

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

CLUBHEAD LAG IS REALLY A DELAYED STRIKE

'Clubhead Lag' is really a type of natural 'Delayed Strike'. Think of how the 'Tip of the Bull Whip' lags behind the handle. The 'Clubhead' does the same.

We are often informed that 'Clubhead Lag Pressure' is real about the 'Angle Between the Forearm, Wrist and Target Hand and The Clubshaft'. If you want to be a 'Pro' you need a really acute or sharp or small angle between these identified components.

That is not totally true ... at all! One can accomplish adequate 'Lag or Delay' with various 'Wrist Cocks'. It is more of a 'Personal Thing' than a text book argument. I use that word deliberately. If you force more 'Wrist Cock', you shall 'Manipulate' and be less rewarded than hoped for.

So, how do we accomplish this 'Delay' or make this 'Wrist Cock Set & Release' happen? You may be well served by envisioning 'Turn Early and Hit Late'? You know that the 'Clubhead' only starts to 'Close In On The Target' in the bottom half of the 'Swing Circle', right? We don't!

If you make a normal smooth and relatively relaxed or soft handed 'Back & Up Swing', when you 'Coil' comes to a halt ('Body Snug'), your 'Wrist Cock' is set by the 'Clubhead Momentum' continuing to the natural 'Wrist Hinge Stop'. It is NOT by any muscular activity.

Now think 'Reflex' ... the automatic opposite action! Logically, and about as 'Passively' as the 'Brace Leg Drive' or 'Pivot Pressure' applies force towards the 'Target', the 'Down & Out Swing' now thrusts away from the 'Clubhead' and 'Wrist Hinge Triangle'. This 'Drags The Forearm, Wrist, Hand and Golf Club handle' Down Out Forward & Through' ('DOFT') the 'Ballistic Point' of the ball.

As this 'DOFT Force' is applied ('Speeds Up The Lower Body Machine') we actually accomplish more 'Lag Pressure' and the 'Wrist Cock Angle' actually increases. We get more 'Clubhead Lag' and more 'Delayed Hit'. This 'Delay' allows us to unload the substantial 'Stored or Potential Energy' to the 'BIC' ('Ballistic Point') of the ball in the form of 'Kinetic Energy'.

So, now you have "The Rest Of The Story!"

"Welcome Aboard!"

"Enjoy The Ride!"

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