

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

BACON & EGGS COMBO

We can have bacon on toast, with a little mayo. We can have eggs on toast with ketch-up, or we can have all three components or ingredients if you prefer that name. How does or what does that have to do with 'GOLF'? Remember, golf presents us with 'Components & Procedures' ... equipment and motions we make with them ... the kind that produce small numbers and make us happy!

I heard a rather good question recently. It was related to the location of our 'Divots' ... behind the ball, under or in front of the ball? **"Where do we focus our eyes, during the 'Down & Out Swing', when attempting to put the 'Bottom Of Swing Arc' ('BOSA') in front of the ball?"** (see 'Down Out Forward & Through' - 'DOFT')

Firstly, the 'Sweet Spot Of The Clubhead' must strike the 'Ballistic Point Of The Ball'. Your '555 Team' refers to this pea sized spot as the 'Bottom Inside Cheek' or 'BIC'. This meeting point is where energy transfer from the 'Clubhead Mass' to the 'Ball' is most efficient.

The 'Front Swing Clubhead Path' is simply always descending ... moving downwards. Hence we call the 'Back Swing' 'BACK & UP' while the 'Front Swing' is 'DOWN & OUT'. If we think of these as 'Rotational' ('Round & Round' - 'Horizontal') while creating 'Up & Down' ('Vertical'), we come up with the pertinent term 'Turn & Lift', followed by 'Re-Turn' and 'Drop'. In this vane and manner, we accomplish 'Down Force Thrust' in the 'DOFT' portion. (see 'Bend & Straighten')

With a proper 'Set-Up' combined with adequate 'Brace Lever Extensor Action' ('BLEA' - 'Bend & Straighten Down Force'), the 'BOSA' is always in front of the ball. How much? Well that depends on your 'Set-Up' and 'Swing Mechanics'. Usually the normal, average 'Divot' will be a couple to four inches in front of the 'South Pole Of The Ball'.

Remember, 'The Top Of The Tether Bal Pole', 'Top Of The Spinal Crankshaft', is your 'Tallish Chin & Chest'. We must create space between our 'Hip Sockets' and our 'Sternum'. This supports and provides clearance for our 'Longish Lever Assemblies' ... 'Hands, Wrists, Arms & Golf Club'. If the 'Target Lever Length' is consistent and our 'Chin' stays tallish, our 'BOSA' will be absolutely predictable.

If we 'Drop Our Tallish Chins' we shall hit 'FAT'. If we 'Look Up', we are likely to strike the ball 'THIN'. Just basics mechanics!

"Welcome Aboard!"
"Enjoy The Ride!"

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