

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

BUNKER OUTS

Getting out of the sand requires some skill preceded by a thorough assessment of the situation and conditions. **"What am I up against?"** 'Hard or soft sand'? 'Wet or Dry'? 'Deep or shallow?'

The 'Sand Wedge' has considerable 'Bounce' and often a lengthened 'Trailing Edge' that acts like the 'Trim Tab' on the stern of a boat. This club is specifically designed to extract your ball from various lie conditions in the bunker ... 'Off The Beach'!

The #2 Iron, or long irons, have very little 'Sole' and virtually 'No Bounce'. That makes them dig (knife) into the sand and prevents efficient extraction. A 56 degree lofted iron with a very narrow 'Sole' and 'No Bounce' makes for a bunker challenge as well. Use optimal fitted tools!

I have heard many clients tell me about **"Digging Too Much!"** usually leaving the ball in the bunker ... **"Moved Lots Of Sand But No Ball"**. The simple fact herein is that your 'Bottom Of Swing Arc' ('BOSA') was too far below the 'South Pole Of The Ball' ... not unlike when you 'Whiff' or 'Chili-Dip' one out of long grass. The ball was not sitting on solid ground and your club simply passed under it. "Whiff"!

If you are taking too much sand, you need to adjust your 'BOSA'. That means 'Standing 'CHIN Tallish', 'Flexed Knees', with 'Longish Arms' ('Extended Lever Assemblies') and then remaining as such through the 'Impact & Separation'. Keep your head still with focused eyes!

Remember, during a sand extraction, you are not actually 'Contacting the Ball With Your Aimed Clubface'. You are blasting a certain amount of sand off the face and that sand is carrying the ball up and out. Thinking of splashing a handful of sand out of the bunker helps. You can, however, strike this shot 'THIN' and rocket the ball out of the bunker. (see 'Skull')

The most reliable manner by which you might establish 'Lever Extension' is to 'Push Your Hands Down and Slightly Out' at address, or 'Impact Fix'. Then retain that 'Long Lever Extension' right through the entire procedure, all the way thru 'Follow & Finishing Tall' with extended high 'Hands & Arms'. (see 'Vertical Swing Plane') Quiet, stable feet and 'Pivot' help!

It is NOT good to think of this as a 'Swing Up' procedure. 'All Golf Shots Swing Down, Out, Forward and Through' the ball. (see 'DOFT') Do not ever swing uphill at the ball!

"Welcome Aboard!"

"Enjoy The Ride!"

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