

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

FEELING HEAVY FOOTED planted for power

The secret of 'Athletic Power' is that it is usually 'Ground Sourced', certainly in the 'Golf Full Swing'. (see 'Staging Your Swing' - 'Stage 1, Stage 2 and Stage 3 Procedures' ... 'Stage 3' has both 'Wrist Cock & Pivot Pressure' ... 'Brace Toe Pressure and Brace Leg Drive')

If you desire 'Stance & Alignment Stability', this is accomplished by keeping the 'Top Of Your Tether Ball Pole' stable during both 'Load & Un-Load' (see 'ALSDR' – Accumulate, Load, Store, Deliver & Release'). Without 'Pivot or Core Stability, you are never going to own a stable 'Pivot' and control of your 'Ball Flight' ... 'Distance or Direction'. NEVER!

Our 'Front Swing' is especially 'From The Ground Up' ('FTGU') as well as 'From The Inside Out' ('FTIO'). To accomplish athletic power, we must be able to use the 'Earth's Resistance To Movement' as a primary tool. Do you know that the very simple process of 'Walking' is 'Ground Sourced'? Walk up a steep incline in slow motion. You shall soon get this postulate of 'Ground Resistance' first hand by just 'Feeling It'. Translation demands push off your back foot!

If the 'Top Of Your Tether Ball Pole' is oscillating ('Variables'), so to will be your 'Clubshaft Plane and Clubface Aim'. Your 'Sweet Spot' will get very limited exercise ... along with your smile! Do not 'Hula Hoop or Dance' through your golf 'Back & Up or Down & Out' swings. 'Happy Feet' will not make you a 'Happy Golfer'. 'Feeling Heavy Footed' is a terrific place to start making strong surgically accurate golf strikes. ('Constants')

I like 'Planting My Heavy Feet' with a heavy feeling in my 'Arches' rather than the 'Heels or Toes'. Set-Up and always use your proper 'Stance' – 'Foot Width & Aim'. Any 'Weight Transfer' generally happens automatically with efficient rotation ... 'Turn Brace & Re-Turn Target'. Don't get caught in the 'Lateral Weight Shift Trap'. There are more important things upon which to focus!

The '555 Team' is here because we've been where you are!

"Welcome Aboard!"

"Enjoy The Ride!"

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