

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

WRIST COCKING

a power accumulator

The degree of 'Wrist Cocking' is really a personal thing, often depending more on 'Fitness' than a decision. It is most often an autonomic 'Kinetic Energy Event'.

Your '555 Team' refers to this 'Wrist Hinge Mechanical Action' in two ways 1) Up Cocking and 2) Down Cocking.

'Up Cocking' tends to accomplish what we refer to as 'PUITA' or 'The Pick Up Inside Take Away'. It is a 'Conscious or Deliberate Move' that often invites an early set and a resulting complementary or reflexive early release with a 'Draw Hook' ball flight tendency.

The 'PUITA' is stimulated by having the sole of your 'Clubhead' resting on the grass at the moment of 'Take-Away'. You naturally have to raise it up to reduce the friction. Drag will impede your 'Smooth, Sweeping Action Out The Back Door'. That often decays your entire swinging motion. 'Hover Your Clubhead At Address Ready or Impact Fix'. A 'Forward Press' is another very successful trigger and move that adjusts the 'Angle Of Retreat or Take Away'.

'Down Cocking' is more of a 'Subconscious Action' created by Newtonian physics. If your 'Lower Body Machine' ('LBM') is driving and 'Leading', your 'Upper Body Machine' will naturally be 'Lagging'. This 'LBM', by running away from the 'UBM', automatically sets the 'Wrist Cock' in the 'Down, Out, Forward & Through' swing segments. (see 'C/H Momentum')

The stop at the 'Top Of Back Swing' ('TOB') combined with the 'Down & Out' acceleration sets the 'Wrists'. We logically refer to it as 'Down Cocking' as this hinging occurs in the early 'Down & Out Swing'.

What happens in 'The Back & Up Swing' usually 'Un-Happens' in the 'Down & Out Swing'. It is not generally a good practice to consciously 'Hold Off or Delay' unloading the 'Wrist Cock Accumulator' ... too manipulative and unnatural!

"Welcome Aboard!"

"Enjoy The Ride!"

SATISFACTION GUARANTEED

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