

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

9 PRESSURE POINTS

'UBM' & 'LBM'

Remember, **'PRESSURE MOVES MASS'**. This factual approach is what the '555 TEAM' is all about. We want to deal with 'Physical & Mechanical' facts. We want to work with 'Natural LAWS' and not conjecture. Others have already done the 'Intellectual Work' for us. No need to reinvent the wheel! In that manner we can stay on our 'Flight Planned Route' and track directly to our 'Destination'. Just like 'GOLF' we may be best served 'A To B'! That straight line is the shortest distance between two points. 'GOLF' is really very much a 'Two Point Exercise'! (see 'VRBF #1 & VRBF #2, '5 CONTROLS')

The 'Golf Body Machine Un-COILS, Un-LOADS, Un-WINDS' in the 'Front Or Down & Out Swing' (See 'DOFT').

Remember, the 'Golf Front or Down Swing' evolves **'FROM THE GROUND UP'** and **'FROM THE INSIDE-OUT'** ('Brace Toe Pressure – Brace Foot Pre-Load – Brace Leg Drive' is the 'Horizontal Round & Round Lower Body Engine').

The 'Body Machine COILS, LOADS or WINDS' in the reverse order or sequence. That is then 'From The Hands Into The Spinal Crankshaft or Pivot'. This is what your '555 TEAM' calls **'From The Top Down'** or **'From The Outside-In'**.

Your 'Brace Hand Travel Distance' ('BHTD') 'Winds Up The Big Spinal Rubber Band' and thus determines how much 'Potential Energy' is stored and available for 'Delivery and Release' (see 'ALSDR'). To best grasp this information, consider **'The Balsa AIRPLANE'**, **'The HUMAN TETHER BALL POLE'** and **'The GOLF SOCKET SET'**.

Key factual scientifically sound information is your basis for growth and improvement! 'Golf Mechanics' is about **'The Physics Of Rotation'** and **'The Geometry Of The Circle'**. Learn about these two 'Mechanical' aspects at every opportunity.

Opportunity knocks far too seldom!

Learn well!

UPPER BODY MACHINE 'UBM'

Grip or Hands

- 1) **Brace Heel Pad against the Grip** Horizontal/Vertical (see 'Thumb Drumstick')
- 2) **Target Three Little Fingers** Horizontal
- 3) **Brace Index Finger to Grip** Horizontal/Vertical
(second digit, Phalange, between first and second joint – 'Trigger Finger'
takes the 'LAG Out and very much assists getting back to the 'BOSA')

Target Lever or Arm

- 4) **Target Biceps to Chest** Horizontal
(Primarily Horizontal although the Target Shoulder provides some 'Lifting Motion')
The Brace Lever provides the bulk of the 'Lifting Motion'.
The 4 Bs (B/Hand, B/Foot, B/Hip & B/Shoulder)
'From The Ground Up' & 'From The Inside Out'

LOWER BODY MACHINE 'LBM'

- 5) **Brace Toe Pressure,** Horizontal, Pivot Rotational Pressure
- 6) **Brace Foot Pre-Load,**
- 7) **Brace Leg Drive,**

('Brace and Resistance' To Backward Motion and Creation of Forward Motion)
'Brace' prevents 'Spin Out' and 'Power Leakage'

There may arguably be more '**Pressure Points**'! If you have read a lot of your 'Golfmyth Collection' you may already have a tenth '**Pressure Point**' powerfully running about in your mind. Good thoughts to have! We have covered the big ones.

Do you remember those '4 B's'? This is the 'Brace Side Action Sequence'. The four aspects for the 'Full Swing' are the 'Brace Hand' moving to the 'Brace Shoulder', the 'Brace Foot' applying 'Pivot Pressure' in order to create that so important 'Carousel, Round & Round, Horizontal Motion'. Finally the '4th B' in the sequence is to 'Breathe Out' all the while the 'Clubhead Is In Motion'. This enables release ('ALSDR') of the 'Pulmonary Pressure' without which 'Tension' shall surely affect your desired and 'Pre-Selected Swinging Motion'. ('Outcome')

QUESTION:

Why do I provide this to you at this point in time and opportunity?

ANSWER:

#8 PULMONARY PRESSURE

Because we are talking about 'Pressure Points', your lungs work by 'Pulling Air In' ('Negative Pressure or Vacuum') and then work 'Pushing Air Out' ('Positive Pressure') (see 'Pulmonary Hypertension'). These two balancing functions are a matter of **'#8 Pulmonary Pressure'** as are the above '5 Pressure Points'. So I have included this 'Breathing' as a sixth if you so desire. (**'LOWER BODY MACHINE'**)

QUESTION:

While we are still on the point or in the vicinity of this topic of 'Pressure Points', might there be any more?

ANSWER:

The answer is "YES!"

There is certainly one more! Subtle as it might be!

#9 OCULAR PRESSURE

There is a medically correct consideration called **'#9 Ocular Pressure'**. There is pressure in your 'EYES' involving both 'Muscles and Internal Fluids'. When your 'Captain EYES' are fully 'On Deck' and working to capacity, there is 'Pressure'. (**'LOWER BODY MACHINE'**)

Study and work hard at your passions! In that manner ye shall grow towards your 'Destination' along your 'Journey' through 'Life', this stage in your 'Universal Voyage'! The direct result may be more 'Pure Personal Pleasure'! That is good!

Best Of Luck!