

# 555 GOLF ACADEMY

**'PERFORMANCE EXCELLENCE'**

## FTGU & FTIO

If you can get this you shall be 'Golf Blessed'!

In short, your '555 TEAM' refers to the 'Front Swing' as the 'Down & Out Swing'. The 'Down, Out, Forward & Through Swing' ('DOFT'), the 'Front Swing', occurs properly **'FROM THE GROUND UP' ('FTGU')** and **'FROM THE INSIDE OUT' ('FTIO')**. We know this from ample 'Kinesiology' and 'Applied Science'. We are not guessing!

If we attempt to 'Deliver Power' in any other manner during our 'Down & Out Swing', we shall fall prey to a grand scheme that is grossly wrong! In short, your '555 TEAM' refers to the 'Back Swing' as the 'Back & Up Swing'. Just the opposite process!

The verbal descriptions of each of these distinct 'Golf Motions' are very carefully and descriptively chosen ... 'Back & Up' and 'Down & Out'. That is precisely the 'Plane' and 'Shape' of these separate 'Motions'.

You know the **'Five 555 Concepts'**. This information is very much about 1) 'The Golf Body Machine Concept', 2) 'The Tether Ball Pole Concept; and especially about 3) 'The Balsa Airplane Concept'.

When we wind up the **'Balsa Airplane Propeller'** in order to 'Load The Rubber Band Engine', we do so from the 'Tip To The Hub Of The Propeller'. So, we 'Winde It' from the 'Tip or Outside In'. It then **'Un-Winds From The Hub To The Tip'** ... from the 'Inside Out'.

Picture yourself standing at 'Address Ready or IMPACT FIX' ... ready to make your usual 'Back Swing'. **'The Tip Of The Propeller, Your Brace Hand That Joins The Target Hand On The Golf Club Handle', actually 'Winds Up' the entire related 'Golf Body Machine' 'From The Hands In'**. This is **'From The Outside In' ('FTOI')**. The 'Hands' or 'Tip Of The Propeller' are also located at the 'Top Of The Golfing Machine'. Therefore, we also 'Winde Up From The Top Down'. **'(FTTD)'**

Importantly, again we 'Un-Winde, Deliver and Release The Potential Energy' (now 'Kinetic') in the opposite direction, **'From The Ground Up' ('FTGU')** and **'From The Inside-Out' ('FTIO')**. Don't Make 'IT' Happen. Let 'IT' Happen!

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

**SATISFACTION GUARANTEED**

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