

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

ALIGNMENT

This simple and well know term is directly about your **'Five Alignment Axes'** 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'** so your advancing 'Brace Hip' can drive the 'Leading 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 you 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'.

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 it!

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