

# 555 GOLF ACADEMY

**'PERFORMANCE EXCELLENCE'**

## DOWNWARD MOTION

**'DOFT'**

Firstly, we must learn very quickly and to properly make 'Basic Golf Swings' repeatedly ... short ones ('Putting') before the longer variety right up to the 'Full Swing Driver'.

Let us look at the most basic primal of 'Golf Swings' ... **'The Putting Motion'**. Is its forward swing, 'Through IMPACT & SEPARATION' with 'Standard Ball Location', 'Up Hill To The Ball'? **NO!** The 'Approaching Clubhead Is Descending'. It has a 'Negative Angle Of Attack To The Ball or Ground'. Your '555 TEAM' teaches a really useful discipline whereby we promote that you **'Putt Thin'** and **'Make Your Take-Away Hovering'**. 'Swing Segment #2F' is 'Descending'! More discussion is in order!

Let it be known that, when you place the **'BALL LOCATION'** very forward and then make a 'Classic Putting Swing', you are likely to strike the ball on the 'Up Swing' ('Swing Segment #3F') as well as a little 'Thin'. This writer thinks that is a benefit! The 'Thin Ball' starts right off **'Rolling End Over End'** ('Top Spin') and will always perform to higher levels of expectations than were you to strike it 'PINCH', 'Shut Down' and or 'Fat'. We must be aware that there are options in this 'Game'!

The 'Putting Clubhead PATH or Profile' is **'Down Out Forward & Through'** the ball.

So what is the most efficient 'Mechanical Method' of striking pure 'Short Irons Deftly Dead Stick As Well As You Putt'? The answer is simply 'DOFT'! **'PINCH Your Balls'!**

To answer this question, remember your **'5 SET-UPS'** ('Posture, Grip, Stance, Ball Location and Alignment') as well as your **'5 ESSENTIAL ELEMENTS'** ('Clubface AIM, Clubhead PATH, Clubhead SPEED, Sweet Spot and Angle Of Attack'). This 'Golf Swing' is about 'EYES, Lever Triangles, Target Dead Rope and a Quiet Resistive Body'. **'The Hands and Arms Always Swing Against The Resistive Body'** ... always!

An essential ingredient, as listed, is that 'Essential Element #5' ... **'Angle Of Attack'**. The routine 'Angle Of Approach' for the 'Short Irons' is 'DOFT' or 'Descending'!

'Mid Irons, Long Irons, Fairway Metals' and your 'Driver' abide by no different 'Physical Mechanical Rules'. Always strive to **'Strike Down and Out Through The IMPACT & SEPARATION Zone'**. Make sure you are 'Pivot Loaded' and 'Leg Driven Released' through that zone (see 'ALSDR'). Let your 'Brace Leg Resistance and Drive' work for you. That is magically natural! Strike 'FROM THE GROUND UP' and 'FROM THE INSIDE OUT'. If you do not know exactly what I mean ... **"ASK US!" NOW!**

Of course there are slight variations to this theme. We are intricately empowered humans!

The 'Driver Ball' is 'Teed Up' well above the ground. So do we not swing 'Up-Hill Through It'? That might be an arguable option, but, again, your '555 TEAM' promotes that you '**Hover The Clubhead Sweet Spot**' at the 'Butt Of The Ball' ('Bottom Of Swing Arc' or 'BOSA'), 'Weight In Hand', 'Dead Rope Feel'. **Swing 'DOFT'!**

Never allow any '**Clubhead To Sit or Rest On The Ground**' just before 'Take-Away'. If you do, the first 'Move' has to be 'Muscular Vertical' in order to pick it up off the ground to eliminate the unavoidable 'Drag or Resistance' created by the grass. We must always 'Take The Clubhead Away' from and powerfully put it back to and through that 'Point In Space', 'Sweet Spot To Butt Of Ball', 'Orbitally', 'Deep Flat & Wide'.

Set the '**IMPACT Components**' ('**IMPACT FIX**') before you 'Pull The Trigger'. Once you are absolutely ready, full of 'Trust', then and only then, smoothly and gently 'Take The Clubhead Away Fully Lever Extended', 'Deep Flat & Wide' commencing its 'Slinging and Orbital Trip' smoothly and acutely 'Seeing The Ball' ('Ocular Stability').

We know that the 'Full Swing Clubhead' ends up swinging up and around our 'Target Shoulder' and even behind our back. What makes this '**Post Impact & Separation Ascending Aspect Of The Clubhead PATH**' a reality when we are swinging 'Down and Out'? 'Pre Impact & Separation Is Descending'? Does this make scientific sense? YES!

The 'Fulcrum or Hinge Point' of our '**Target Lever Swing Radius**' is our 'Target Lever Shoulder Socket'. As long as this is the case, the 'Speeding Clubhead' 'Radiuses or Circles' 'Centrifugally' around that 'Pivot Point'. The 'Shoulder Socket' is the 'Pivot Centre Fulcrum Of The Swing Circle'. The 'Shoulder Socket' is well above the 'Bottom Of Swing Arc' ('BOSA'), therefore, the ultimate 'Follow - Finish Shape Of The Swing' ('Swing Segment #3F and #4F') is 'Up Circular' around that socket center of the circle.

'**MIV**' ('Momentum, Inertia and Velocity') creates the '**Orbital Slinging Motion Shape**' of the 'Clubhead' tied to your 'Target Shoulder'. Mother Nature, along with her loyal servant, Sir Isaac Newton, created and recognized the science behind her logic!

**'ALWAYS** Swing Down, Out, Forward and Through The Ball' (see 'DOFT').

The 'Pre-Impact Golf Swing Is A Downward Motion'! Feel a little as though you '**PINCH The Ball Off The Ground or Tee**'! Don't worry about the 'FATS'! The '5 SET-UPS' take care of that issue. Keep your 'CHIN Tallish'. ('Top Of Tether Ball Pole') and the 'Ball & Rope' ('Lever Assemblies') will NOT strike the ground! 'Be UP' so you can 'Swing DOWN'!

## **SATISFACTION GUARANTEED**

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

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

Telephone: (817) 673-8888

24/7