

555 GOLF ACADEMY

‘PERFORMANCE EXCELLENCE’

‘SHORT GAME DRILLS’

CHIPPING PROTOCOLS

All golfers know the importance of a reliable ‘Chipping and Bump & Run Stroke’. It is really **‘Bread & Butter’** for your well-rounded ‘Game’. Most have not and do not utilize these ‘Tools’ because they do not know and have not mastered them. **“First we do the work. Then we get paid!”** There is no magic!

If you can ‘Putt’ well, you can accomplish these two above ‘Procedures’ with relative ease. They are both either **‘Stage One’** (‘No Wrist Cock & No Pivot’ as in ‘Putting’) or **‘Stage Two Procedures’** (‘Wrist Cock but No Pivot’) with a different or specialized club. (‘Component’) The first task is to understand various **‘Components & Procedures’** and how easy they are to grasp and master. Then we can get down to the business of success!

The **‘5 SET-UPS’** (‘Posture, Grip, Stance, Ball Location and Alignment’) and their very influential siblings, the **‘5 ESSENTIAL ELEMENTS’** (Clubface AIM, Clubhead PATH, Clubhead SPEED, Sweet Spot (‘OPA’) and Angle Of Attack’) are prerequisites and components to your success. We must all understand them or “Suffer The Slings And Arrows Of Outrageous Fortune! **“We can do this the easy or the hard way. It just depends on how much pain and suffering you can endure!”**

When programming your ‘Mind Computer’ to execute these ‘Stage Two and Three Procedures’, consider your **‘Wrist Positions’** and your **‘Stable Wrist Forearm Triangles’**. You know that the ‘Back Of Your Target Hand Controls Clubface AIM’. Your ‘Target Hand Is Attached To Your Target Forearm By The Wrist’. You know that the ‘Brace Hand Monitors Clubhead Velocity’ as well as ‘Time & Space’ ... where the **‘LAGGING’** Clubhead Is Relative To The **‘LEADING’** Lower Body Machine’ (‘LBM’).

Your two ‘Wrists’, both placed on the ‘Handle At The Same Time’, work together or are ‘MATCHING Cooperative Components’. A) **If your ‘Target Wrist Is Flat’, the ‘Brace Wrist Is Slightly Bent’**. B) **If your ‘Target Wrist Is Bowed’, your ‘Brace Wrist Is Bent’**. Time for a ‘Feel’! (‘The 3 Wrist Configurations are ‘Bowed, Flat and Bent’) Get your trusty ‘Pitching Wedge’, ‘Set-Up’ with these ‘A) & B) Component Configurations’ (‘Forward Press’) then ‘Look And Feel The Reality’!

When you are ‘SET-UP’ in the ‘B Configuration’, you are importantly in or tending towards the very important **‘IMPACT FIX Configuration’**. If you do not clearly know about this ‘IMPACT FIX Stuff’ you must contact a ‘555 TEAM’ member NOW! There is no time in this two page maximum dissertation to fully explain.

Key Points:

- 1) The 'Back Of Your Target Hand Controls Clubface AIM'.
- 2) The 'Brace Hand Monitors Velocity and Take The 'Clubhead Lag Out'. This means catching up to the 'Rotating and Clearing Target Hip' and a bit more! ('Later')
- 3) 'Both Hands Combined Control The Clubhead'.
- 4) The 'Arms Support The Hands'.
- 5) The 'Body Transports The Arms'.
- 6) The 'Body Pivot Axis and Arm Position Relative To The Spinal Axis
Create and Control Clubhead PATH and PLANE'
- 7) 'AIM, PATH and PLANE' produce 'Ball Flight Direction'
- 8) The 'Upper Body Machine' ('UBM') creates all the 'Vertical Clubhead Motion'.
- 9) The 'Lower Body Machine' ('LBM') creates all the 'Horizontal Clubhead Motion'.
- 10) 'Clubhead Speed Produces Ball Flight Distance'.

Chipping Protocols:

- 11) 'Forward Press'
- 12) 'Weight Pre-loaded Slightly Forward'
- 13) 'Ball Location Slightly Aft' (generally)
- 14) The 'Swing Path and Feel is 'Down & Out' ... always! (see 'DOFT')
- 15) 'Set & Maintain Your Triangles'
- 16) 'Set-Up Deep' ('Bottom Of Swing Arc or Swing Radius – Target Lever')
- 17) Understand 'Brace Lever Extensor Action' ('Brace Lever')
- 18) 'Swing Deep Flat & Wide'.
- 19) 'Chase'
- 20) 'Finish & Hold'
- 21) 'See The Ball Come Off The Clubface'

The 'Bullet-Proof Drill':

Using 10 balls in a line on the fringe or light rough around the practice green, simply 'Set-Up' for your 'Chip or Bump & Run Procedure' as above explained and described. Aim the 'Clubface At The Precise Target'. Set your 'Body Components'. Determine the 'Brace Hand Travel Distance' ('BHTD' – see 'Inching or Body Clocking') Make the 'Pre-Selected Putting Stroke'. 'Chase!' 'Finish & Hold!' 'Evaluate!' ('Post Shot Routine' or 'Four Step Routine')

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

SATISFACTION GUARANTEED

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24/7