

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

SHORT GAME DRILLS

THOSE BODY CLOCKING SKILLS

We know that moving a '**Little White Ball From A To B**', which is what 'Golf' is, requires that we apply varying amounts of '**Kinetic Energy**' ('Potential Energy Released' or 'Procedure') via our '**Body Machine**', through the 'Golf Club' ('Component or Tool') to the 'Object Ball'. It is rather a 'Subject Clubhead' and 'Object Ball' endeavour.

All this is done under the full guise of the '555 System' with its '5 SET-UPS', '5 EXECUTIONS', '5 CONTROLS', '5 Essential Elements', '5 Step Routine', with its really innovative '5 Concepts' and numerous other groups of '5'! Amazingly so!

Let's keep this simple!

You know how to 'Putt By The 555 Method' or '**The One Inch Rule**' whereby we set reasonable and predictable scientific parameters by which we can control both 'Distance and Direction', which is all 'Putting' is! The 'One Inch Rule' states that "**For Every Foot You Want To Roll The Ball, You Take The Clubhead Away One Inch**". This is '**Brace Hand Travel Distance**' ('BHTD'). The farther away from the ball you take the 'Clubhead' and the relative 'Body Machine', the more 'Acceleration Distance' you have by which to accelerate the 'Clubhead' on the return forward trip. More speed! More 'Kinetic Energy' to transfer from the 'Speeding Clubhead' to the 'Butt Of The Ball'. More 'Roll'!

The only thing I want to add to above 'One Inch Rule' is that you '**Add An Extra Inch For The Back Of The Cup**'. We do NOT want to come up short. You also adjust your '**Inching For Nature's Elements**' such as 'Wind', 'Moisture', 'Grass Length' ('Stimp'), 'Texture', 'Slope' and 'Break'. This produces your 'Final Inching Quotient'.

This 'Inching', which is primarily 'Gravitationally Pendular' and with '**No Muscular Thrust**', will roll your 'Ball' from 16 to about a maximum of 20 feet on a level surface.

Next, we learn our '**Optimal Stroke Length**', which is the farthest we can take the 'Putter Head' away and still stay in 'Comfortable Balance. When we know this 'Precise Mechanical' yet esoteric 'Top Of Back Swing' ('TOB'), we must store that '**BHTD**' in our 'Mental Computer' for all time.

This 'Optimal Stroke Length' will then roll your 'Ball' beyond the '20 Foot Inching Barrier' to a 'Distance' somewhere between 45 and 60 feet, depending upon your 'Stroke Mechanics', the 'Weight or MASS of Your Putter Head' and the length of your 'Putter Shaft'. Just good old 'Newtonian Physics' at work!

Well, **'The Big Brother To Inching And This Optimal Stroke Length' is what your '555 TEAM' calls 'Body Clocking'**. This is where 'Champions Can Be Born'. This is where one can fully 'Master Distance' ('Range'), which is about four times more challenging than the 'Direction' aspect ('Azimuth').

'Body Clocking' will naturally take your 'BHTD' and 'Clubhead' 'BACK & UP' farther from the 'Ball' than either 'Inching' or 'Optimal Stroke Length'. More 'BHTD' means more 'Potential or Stored Energy'. That enables more 'Clubhead Speed' as a result of the availability and application of 'Kinetic Energy' (see 'ALSDR').

'The 5 Body Clocks', point to which we move our 'Brace Hand', are 1) 'Thigh', 2) 'Hip', 3) 'Lower Rib Cage', 4) 'Arm Pit' and 5) 'Brace Shoulder'. You will notice that the first 'Body Clock', the 'Thigh' is really about where your 'Optimal Stroke Length' is. How convenient!

We have a gap in between the 'Inching 20 Foot Parameter' and the 'Optimal Stroke Length Range', which is from about 45 to 60 feet. We can conquer that!

You can see that the 'Body Clocking' 'Position, 1) 'Thigh', is the 'Optimal' ('45 to 60 Feet'). We can gradually apply the other four progressive 'Body Clocks' and get much more 'Distance'.

We have a pretty good 'Grip' on the 'Putter', so let us take a look at another 'Golf Club Selection' and see what happens using the very same 'Optimal Stroke Length' and 'Body Clocking'.

These numbers may not correspond exactly with your existing numbers. Don't worry! Your numbers rule!

If your 'Optimal Stroke Length Putter' ('2 to 4 degrees Of Loft') produces 60 feet, then your 'Optimally Stroked # Pitching Wedge' ('48 Degrees Of Loft') will likely move the ball a shorter 'Distance'. Why? Because its 'Loft' produces 'Trajectory' and this distance above the ground or 'Ball Flight Shape' requires 'Energy To Get The Ball Well Above The Ground'. Energy used to create 'Height' is not available for 'Roll or Run'. Hence, less of it! Pretty simple stuff?

If your 'Putter' rolls the ball 'Optimally' 60 feet, your 'Pitching Wedge' will 'Launch and Roll' ('Rise & Run') the ball a little over half that distance or about 40 feet. Thus, our 'Approach or Gap Wedge' ('52 Degrees Of Loft') may move the ball about 35 feet, our '#Sand Wedge' ('56 Degrees Of Loft') about 30 feet and, if we might use a '# Lob Wedge' ('60 Degrees Of Loft'), it will move the ball horizontally about 25 feet. How do we really determine what our numbers might be? By accurate experimentation while keeping record called 'Calibrating Your Bag'.

By the way, if we employ the 'Optimal Stroke Length' ('Thigh Body Clock') with our '#9 Iron' ('44 Degrees Of Loft') it may produce '50 Feet Of Roll' while the '#8 Iron' ('40 Degrees Of Loft') may, in 'Ratio & Proportion', produce about '60 Feet Of Roll'.

I generally do not 'Chip' or 'Bump & Run' with any longer-shafted club. What is my reason? I spent a lot of time playing wearing a sweater to keep me warm. One cannot safely 'Choke Down' too much without catching the tummy of your sweater.

Yes! You can 'Chip' and 'Bump & Run' with your 'III or V Wood'! Watch your sweater!

What would I do if, for any reason I wanted to apply 'Less Loft' than my '#8 Iron' ('Lower Ball Flight Trajectory')? Simply 'Forward Press The Hands' and keep that 'SET-UP Hand Wrist Forearm Triangle' very stable throughout the entire 'Back and Front Swing Segments' through 'IMPACT & SEPARATION'.

OK! We can now control the 'Ball Flight & Roll' from an 'Inch' to about '60 Feet' with either 'Optimal Stroke Length' or what we can now call the 'Thigh Body Clock'.

Considering the '# Pitching Wedge', the '#2 Hip Body Clock' may move the 'Ball' 'Horizontally' about '90 Feet' or '30 Yards'. The '#3 Lower Rib Cage Body Clock' may move the 'Ball' about '50 Yards'. The '#4 Arm Pit Body Clock' may move the 'Ball' "horizontally" about '70 Yards' and the '#5, Brace Shoulder or Full Swing Body Clock' may move the 'Ball' about '90 Yards'. You have your own personal numbers in there!

The final 'Short Game Distance Grid', where we 'Calibrate Our Bag' ('Grid Provided by your 555 TEAM' ... **"JUST ASK US!"**), will tell you the real life 'Shot Range' of all your 'Short Game Sticks' through the 'Body Clock'.

How much of this data can you remember? You do not have to remember any of it if you do not feel like it! You will write it down on your 'Grid Sheet' and carry it in one of your bag pockets! You will give a fresh copy to your caddie. Truthfully, you will not have to! He will have helped you do the calibrating and already know the results!

Pretty amazing controllability that you can **'EARN'!**

You deserve it!

"Welcome Aboard!"
"Enjoy The Ride!"

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