

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **CONTROLLING YOUR BOTTOM**

Pepto-Bismol? Perhaps Imodium? We all need more than one tool in our arsenal? Wow! Be careful how you spell or abbreviate! This is a 'PG' programme!

Your '555 TEAM' often uses an acronym ... 'BOSA' ... which stands for 'Bottom Of Swing Arc'. The ball is always in the 'Bottom Of Swing Arc' regardless of what it is sitting on.

The 'Ballistic or Contact Point Of The Ball', where the 'Clubhead Energy' transfers from the 'Clubhead to the Ball Core', is always about in the same place. We call it the 'Bottom Inside Cheek' or 'BIC'.

These are relative 'Constants' that warrant our attention. How do we control this 'Constant'?

The 'Golf Club Sweet Spot' ('Clubhead and Clubface') is controlled by our two hands. These hands connect to our 'Shoulder Sockets' via the arms. (see 'Lever Assemblies')(see 'Tether Ball Pole' and 'Dead Ropes') The 'Target or Swinging Lever' controls the 1)'Clubface Aim, 2) 'BOSA' and what we refer to as 3) the '#4 Pressure Point' ... more later. The 'Brace or Hitting Lever' accomplishes the 'Bend & Straighten' ... the 'Strike Of the Hammer'. "AskUs!"

They are then connected via our neck to our 'Chin'. The 'Head' sits atop our very stable 'Spinal Column'. When relatively elongated, the spine performs its athletic rotational and support action best.

Our 'Posture' is about the general condition or 'Configuration of this Spinal Column'. It needs to be relatively extended and thus, all segments ('Vertebra') should be relatively in line.

We need to keep the 'Chin Tallish' in order to control the 'Spine' and thus to be empowered at managing this 'BOSA' and the quality of the strike. All this cooperating, if we have our 'Human Golfing Machine Head' in the right location, we shall also have our 'Golf Head' ('Sweet Spot') in an optimal location at 'Set-Up and during the entire 'Back & Up' as well as 'Down & Out'. (see 'DOFT')

If we drop our 'Tallish Chins' during the 'Back and/or Front Swings', we shall tend to hit the ball 'FAT'.

Remember all the 'Cooperative Connection' of the above 'Body & Golf Components'. If we increase our 'Knee Flex or Bend', we shall automatically 'Drop Our Tallish Chins' and likely hit 'FAT'.

Any light bulbs turning on?

**"Welcome Aboard!"**  
**"Enjoy The Ride!"**

**SATISFACTION GUARANTEED**

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