to provide 'Locomotion, Balance and Stability'. If we did not have two cooperating carefully sequenced limbs, we would simply fall on our faces at the end of the 'Thrust Phase'. What a waste! Jut hopping around like 'Peter Cottontail' is a weak option!

When we are **'Leg Driving or Propelling'** we are 'Un-Loading The Joints' in the 'Driving Limb, but soon 'Loading' the 'Components' of the paired Limb. Every move has its 'Motion Balanced Counterpart'. The two sides of the 'Body Machine' are counter balanced and paired in progressive but symbiotic tasking. This simply means that they are cooperative! If not, we might mistakenly move both legs in the same direction at the same time! That would mean that, while walking at a relative slow speed, we might have both feet off the ground at the same extended period of time. Some trick! Mr. Newton would be impressed along with the entire scientific community!

We apply 'Brace Toe Pressure' that triggers the 'Brace Foot Preload', which provides that 'Brace Leg Drive' that moves us forward, a 'Force Through A Distance' and thus we do 'WORK' in the mundane form of getting about on our own two feet! How basic is that!

Now that we have discussed this 'Common Process', get up off your 'Derriere' (if you are seated) and take a few steps in very 'Slow Motion'. 'Feel The Process'. The lights will then turn on if the 'Porch Light Is Still Dim'!

THE 9 POWER ACCUMULATORS

UPPER BODY MACHINE 'UBM'

BRACE LEVER ARM (Three Lever – Single Action')

Understand The Sequence ... 321 Loads then 123 Un-Loads. (see below) The 'Golfing Machine' winds up 'From The Top Down and From The Outside In' and 'Un-Winds' 'From The Ground Up and From The Inside Out'. That's a fact!

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|-------------------------|----------------------------|-------------------------------------|
| 1)Brace Shoulder | (Cocked, Level, Un-Cocked) | Vertical Accumulator |
| 2)Brace Elbow | (Cocked, Level, Un-Cocked) | Vertical Biceps/Triceps Accumulator |
| 3)Brace Wrist | (Cocked, Level, Un-Cocked) | Vertical Accumulator |
| | (Bent, Flat or Bowed) | Horizontal Accumulator |
| | (Turn, Vertical or Rolled) | Rotary or Axial Accumulator |

Think 'BEND & STRAIGHTEN Drill & BOSA'

TARGET LEVER ARM

('Three Axis Motion')

- | | | |
|------------------------------------|-------------------|--------------------------------|
| 4)Target Wrist Cock | (CLU) | Vertical Accumulator |
| 5)Target Wrist Bow | (BFB) | Horizontal Accumulator |
| 6)Target Wrist/Forearm Turn | (TVR) | Rotary or Axial Accumulator |
| 7)Clubshaft/Target Forearm | | In Line is Spent or Zeroed Out |
| 8)Target Lever | (biceps to chest) | Horizontal Accumulator (Pivot) |
- (#4 Pressure Point, see '5 Pressure Points')

LOWER BODY MACHINE 'LBM'

- | | | |
|---|--------------------|------------------------|
| 9)Legs, Hips, Trunk, Abdomen & Shoulders | (Load, Coil, Wind) | Horizontal Accumulator |
|---|--------------------|------------------------|

So now you have a factual clearly defined list of the primary parts of the 'Golfing Machine Body' that can actually perform 'WORK' via 'Pressure Application'.

If you have any questions, reread the material. Then, if you still have queries, simply **'ASK US!'** and don't keep putting it off! **'JUST DO IT NOW!'**

If you do not have your own 'Certified Personal Master Teaching Professional', joining the **'555 Locker Room'** entitles you a myriad of 'Privileges'. **'Membership is FREE!'**

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