

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

CHRONIC PROBLEMS

Golf has 'Chronic Problems' most of which are foolish and curable when knowledge is king! This 'Golf Mental & Mechanical' is highly complex. **'The Solution To Complexity Is Simplicity'**.

The time for heading in the right direction is NOW!

'Chronic Problems' emanate from lack of practical application of proven procedures and knowledge. Doing the same old same old and expecting different outcomes is consequentially stupid!

Here are a few problems for you to ponder ... 1) Clubs Too Stiff or Resistive, 2) Grips Improperly sized, 3) Set-Up Errors ... Posture not Chin Tallish with adequate clearance from Hip Sockets to Sternum to promote free, balanced 'Bidirectional Rotation', 'Coil and Un-Coil' in the 'Human Spinal Engine', 4) Set-Up Errors ... 'Grip Too Loose or Too Tight, 5) Set-Up Errors ... 'Stance Too Wide', 6) Set-Up Errors ... 'Stance Target Foot Too Square – Not Flared Open 45+ Degrees' to accommodate 'Pivot Load & Release', 7) Set-Up Errors ... Ball Location in the wrong place, 8) Set-Up Errors ... 'Alignment' incorrect or not optimized for the individual, 9) 'Clubface Aim Incorrect' ('Grip Too Strong or Weak' – 'Target & Brace Hinges Not Matched'), 10) 'Clubhead Path Incorrect' ('Too Inside-Out, Square or Too Outside-In'), 11) 'Club Shaft Plane' ('Above, On Plane or Below'), 12) 'Clubhead Speed' ('Too Slow, Ideal, Too Fast'), 13) 'Sweet Spot' ('On or Off'), 14) Angle Of Attack' ('Too Steep, Ideal, Too Shallow')

Let me emphasize one 'Chronic Problem' that is epidemic. It is 'Stance Width'. When you are 'Too Wide', the angle at which the 'Femur' inserts into the 'Hip Socket' becomes a mechanical or 'Range Of Motion' problem. Especially if you are not 'Optimally Fit', producing degraded horse-power, this excessive 'Stance Width', although it may feel powerful and stable, is not ideally functional. If you are getting tired on the 'Back 9' you shall fall prey to under-rotational freedom and likely experience 'Sway Slide Lateral' degradation. ('Deficient Clubhead Lag Pressure') 'Lateral' is a nasty affliction! It causes the 'Lower Body Machine' ('LBM') to get slow relative to the 'Upper Body Machine' ... 'No Pivot Lead'. When this occurs, the 'Hands & Arms' ('Lever Assemblies') outrun the 'Legs, Hips and Torso' ... 'Inadequate Lag'. The result is 'Arms Over Legs' ('Above Plane or Casting Strikes') which cause 'Loss Of Delivered Energy' and 'Cut Spin Rate'. This results in unwanted ball flight curvature. We call it 'Swipey Golf'. Not a good thing!

If our 'Turn - Drop - Turn' or 'Turn & Lift' scenario is incorrect, reduced 'Turn / Rotation' component is never a good thing! Our 'Rotary Engine' must perform in balance!

"Welcome Aboard!"

"Enjoy The Ride!"

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