

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

BREATHING

“Who’d a thunk it?” You’ve been doing this air-exchange thing since the doctor spanked you on the derriere! Now, after all these years, some looney ‘Golf Teacher’ comes at you, seemingly out of the left rough, with this very subject tied to a ‘Teaching System’?

You need to know that over 70% of all students of this game are not doing their **'Breathing Optimally'**. If we want to be as good as we can be, poor breathing will NOT accomplish our goals or reach our ‘Destination’. Being our best is really cool! If you hold your breath, you shall build ‘Muscular Tension’ (‘Finger Tips To Toes’) preventing your being able to efficiently ‘Release’ any part of your ‘Body Machine’. (see ‘ALSDR’)

Tight muscles are slow muscles. Tight muscles are generally ‘Manipulated’ muscles which, in ‘Golf’, means that we cannot **'Square Up The Clubface AIM At The Moment Of Separation Using Our Body'**. The big muscles are best suited to create both **'Clubhead Speed and Clubface AIM Delivery'**. They also very much contribute to **'Clubhead PATH, Sweet Spot or 'OPA' and Angle Of Attack'**. These items, as you know, are the ‘5 Essential Elements. They are each in every single ‘Golf Swing or Procedure’ that you will ever make as long as you shall live. That makes them important to this ‘Old Country Gentleman Teacher’.

Remember, your ‘555 TEAM’ has as a primary objective to **'Take Your Hands Out Of The Game'**. Once you have taken the ‘Golf Club Into Your Grip’, the relationship of ‘Body To Club’ is complete or fixed. Remember, the back of the ‘Target Hand Controls The Clubface AIM’ throughout the entire ‘Back & Front Swing’. When your **'GRIP'** is properly on, then accomplish your **'IMPACT FIX'** (not ‘Address Ready’). The ‘Swing Components’ are all in their right place and relationship to accomplish the ‘Procedure’. If you find this strange, you might spend a moment **'ASKING US!'**

The best method of letting our ‘SET UP’ (‘Static And Passive’) establish our ‘EXECUTION’ (‘Dynamic and Active’) is to get out of the way and then just ‘Let IT Happen’. The ‘Driver Procedure’ is primarily a ‘Turn Brace and then Re-Turn Target Side Punch Pivot Motion’. (see the ‘5 SET-UPS’)

To reinforce or close the loop on this notion of ‘Breathing’, all high performance athletes who really do **'Work'** tend to **'Breathe Out'** during their **'Power Stroke'**. Look at the world’s elite tennis players, weight lifters and karate experts. They all make exhaling noise as they are applying full pressure. They are exhausting the air from their lungs so as to be able to produce ‘Delivery Of Body Engine Power’. The very engine in your automobile could NOT produce or sustain power if there were a potato plugged into the exhaust or tail pipe. In this regard, we are surprisingly similar machinery.

When a good, efficient golfer 'Breathes Out' through the 'Golf Swing' he or she increases 'Clubhead Speed' and the accuracy of the 'Components or 5 Essential Elements. (see 'Clubhead and Club Shaft Control')

The 'Ball' goes farther and straighter. More accuracy is the direct byproduct of making the 'Swinging Motion' correctly. These above statements are NOT conjecture. These are facts! This 'Breathing Concept' is a reality that deserves your fullest earnest attention. You must get it 'Conceptually' before you can apply it 'Actually'.

So how might you accomplish this 'Breathing' in an optimal manner? That is really the \$64,000 question. It is a worthy and just question.

Most of my students over decades struggle with the 'Concept' and the 'Actualization'. Rightfully so! When tinkering with ones 'Breathing', the teacher is, at least momentarily, on thin ice. But, in time, it thickens. How long that time period is depends totally on the knowledge and teaching skill of the teacher combined with the 'Desire, Honesty and Open-Mindedness' of the student. The student must decide the 'Concept' has merit and commit to its relevance or the exercise is 'Functus' .. over!

So how do we set out to accomplish proper breathing sequence? I have found several ways but one is easiest to apply. **'We Must Be Breathing Out If Our Clubhead and Hands Are In Motion'**. That is the 'RULE'. We should have a sound 'Pre-Shot Routine'. In this 'PSR' we will take a final look at the 'Target' just before we trigger our 'Take Away'. When we do so, before we turn our head and 'Eyes' back to the ball, we breathe in and immediately let the air 'LEAK OUT' smoothly as we are turning back towards 'Seeing The Ball'. Thus we are steadily 'Breathing Out' all the while the 'Clubhead' is in the Back & Up Swing' as well as the 'Down & Out Swing' or 'Power Stroke'. This is when we 'Square Up The Clubface AIM With Our Bodies' and NOT our 'Hands & Lever Assemblies'. Breathing out fully enables 'Release Of Pivot and Hands'.

Mastering this 'SIMPLICITY' shall surely be a challenge if you do not already own it! Mastering this 'Breathing Process' opens the door to 'Long Iron Accuracy' as well as to your 'Short Game' precision producing 'Lower Scores' and more 'FUN'. That's all!

Dedicate!

Enjoy!

**“Welcome Aboard!”
“Enjoy The Ride!”**

SATISFACTION GUARANTEED

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