

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

'SHORT GAME DRILLS'

FLAT HEAVY FOOTED DRILL

'STANCE' and 'Foot Action' are topics that never go out of style. The '5 SET-UPS' are active in every single shot or 'Procedure' you have or will ever make with a golf club in your 'Grip'! Now that's 'Consistency'!

We do not want to be really '**Foot Aggressive**' in any 'Stage Three, Leg-Driven or Full Swing Procedure'. If we are overly active in our 'Feet' we will also be overly active in our 'Lower Body Machine' ('LBM'), not to mention our 'Upper Body Machine' ('UBM'). This will not produce and smooth balanced 'Swinging Motion' in any 'Stage', 'Putting and Chipping' included. If you can 'Wiggle Your Toes', you will not be overly aggressive in your 'Foot Action' and your '**LBM Will Better Provide Resistance**'.

When we are 'Flat-Footed' we will feel like we have our '**Toes Extended Out Into The Tips Of Our Shoes**'. Especially our 'Toes' will 'Feel' 'Flat On The Ground'. When this is the case, we are not or cannot be as aggressive in our 'STANCE' and 'Foot Action' as we can be when we apply more 'Downward Pressure In Our Toes'.

To test this reality for yourself, stand ready to make a powerful aggressive basketball move. Ready to pounce? Just when you are really ready to go, STOP! Now 'Feel All Your Toes', especially the big ones. They will be pulled back and pressed down just short of the front of your shoes. This 'Down Force' is proof that you are ready to pounce. '**There Is NO POUNCE In Putting or Chipping**' for sure!

It is the opinion of your '555 TEAM' that there is 'No Pounce' in your biggest 'Driver Swing' or procedure. You must have 'Brace Foot Resistance' and some 'Brace Toe Pressure as well as 'Brace Foot Pre-Load', but no huge aggressive 'All Toes Pressure'. When you are 'Over Toe Loaded' you get far too active in your 'LBM'. This often induces 'Sway & Slide' as well as too much 'Stand Up' ('Knee Flex Change') in your 'DOFT Swing'. You will find yourself '**Driving Your Body Uphill**' rather than 'Horizontally Round & Round' 'Feeling' 'Flat Levellish Hips and Shoulders'.

SATISFACTION GUARANTEED

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