

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

" & "

The Smallest Word In Golf

"&" may be the smallest word in our golf vocabulary, but it is certainly one of the most important and influential words to our formula for success. You cannot 'Master Golf Basics' without its direct involvement and help!

'Tempo, Timing, Rhythm, Cadence and Pace' are recognized as key 'Golf Swing' finesse elements. Without the "&" word these are always suspect or problematic. 'RPM' goes away!

Without the "&" you are very unlikely to 'Breathe Properly'. Many people 'Poo-Poo' this notion of effective breathing. Let me tell you that, those who fail to give 'Respiration' the respect that it deserves, shall pay a price. Any athletic specialist knows the truth and reality of 'Proper Breathing Technique'. If they do not, share this information with them.

When you do not have a 'Pause At The Top', you have no "&". (see 'Transtiton Zone') When you are "Too Quick", there is no "&". 'Timing, Rhythm & RPM' then go away! Tension grows!

If you are 'Casting' or 'Over The Top', you invariably do NOT have an "&" at 'Top Of Back Swing'. Your tendency is for the 'Hands & Arms', '**Upper Body Machine**' ('UBM') to start early ... before the 'Feet, Knees, Hips, Abdomen/Trunk and Shoulders', '**Lower Body Machine**' ('LBM') accomplish their tasking. (see 'LEAD & LAG')

We have what your '555 Team' refers to as a 'Sequencing Problem'. The 'Components & Procedures' must be in logical, physiological order. We must 'Pre-Select' the 'TOB' so we can control energy delivery. (see 'Inching and 'Body Clocking')(see 'ALSDR')

If you do not complete your 'Back & Up Swing', how can you expect to effectively complete your 'Down & Out' swing? Quick, tight and jerky never works in golf!

Every swing in the world, right or left handed, 'Full Swing' or 'Less Than Full Swing', has a 'Top Of Back Swing'. ('TOB')

A 'Putt' has a 'TOB' and "&".
A 'Chip' has a 'TOB' and "&".
A 'Drive' has a 'TOB' and "&".

"Welcome Aboard!"
"Enjoy The Ride!"

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