

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

BRACE LEVER EXTENSOR ACTION

As the name implies, this topic is about your 'Brace or Hitting Lever Assembly' as opposed to your Target or Swinging Lever Assembly'.

At 'Impact Fix', your 'Brace Lever' is 'Almost' fully extended or 'Straight In Shape' or configuration. We call the total motion or action of the 'Brace Lever' ... 'Bend & Straighten'.

Why do I say "Almost"? Because the 'Divot' is properly taken after the ball goes away, 'In Front' of the 'Ball Location' and not before or behind the ball. ('Fat')

At the 'Top Of Back Swing' ('TOB'), for a 'Full Swing', your 'Brace Lever' is 'Bent'. The 'Shoulder Primary Articulating Joint' is fully 'Bent'. The 'Elbow Joint' is 'Bent'. The 'Wrist Joint or Hinge' is also 'Bent'.

We number these three 'Articulating Joints' sequentially ... Shoulder #1, Elbow #2 and Wrist Hinge #3. The 'Flexation or Bending Order', in the 'Take-Away' ('Back & Up Swing'), is 1/2/3. Of interest, the 'Firing Order' in the 'Down & Out Swing' is also 1/2/3/.

'Time For A Feel' ... stand up with a 'Short Iron' in hand and make a 'Slow Motion Swing' 'Back & Up' followed by the 'Down & Out'. You will soon experience this 'Golf Full Swing' reality.

We are learning 'The Rest Of The Story'!

Inch By Inch, It's A Cinch!

"Welcome Aboard!"
"Enjoy The Ride!"

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24/7