

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

FLIPPY HANDED vs. CONTROL

Come on! **"Do it right or do it wrong ... all depends on how much pain you can with stand!"** If you go this 'Golf Journey' alone, you shall unavoidably screw it up beyond recognition! ('FUBAR' is not 'FUN')

We've got to stick to 'Mastering Golf Basics' or we shall fall prey to that chronic killer, 'The Frustration Quotient'. More good folks throwing in the towel than are jumping into the shower! Attrition is taking a huge toll in the Americas! Over a million jumped ship last fiscal year! "Have had enough! Done! Adios!"

Let's think about baseball or tennis for a moment! These two similar striking motions, the 'Front Swings and Hits' are or emanate **'From The Ground Up'** and **'From The Inside Out'**. Other version of this theme are false prophesy and the bearers of bad news and rotten fruit.

We must develop proper 'Lead & Lag' in our golf swings. When you have a 'Power Train', you have a series and sequences of physical events that MUST be orderly and predictable.

In cracking the 'Bull Whip', the handle leads and the supersonic, cracking tip lags behind.

In a properly 'Set-Up and Executed' golf strike, the 'Lower Body Machine' ('LBM' - 'Feet, Knees, Hips, Abdomen & Trunk, Shoulders & Head') 'LEADS', while the 'Upper Body Machine' ('Shoulder Sockets, Upper Arms, Elbows, Forearms, Wrists, Hands and actual Golf Club' 'LAGS' ... 'Swing Early & Hit Late'.

The 'LBM' gets to the ball ahead of the 'UBM'.

'The Hands Get To The Ball Before The 'Sweet Spot Of The Aimed Clubface'.

'The Ball Goes Where The Hands Go'.

'Quiet Triangles' and 'Quiet Feet' rule supreme. ('Less Is More!')

How much of this 'Primal Stuff' can you handle and absorb?

What your '555 Team' is all about!

"Welcome Aboard!"

"Enjoy The Ride!"

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