

# **555 GOLF ACADEMY**

**'PERFORMANCE EXCELLENCE'**

## **BEND & STRAIGHTEN CONCEPT**

This is a '555 Team' term that refers directly to the 'Brace Lever' function.

The 'Brace Hand, Wrist, Forearm, Elbow, Upper Arm and Shoulder Socket' is the 'Bend & Straighten' mechanism in your 'Golf Swing'. It is 'Motive' or produces the bulk of the 'Force' or 'Power'! The 'Target Lever Assembly' does not!

During the 'Back & Up Swing' this "Human Mechanism" starts its 'Journey' ('Take Away') in a relatively 'Extended' or 'In Line' configuration. (see 'Brace Lever Extensor Action' – 'BLEA')

When we refer to its 'Action', we say it is a 'Three Lever, Single Action' device! That 'Hand and Arm' has three 'Primary Articulating Joints' ... 'Wrist (1), Elbow (2) and Shoulder (3)'. These each 'Bend & Straighten' in a specific sequence ... 'Back & Up' and 'Down & Out' swings. ('Back & Up Swing' is '3/2/1', while the 'Down & Out Swing' is 1/2/3')

If you were to 'Drive A Big Spike or Nail' into the top surface or a 4X4 waist high, in front of you, the 'Brace Lever Action' would be 'Bend & Straighten'. You would 'Raise The Hammer Up To The Top Of Back Swing' ('TOB'). pause and then proceed to drop and thrust it through the head of the nail, driving it into the wood. The very real process is to 'Replace or Exchange the Point or Tip of the Nail with the Head'. 'FEEL' like you are swinging the 'Head' through the 'Tip' and NOT at it!

This 'Bend & Straighten' follows the 'Accumulate, Load, Store, Deliver and Release' ('ALSDR') criteria! This 'Bend & Straighten Action' 'Accumulates' and 'Delivers' a great deal of 'Energy' ... thus it is called the 'Secondary Golf Engine'.

While the 'Lower Body Machine' ('LBM') produces all the 'Horizontal Motion' ('Round & Round') exclusively, so too the 'Upper Body Machine' ('UBM' – Lever Assemblies) produce all the 'Vertical Motion' ('Up & Down') exclusively! The combination of these 'Two Distinct Motions' produces the 'Resultant Motion' which is the 'Resultant Vector' or the 'Swing Plane'.

**SATISFACTION GUARANTEED**

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