

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **FAILING TO MAINTAIN YOUR POSTURE**

Nothing good comes from this! Nothing good can come from this unless you make compounding errors that neutralize the impending or ensuing mechanical and 'Ball Flight' problems!

Do you know, in golf, two wrongs can make a right! This is usually 'Get Lucky Golf'!

We '555 Golfers' recognize and respect 'The 5 Set-Ups' ... 'Posture, Grip Stance, Ball Location & Alignment'. This 'System' sets our 'Chin Tallish' early to accomplish the 'Top Of The Tether Ball Pole' under which our 'Hands, Wrists, Arms and Golf Club' swing. (see 'Clearance')

If we accomplish a 'Tallish Chin' ('Elongated Spine' with stable 'Knee Flex') supporting 'Longish Lever Assemblies' that 'Hover The Sole Of The Clubhead Just Above The Grass', we can accomplish our 'Take-Away', 'Top Of Back Swing' ('TOB') as well as our predictable total machine 'Impact & Separation'. (see 'Consistent Swing Path & Plane')

Compensatory or 'Get Lucky Golf' is a reality for most weekend golfers. If they 'Drop Their Tallish Chin' and simultaneously 'Shorten Their Lever Assemblies' ('Bent Elbows & Wrists'), they can occasionally hit a marvelous golf strike and be momentarily happy.

It is far easier and much more predictable if one can 'Maintain Ones Posture' (make it a 'Constant Component' and not a 'Variable Component') allowing the 'Lever Assemblies' to keep extended and reaching for that 'Bottom Of Swing Arc' ('BOSA'). After all, that is where all the golf balls reside waiting for their butts to get willingly kicked!

Do not alter your 'Knee Flex' at any time during the 'Back & Up Swing', during the 'Down & Out Swing', through 'Impact & Separation' and onto the 'Chase'. In the 'Follow Finish Phase' you can allow your normal rotational momentum to help you 'Stand Up' atop of a nice straight 'Target Leg' ... in balance ... eyes focused on the 'Far Target'. (see 'The 3 Targets') ... relaxed and released.

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

**SATISFACTION GUARANTEED**

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