

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

BUNKER DRILLS

BUNKER ALIGNMENT

“Alignment” is one of your very important foundational ‘5 SET-UPS’. As you know they are 1) Posture, 2, Grip, 3) Stance, 4) Ball Location and 5) Alignment. For you to make reliable repetitive ‘Golf Shots’, you have to master a solid ‘Pre Shot Routine’ (‘PSR’) so that the ‘Components & Procedures’ can ‘Match’ you expectations!

You remember that we most efficiently and naturally **‘Swing Down Our Body Line’**. Any other way (‘Clubhead PATH & PLANE’) creates ‘Cut & Spin Rate’. This adds risk to your procedure. No point!

However, if you so desire to ‘SET-UP’ what your ‘555 TEAM’ calls ‘Open Open In The Bunker’, you must do so properly. You should ‘Match’ your ‘Clubface AIM Openness’ to your ‘Alignment Openness’. If you open your ‘Clubface AIM 20 degrees’ then you should also open your ‘Alignment’ the same number of degrees.

Here is a little bit of knowledge that you might find of interest. It violates my ‘Low Risk Prerogative’ just a little!

If you open you ‘Alignment’ say 20 degrees and then set your ‘Shoulder Line’ parallel to the ‘Ball Flight Line’ (‘Target Line’), you actually **‘Pre Load and Stabilize Your Coil’** just a little. When you accomplish this ‘Open Square Set-Up’ your ‘Shoulders’ are already slightly rotated to the Brace or Coiled Side’. This actually makes the ‘Take Away’ move and swing very simple.

Using this technique, one only has to raise the ‘Brace Hand To The Brace Shoulder’ and one already has ‘Load Coil’ accomplished. This makes the Back & Up Swing’ segment very simple indeed. It will feel like you just ‘Raise & Drop The Brace Lever Assembly’ followed by a ‘Slap, Splash & Follow Thru’. Easy and simple!

'SATISFACTION GUARANTEED'

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