

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

DOING LESS IS MORE

Doing less in your golf swing is very important in becoming a better, more consistent ball-striker. Lots of wiggles and gyrations are for 'Hoola Hooping' and 'Hip Hop'. Golf reaps the rewards of 'Heavy and Stable Feet' ... 'Quiet Feet' anchored to a resistive 'Mother Earth'. We thrust against the 'Big Green Ball'. The 'Clubhead and Lever Assemblies' swing around a stable 'Lower Body Machine' ... a stable 'Spinal Pivot' governed by a 'Stable Head' controlled by our 'Captain Eyes' and an earned depth of intellect. This is no 'Get Lucky' event.

Doing less in your swing breeds an improved attitude. We ultimately, through simplification, reduce risk taking. That directly improves our scores and make us happier. Happier plays better golf!

Putting is a great example of thorough preparation and control. It has all the elements utilized in the 'Full Swing'. (see 'I Drive As I Putt')(see 'The 5 Essential Elements')

This smallest of strokes is where we should start every day, practice facility or out on course. It instills the basics such as 'Tempo, Timing, Rhythm, Cadence and Pace. It wakes up our processes. How professional is your 'Pre-Shot Routine'? Are you preparing efficiently for every strike, regardless of how big or small? One stroke for a '7 Foot Putt' counts as much as an errant or perfect 'Drive'. The 'Great Game Of Golf' appreciates perspective!

When you make your 'Full Swings', remember to strive towards 'Quieter Hand, Wrist, Forearm Triangles'. Your 'Wrist Hinges', with their nine positions, 'EACH', are complex and key to 'Ball Flight Control'. They can be demonic! A 'Flip Handed Delivery' is hell on a nicely kept 150 acre piece of grass. When you can manage this 'Quiet Triangle' challenge you shall swing a smarter golf 'Sweet Spot & Ball' more consistently. (see 'Compression & Line of Compression')

If you can keep your ball in play, out there in front of you, you shall score better.

If you were to play all 18 holes with no ball out of play, with no ball OB, with no penalties, how much would that improve your chances of having fun?

It's your parade!

"Welcome Aboard!"

"Enjoy The Ride!"

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