

# **555 GOLF EDITORIALS**

**'PERFORMANCE EXCELLENCE'**

## **CORRECTING A GOLF ISSUE**

**On the fly!**

If you want to 'Correct A Golf Issue' ('Mechanical or Mental') fix it in your 'Set-Up' and NOT in your 'Execution'. When the curtain is up ('Swing Triggered' - 'Taken Away' - 'In Motion'), that is no time to start making changes in your script and actions! It's too late! If you fall into this 'Manipulation Trap', you shall quickly go to hell in a hand-basket!

Remember, your 'Set-Up' is primarily 'Non-Motion & Mental'. It is 'Static/Passive' and not 'Dynamic/Active'. Thus, there is little or no performance pressure in the 'Set-Up'. You are not in motion! It is only in the 'Execution Phase' that we make 'Swing Things Golf' happen. When the arrow is released from the bow, it is too late to make changes in its flight. Once the 'Clubhead Is In Orbit' it is wisely and efficiently committed to action on that 'Path & Plane'.

A good 'Set-Up' and a mediocre 'Execution' will make you happy! A bad 'Set-Up' cannot make a good swing!

It is this writer's learned opinion that we can more easily make 'Thought Changes' than 'Swing Changes'. If you disagree with this tenet, you shall surely fall prey to 'Manipulation Death'.

So many people think they can make 'Swing Path & Plane Changes' during the actual 'Back & Up and Down & Out Motion Segments'. How much can you really efficiently change during the 1.0 to 1.5 second total golf swing ... what we refer to as 'Making Changes On The Fly'?

The 'Down Out Forward & Through Segment' ('DOFT') takes between .4 and .6 seconds ... hardly enough time to make adjustments! Even if some rather proficient golfers think they can, (as they tell us) they can't. All you might have is adequate time to get more tense, which reduces 'Velocity, Swing Radius and Accuracy'. That makes 'Consistency & Happiness' a myth!

The 'Pre Shot Routine' is your 'Golf Insurance Policy'. Don't leave home without it!

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

**SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

24/7