

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

BOTTOM OF SWING ARC BOSA

I have had three live or in person questions and two e-mails about our 'Bottom Of Swing Arc' in two days this week. So good people are experiencing variables and it appears some doubts about this key procedural aspect.

Absolutely every golf strike, with every club, has a 'BOSA' ... correct or incorrect ... optimal or not. Why do I say "Correct or Incorrect"? 'Bottom Of Swing Arc' is exactly that, the low point in the 'Swing Circle' or portion thereof. If it is less than the half circle, it is called an 'Arc' ... a portion of the circumference. Little matters other than the fact that the 'Sweet Spot' did not match up with the 'Ballistic Point of the Ball'. ('BIC') The strike was NOT pure!

The central question is as to whether your 'Target Lever' ('Swing Arm') was 'Extended' during the 'BOSA' of the strike. If you are 'Perfectly Set-Up' ('Posture, Grip, Stance, Ball Location and Alignment') and your 'Target Lever' is properly extended, you shall be happy. If you are 'Perfectly Set-Up' and your 'Target Lever' shortens or 'Chicken Wings', you shall hit the ball thin or topped. As long as you have a 'Tallish CHIN' these are the ONLY two outcomes that you can achieve ... pure or thin. These two are based on factual 'Target Lever Length'.

'Properly Set-Up' and hitting the ball 'Fat' requires that you 'Drop Your Tallish CHIN'. (see 'Top Of The Tether Ball Pole Concept') You can accomplish this "CHIN Drop" by multiple methods. You can 'Increase Your Knee Flex' or you can increase your 'Forward Inclination'.

Our '555 Golf' observation is that, if you 'Drop Your CHIN' ('Human Head') you shall also 'Drop Your Clubhead' and strike the ground or shot 'FAT' ... below planned 'BOSA'.

There is a lot of conjecture and chatter thrown into the discussion mix. If we keep it science-based we shall, through the truth, get more proficient and ultimately score lower.

'FAT & THIN' are about two variables.

**"Welcome Aboard!"
"Enjoy The Ride!"**

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