

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

FULL SWING

When you consider any aspect of the 'Great Game Of Golf', **'KEEP IT STUPID SIMPLE!'** ('KISS')! Any other way and you must be a mechanic in the company of other mechanics! If this is the case, I hope you are in wise company and not just guessing or making up the 'Physics' as you go along! Arduous 'Journey' with wrong or obscure 'Destinations'!

Knowing the very simple scientifically correct **'555 SYSTEM'** will help you be grounded and advance with the least amount of time, effort and heartburn! Potholes in the road make for wrecks! There are '5 SET-UPS' (Posture, Grip, Stance, Ball Location & Alignment), '5 EXECUTIONS' (Swinging Motion, Hands, Eyes, Ball and Pin) and '5 CONTROLS' (Chin, Hands, Feet, Ball and Pin). 'Pin and Target' are synonymous. If you have nowhere to go, you will go nowhere or anywhere. Sometimes your **'555 TEAM'** says "If You Have Nowhere To Go, That Is Where You Go!"

The 'Golf Swing' is simply a matter of **'Pre-Selected Components and Procedures'**. They must all 'MATCH' your needs in order to accomplish your 'Pre-Selected Task'.

'There Are Only Two Swings In Your Bag'. There is the 'FULL SWING' and the 'LESS THAN FULL SWING'. Let us speak for a brief moment about the 'Full Swing'.

'Golf Is Just Compression and Line Of Compression'. Your 'Clubhead and Clubface' must 'Pinch, Squeeze or Squash The Ball' and then release it off the 'Clubface on the proper 'Line' which is either the 'Target or Ball Flight Line'. The 'Target Line' is the straight line from the centre of the ball to the centre of the hole. The 'Ball Flight Line' provides for 'Curvature' such as in 'DRAW HOOK' where your 'Initial Ball Flight' may be straight out to the 'Low Energy Side of the Target Line' and curving back towards the 'Target Line' or 'Down The Target Line' and curving out towards the 'High Energy Side Of the Target Line'. In the 'FADE SLICE' the 'Ball' starts out on a straight line and curves towards the 'Low Energy Side Of Its Initial Ball Flight Line'. You know all four of these 'Ball Flight Shapes' and will understand this explanation.

Every good accurate 'Golf Swing' is simply **'DISTANCE & DIRECTION'**. If it goes the right 'Distance' as well as the right 'Direction' your 'Ball' will go in the 'Hole'.

Every 'Swing In Your Bag' involves the **'5 ESSENTIAL ELEMENTS'**. They are 'Clubface AIM, Clubhead PATH, Clubhead Speed, Sweet Spot ('OPA') and Angle Of Attack'.

‘The Number One Alignment In The Game Of Golf Is Clubface AIM’. Get this right first and then ‘Match Your Body Components To The Clubface’.

The **‘Full Swing Is A Stage Three Procedure’** that involves ‘Wrist Cock’ and ‘Pivot’. The ‘Wrist Cock’ is naturally induced or created by your ‘Back Swing Momentum, Inertia and Velocity’ (‘MIV’). It should NOT be consciously activated. If you set ‘Wrist Cock’ consciously, you are likely guilty of ‘Manipulation’. ‘Pivot’ is created or induced by your ‘Brace Hand Travel Distance’. ‘Pivot’ is ‘Winding, Loading or Coiling’ the ‘Lower Body Machine’. (‘Feet, Knees, Hips, Trunk & Abdomen, Chest and Shoulders’) When you ‘COIL’ you can then ‘Un-COIL’. This ‘LBM Process’ is your ‘Primary Golf Engine’. It uniquely produces all the ‘Horizontal Motion or all the Round & Round’ which makes the ‘Clubhead Advance Through The Golf Ball’ on its way to the ‘Target’.

The ‘Full Swing’ is a **‘4 B Procedure’** which means it involves the ‘Brace Hand’ traveling to the ‘Brace Shoulder’ followed by the ‘Brace Foot’ providing ‘Brace Leg Drive’ followed by full release and ‘Breathing’.

Once you are ‘SET-UP’ all you have to do is **‘TURN BRACE and TURN TARGET’**. These terms refer directly to the ‘PIVOT’ or ‘LBM Round & Round Action’ that produces all the ‘Horizontal Motion’. ‘Turn Brace’ induces the ‘COIL’ while ‘Turn Target Releases The COIL’. It is this ‘Release Of COIL’ that propels the ‘Clubhead’ forward in its ‘Circular, Orbital or Geometric Orbit’. The process of ‘Round & Round’ and the ‘Golf Swing’ is a result of the ‘Physics Of Rotation’ applied to the ‘Geometry Of The Circle’.

The ‘Full Swing’ is a **‘BRACE SIDE DOMINANT MOTION’**. Your ‘Brace Hand’ ‘Takes The Clubhead Away’ ‘Deep Flat And Wide’ ‘In One Motion’ to the ‘Top Of Back Swing’. The scientific definition of the ‘Top Of Back Swing’ in a ‘Full Swing’ is your ‘Brace Hand’s Reaching Your Brace Shoulder’. Farther may be ‘Over-Swinging’! Beware! Remember, the ‘Primary Full Swinging Motion’ is the ‘PUNCH SHOT or Procedure’. Learn it well and you will be effectively served.

It is the ‘555 TEAM’ opinion that **‘THERE IS A PUNCH SHOT IN EVER FULL SWING PROCEDURE’**.

The ‘Geometric Shape Of The Golf Swing’ is ‘DOWN, OUT, FORWARD and THROUGH THE BALL’ (‘DOFT’). When you make a perfect ‘#5 Iron Shot’ your ‘Clubhead PATH’ is from the ‘Inside Out’. That means your ‘Clubhead’ travels slightly ‘Across The Line’ or ‘Outside The Line’ just as it reaches the ‘Bottom Of Swing Arc’ and the ‘Ball’ has departed. The ‘Scientific Physically Correct Sequence’ is ‘Clubhead Release, Impact & Separation and then ‘Bottom Of Swing Arc’. Good to know!

From the ‘Top Of Back Swing’ (‘TOB’), when you are fully ‘COILED’, the first ‘Front Swing Move’ is your ‘Abdominal Release’ which is often referred to as the ‘Lateral Bump’. The first muscles to fire or move are your tightly Coiled (‘In Tension’) ‘Lower Transverse Abdominal Muscles’. Simultaneous to these, the ‘Hands (‘UBM’) Drop

Gravitationally' and naturally 'LAG' behind the 'LEADING LBM' ('Legs & Hips'). As your 'Hands and Arms' ('UBM') drop below 'Clubshaft Horizontal To The Ground', your 'Brace Hand and Arm' ('Brace Lever Assembly') 'Delivery Path' ('Thrust Line') is directly from the 'TOB' to the 'Butt or Bottom Inside Cheek Of The Ball' and NOT at all towards the 'Target'. Remember the 'Motion Of The Upper Body Machine' is exclusively 'Up & Down' or 'Vertical' and NOT 'Horizontal'.

As soon as your '**LATERAL BUMP**' takes place, your 'Brace Hand Path' is softly 'Down' and then, under the 'Lower Rib Cage' into the 'Lower Half Of The Swing Circle', it is 'Thrusting Down' in order to provide what we above called 'PINCHING THE BALL'.

Another way of saying the same thing may help. As the 'Brace Leg' is driving horizontally towards the 'Target', 'Hips, Trunk, Chest and Shoulders' '**TURNING TARGET and Un-COILING**', the 'Upper Body Machine' ('UBM') is 'Down-FORCING Towards The Butt or Bottom Inside Cheek Of The Ball' ('BIC').

When, during your 'Take Away', your 'LBM' and its 'R&R' matches the 'U&D' of the 'UBM' you will make 'One Move Back & Up' and then smoothly 'One Move Down & Through The Ball'. When your 'Brace Hand' travels 'One Move Back & Up' ('COILING') followed by 'One Move Down Out and Forward Through The Ball' ('Un-COILING'), you will consistently be '**ON PLANE**'. Now there's a mouth full and a major accomplishment that is so often seen as allusive when it is actually quite simple! Keep your 'CHIN Tallish' to avoid a case of the 'FATS'.

When your 'Brace Hand Controls Your Take-Away' form the '**IMPACT FIX Position**' smoothly 'Back and Up' to the 'Brace Shoulder', you will be both 'COIL LOADED' and 'ON PLANE'. Now that will be advantageous to making a good effective 'Front or Down and Out Swing'!

Remember, your 'Brace Leg Drive' provides the 'Thrust and Horizontal Compression That Propels the Ball' on its way to the 'Target or Pin'. Through a solidly made 'Full Golf Swing', your 'Lower Brace Leg' ('LBM') will be parallel to your 'Upper Body Machine' ('UBM') 'Brace Forearm'. This provides what your '555 TEAM' refers to as the '**PARALLEL THRUST LINES**'. The 'Brace Leg Drive' or 'Pressure' delivers the 'Ball' directly and solidly 'Down The Ball Flight, Target or Thrust Line'. Work towards 'Feeling That Your Brace Leg Drive Delivers The Ball To Your Pre-Selected Target'. When you turn of the 'Thrust or Pressure' ('LBM and or UBM') your 'Golf Ball' leaves the 'Clubface' in the precise direction it is 'AIMED'. So 'Pressure Application and Release Delivers The Ball'.

This will lead you to playing 'Remembered Feel Golf' which will open the door to becoming that '**MAGICAL REFLEX GOLFER**'. This great privilege enables you to simply 'Look At Your Target' ('Visualize'), select your 'Matching Components & Procedures', go through your 'Pre-Shot Routine' and then simply 'Pull The Trigger' and 'LET IT HAPPEN' 'Dead Stick'!

You can and shall become an ‘Instinctive Golfer’ if you ‘Earn The Mental Mechanical Right’ with the dedicated help of your teacher.

These are all statements very relevant to the ‘Full Swing’. If you have any fuzzy areas in this presentation, read it again. If they persist, your next ‘Action Plan’ should be to refer to your **‘GOLFMYTH COLLECTION’** which you have right? If not, go to ‘555golf.com’ and order your own personalized set of books. Next, you can directly contact your **‘Personal Certified 555 Master Teaching Professional’**. The ‘555 TEAM’ is always happy to help! If you ‘Do Not Have A PCMTTP’, might I suggest you also go to ‘555golf.com’ and become a **‘LOCKER ROOM MEMBER’** and arrange for one. The process is very simple! **‘JOIN FREE NOW!’** Membership has it distinct privileges including the ‘555 Newsletter, Golf Tips, Mental Tips, Editorials, Bullet-Proof Golf Drills and much more. You have been missing out for a long time already!

Best of Luck!

“Welcome Aboard!”

“Enjoy The Ride!”

SATISFACTION GUARANTEED

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