

555 Faults & Fixes

‘PERFORMANCE EXCELLENCE’

ARMED WITH THE TOOLS

Your ‘555 Team’ approach to **‘Faults & Fixes’** is both very simple and highly predictable. Those are both good things in ‘Golf’ and ‘Life’!

You know that we strive to understand ‘Scientific Realities’ such as **‘The Physics Of Rotation’** and **‘The Geometry Of The Circle’**. This material always applies.

There are aspects and elements that are ‘Consistent’ to every swing universally. **‘The 555 System’** includes a very comprehensive application and foundation of these.

Whenever we come up against a ‘Fault’, the ‘Fix’ relies upon our knowledge of **‘The 5 SET-UPS’**, **‘The 5 ESSENTIAL ELEMENTS’** and **‘The Five 555 CONCEPTS’** which we call the **‘Problem Solvers’**. Sounds like these three groups of five might be worthwhile noting as we get into yet another ‘Faults & Fixes’. Here they are!

‘The 5 SET-UPS’ ...

1) ‘Posture’, **2)** ‘Grip’, **3)** ‘Stance’, **4)** ‘Ball Location’ and **5)** ‘Alignment’.

‘The 5 ESSENTIAL ELEMENTS’ ...

1) ‘Clubface AIM’, **2)** ‘Clubhead PATH’, **3)** ‘Clubhead SPEED’, **4)** ‘Sweet Spot’ and **5)** ‘Angle Of Attack’.

‘The FIVE 555 PROBLEM SOLVING CONCEPTS’ ...

1) ‘The Golfing Machine Concept’, **2)** ‘The Tether Ball Pole Concept’, **3)** ‘The Balsa Airplane Concept’, **4)** ‘The Human Ratchet Set Concept’ and **5)** ‘The Dead Rope Concept’.

Equipped with these **‘Three Groups Of Five’**, we can tackle any **‘Mechanical Golf Issue’** that arises in a logical and realistic manner. **‘Faults & Fixes’** will become second nature.

“Welcome Aboard!”

“Enjoy The Ride!”

FAULTY POSTURE

If you do not have a very defined and efficient 'Pre Shot Routine' ('PSR'), you will feel you have no set way of ensuring the body is in the best position at address or better yet 'IMPACT FIX'. The back profile may be rounded and the whole body is then set in a very tired, weak position from the start. This will give no structure for the swing to work around. Thus it shall be unreliable! You need a very solid 'Spinal Crankshaft'! Remember, your 'Lever Assemblies Swing Around Your Stable Body'. (See 'The Tether Ball Pole Concept')(see 'The Balsa Airplane Concept')

It is very easy to adopt this weak position. The reason is that it actually will feel very comfortable, 'Slouching', as opposed to a more athletic position. The 'Dynamic Position' feels 'Pushed Up And Away From The Ball'. This establishes 'Lever Extension' which is so necessary in predictable repeatable 'Execution'.

DISADVANTAGES OF FAULTY POSTURE

Weak, erratic and unpredictable shots happen, because there is little dynamics and stability in the 'Lower Body Machine'. (see 'The Tether Ball Pole') When the 'Lever Assemblies' 'Swing Around' or 'Orbit Around' the 'Top Of An Unstable Tether Ball Pole' the 'Shape and Plane' of the 'Orbit' is also unstable. Thus, in golf, one finds difficulty striking the ball as desired.

Poorly struck shots occur because the body and spine angles change almost randomly throughout the 'Back & Front Swinging Actions'. The 'Legs will increase and/or decrease 'Flex' which moves the top of the 'Tether Ball Pole' (see 'Brace Post') and thus the 'Bottom Of Swing Arc' of your 'Clubhead' making reliably pure 'IMPACT' a myth. When the 'Brace Leg' shifts position, your 'Brace' shall be compromised and thus your 'Rotational Coil or Load' is altered negatively. An error never makes you better off. If that were to be the case, the 'Error' would not be an error. The 'Movement would be 'Newtonian' correct.

CHECKING TOTAL POSTURE

The very best way to ascertain if you are in the correct position may be to look in the mirror 'Body ON and DTL'. A poor position will show a definite rounding of the lower back. The 'Acid Test' of a good 'Posture' is to learn what an optimal 'Pre-Shot Routine' is and to repeat this 'Procedure' before every shot. When you 'Practise Smart' you will be able to 'Learn The Feel Of Correct Posture' and become intimately aware of its benefits when 'In Motion' making your 'Golf Swing'.

One thing for sure, you must earn the right to succeed by '**Fitness and Mechanics**'! Making great 'Golf Shots' and knowing that 'Pleasure' is not a gift and never an accident!

KEY FAULT

If you alter your 'Knee Flex' at any time From 'Trigger to Swing Sequence #8a or #9' ('Follow –Finish') you shall alter your 'Spine Angle' and thus alter your 'SWING PATH & PLANE' as well.

PRE-SHOT ROUTINE

This facet of your 'Overall Swing Procedure' is critical. You must develop and follow a 'Consistent PSR' every shot. Do not get lazy or unfocused. You shall pay a price!

“Practise Smart!”

“Play Well!”

“Welcome Aboard!”

“Enjoy The Ride!”

SATISFACTION GUARANTEED

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