

# 555 GOLF EDITORIALS

## 'PERFORMANCE EXCELLENCE'

### 1 2 3 – 1 2 3

#### Three Lever Single Action

An 'It Will Make You Think' title? The article is about '**Golf Swing Mechanics**' ... about your 'Lever Assemblies' ('Shoulders Sockets, Upper Arms, Elbows, Forearms, Wrists and Hands'). It is NOT about your 'Target or Swinging Lever Assembly'. It is specifically about your 'Brace or Hitting Lever Assembly' ('Primary Lever').

Your '555 Team' has a very useful concept called 'The 3 Lever - Single Action' aspect. It also properly refers to the 'Single Action' as 'Bend & Straighten' ... bending 'Back & Up' ... straightening 'Down & Out'. (see 'Accumulate & Deliver Energy' – 'ALSDR') Stick your 'Brace Lever' out in front of you chest high. It is made up of three 'Primary Articulating Joints' ... the 'Wrist' (#1), the 'Elbow' (#2) and the 'Shoulder Joint' (#3). For the purpose of this discussion, we shall call these three 'Articulating Joints' "Three Levers".

The 'Golf Machine' properly, in the 'Back & Up Swing' 'Loads or Winds Up' 'From The Outside In' and 'From The Top Down' ... from the hands to the body. (see 'The Balsa Airplane Concept') Logically, the reverse is true in the 'Down Out Forward & Through Swing'. (see 'DOFT') The 'DOFT' swing 'Un-Loads or Un-Winds' 'From The Inside Out' ['FTIO'] (from the Core Outwards) and 'From The Ground Up'. ['FTGU']

During the 'Back & Up' and 'Down & Out or Front Swing', this 'Primary Lever Assembly' is straight-ish ('Extended') at 'Impact Fix' and bent ('Loaded') at the 'Top Of Back Swing' ('TOB'). From the 'Low & Slow, Deep Flat & Wide Take-Away', during the 'Back Swing', the first 'Joint To Bend' is the '#1 Shoulder Joint' ('Lifting'), followed by the '#2 Elbow Joint' ('Bending') and concluded by the '#3 Wrist Joint' ('Cocking').

So the 'Primary Lever Assembly' ('Back & Up') bends '1 2 3 Sequentially'. It then factually, in the 'Down & Out' swing ('DOFT'), 'Un-Bends or Straightens'. This starts from the 'Shoulder Joint', continues through the 'Elbow' and translating to the later or 'Held-Off' 'Un-Cocking Wrist Hinge'. This also happens in a '1 2 3 Sequence' in a reversed direction.

Supporting this 'Wrist Un-Cock Last' reality, we have often heard of 'Holding Off or Delaying The Un-Cocking of the Wrist' ... meaning it is released late and last! Want to tell you that a 'Down & Out - 3 2 1 Sequence' is a 'Casting Event Error'. (see 'Over The Top')(see 'Above Plane')(see 'Outside In')

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

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