555 Golf Swing

The Simplest Swing in Golf

GLOSSARY OF TERMS



Authored by Dr. Karl Fischer

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Foreword

Have you ever been so frustrated with golf that you thought about quitting? Me too! That is, until I started taking lessons from Karl.

Let me start off telling you about my history with golf. Like many of you, I was introduced to golf by a friend of mine from work. At first I didn't understand their fascination with golf, that is until I got bitten by the "golf bug". I found that golf was a perfect way for me to relax and blow off some steam from work. It was a perfect way to escape for a while and put things into perspective.

As I started getting more serious about golf, I spent more money on golf clubs, equipment and lessons. And while I did play much better than when I started I would eventually always go back to playing miserably and "losing my swing" in the middle of a round. I would shoot in the 80's one day and then shoot in the 100's the next day. And no matter how many lessons or new clubs I bought, the outcome was always the same. Good golf for a few days followed by sheer "golf hell." This was a truly frustrating experience that I just chose to live with for 15 years.

Then I met Karl, and that is when my golf life changed forever. I told my new teacher about how bad my golf game was. He told me not to worry about it, and that he would fix everything. Needless to say, I didn't have much faith that anyone could help me. But to my surprise by the end of the lesson I was hitting the ball long and straight. I was hitting my 2 hybrid over 225 yards consistently. I was in shock.

Then he went to work on the rest of my game, driving, chipping, putting etc. I shot an 83 that weekend and went back to see Karl. He promised to have me shooting in the 70's consistently soon. I shot an 81 the next time I played, and have dipped into the 70's a few times (I never did that before in my entire life).

I am sure shooting in the 70's consistently is coming up soon. But more importantly, I am having fun again.

Karl, words can't truly express how grateful I am to you.

Foreword written by Carl Andreson
Student and Dear Friend

Preface

Your '555 Team' is passionate about your 'Success & Happiness'. I cannot tell you how many times a year we get students telling us emphatically about how we have changed their 'Golf Lives' … some times in just one lesson. We can FIX or IMPROVE your situation permanently in very short order … **'Satisfaction Guaranteed'**. Our **'Work Smart'** system is amazing!

We care about 'YOU' every day and that always shows!

I wrote every one of our 555 'Articles', 'Editorials, 'Golf Tips', 'Putting Tips', 'Short Game Tips', 'Course Management', 'Newsletters', these '555 Golf Books', including the extensive and rare **'GOLF … Solving The Complexity Myth'** (a 6 book encyclopedia comprised of some 3500 Proven Professional Pages' with generous pictures and illustrations), because there are many things that need to be written about the humbling simplicity of this wondrous 'Game'.

If you can drive home a 16 penny framing nail with a 22 ounce framing hammer, you can golf! Now that is the truth full of hope and invitation! Most people have the raw human capabilities, but never develop the skills required to enjoy golf. This game demands that we develop the capability to repeat specific motions under fire! How are you doing in that department? When the pressure's on, can you rip one down the middle?

Yes! It's a 'Game'! We would be well-served remembering that genesis fact about our sometimes explainable anticipation loaded all too often with painful, manic obsession! It hurts me when you hurt! So, 'The 555 Team' does something about it every waking hour of every day!

What I write is always important to me. 'YOU', mostly absolute strangers, are precious cargo taken aboard on our 'Endless and Destination-less Golf Voyage' in the sports world's wide and wondrous seas, often savage oceans and quiet sheltered coves.

Have you ever prayed "Lord … Why have I become so entangled in this silliness they call a sport?" This writer, passionate about 'GOLF' and 'YOU', has spent many a deep moment measuring and massaging questions and a liberal amount of epidemic doubt.

On occasion I have done battle with instructors and fellow teachers about the 'Science' and 'Physics' that underpin this 'Eye Hand Motion Coordinated' activity. I write to share my informed and solidly founded basics. I write to share more than 45 committed years of wonder, study, testing, refining, proving and delivering what 'The 555 Team' feels is the 'Truth'. When 'Golf' is properly explained, it can be much more 'FUN' and shall constantly beckon you back for more! It is full of hope and inspiration, if you allow that to shine through the dark moments.

At your first opportunity, please read **'The 555 Natural Progress Of The Golf Swing … a new paradigm'**. That having settled in your curious gut, also read '**The Perfect Problem Solving Golf Swing'**. Your '555 Team' strives to 'Fix Things Fast … 'Out There' … 'On The Fly'. The 'System' works in the heat of battle. You shall see for yourself.

"You do not want to suffer the painful learning process that I went through attempting to teach myself how to strike golf balls! What folly that was!" Dr. Fischer writes. He tells us that he threw his new 'Short Set' into the far corner of our garage and quit 'Golf' at the ripe old age of 14! "Thought I had 'IT' figured out! How wrong I was! How wrong throngs of 'YOU' are as well. We cannot go this 'Golf Journey' alone … ever!" By the way, while studying 'Flight Engineering' and 'Pre-Med', Karl's 'Putter' drew him out of exile! He adds, "Needless to say I am grateful and reverent for that blessing!"

"I have had some very generous assistance along the way. My 'Golf Wilderness Guides', Alvie Thompson, Gordon Murray, Homer Kelley, Chuck Evans, Moe Norman and more, have been nothing short of phenomenal."

You will discover that these '555 Golf Pages' are unique! Why? The Golf Doctor answers: "Because they expose and solidify what 'Mastering Golf Basics' really means. When we 'Focus On Fundamentals' we learn baseline truth about the swing. This keeps us firmly footed and prepared to grow and to play well."

You will be delighted that these writings have both emotional and entertainment purposes!

We do not advertise. **"Word Of Mouth Is King!"**

Please help us get discovered along your 'Golf Journey' as well … "Tell-A-Friend!"

Subscribe to the FREE '555 Club House'. Even better, become a 'Preferred Member'. Those who are a little 'Out There In The Golf Realm' should become part of 'The Inner Circle'. It is where the 'Players Hang Out'. You will enjoy the comraderie! By the way, you will have your very own "Certified Teaching Professional' 'ON RETAINER' … like 'Live Support' … 24/7.

Many of my close associates think 'The 555 Team' has lost its mind! Perhaps! But we disagree! We are here for 'YOU'.

www.555golf.com

Go ahead … click on that link!

"DO IT NOW!"

My ‘555 Team’ and I thank you generously for your relentless motivation!

Stay well and keep in touch as often as you might require!

We are here because we have been where you are!

You are no longer alone in a ‘Golf Wilderness’!

Dr. Karl
‘The 555 Team At Your Service’

“Welcome Aboard!”
“Enjoy The Ride!”

Introduction

GOLFERS NEED TO KNOW THE GOLF LANGUAGE

We are passionate and emotional about 'The Great Game Of Golf' … about 'YOU'. If you want your '555 Team's Attention', it will not take much to accomplish that! Ask our loyal following!

"Walk A Mile In The Other Man's Shoes!" The notorious Dr. Fischer once quit golf!

Before we get rolling with the actual book, let me explain the 'Who, What, Where, Why, When & How'. Most everything has a background and a purpose. A good book should be no different!

Your '555 Team' wrote this book for 'You'. '**Who'** does not want to know the golf vocabulary? There are a lot of specific terms that the average human never hears … "Your Swing Needs To Be More Inside-Out!" Heck! That's about underwear coming out of the dryer, right? That is the very simplified **'Who'** and the **'What?** of golf'.

This book gives you a specific system for working towards improved performance. The '555 Team' is also available to provide professional assistance. If you are an 'Inner Circle Member', you will have your very own 'Certified Teaching Professional' 'ON RETAINER'. A couple consultations and you will have earned your membership fee back! The folks you play with will make your gains well known. "Join Now!" www.555golf.com Takes but a moment!

Can you 'Master Golf Basics' and maintain your focus in the heat of battle?

Can you grasp 'The 5 Set-Ups' and 'The 5 Essential Elements'?

You may just hit the ball 20 yards farther and straighter after all!

Enjoy!

Your '555 Team' believes in 'YOU'!

Chapter One

THE GLOSSARY OF TERMS

Our instructors tell every student, **"If during this session I use any word or language that you do not clearly understand, stop me immediately and ask for clarification. Otherwise I might as well be conducting this golf teaching relationship in Chinese or with hand signals, better known as 'SIGN."** The same is true about this book. Know your vocabulary! It is part of your endless 'Golf Journey'!

Incidentally, we have repeatedly given very productive golf lessons to foreigners who speak very little English. Golf's **'Universal Motions'** are so 'Newtonian Basic' that they transcend the geographical language barriers. We can visually help a student create or 'Reproduce The Motions And Feel Its Results' most effectively using 'Myme'.

This extensive **'Glossary Of Terms'** does NOT replace your **'GOLFMYTH BOOKS INDEX'**, but compliments it so use both liberally! In this manner your 'Native Tongue' becomes more meaningful and a far better tool. When we master English, we can learn and grow at will. What a blessing!

YOUR VERY SPECIAL

GLOSSARY OF TERMS AND DEFINITIONS

COMING AT YOU

OTHER

1 Inch Rule: n. The exclusive '555 GOLF Process' proven to be very accurate and beneficial in the making of 'PUTTS & CHIPS'. This simple process enables the user to 'Control Distance' by precise 'Modulation' of the 'Stroke Length' of your 'Putter and Chipping Head'. The system allows one to adjust for any 'Environmental Anomaly' as well. These include 'Grain Of The Grass', 'Moisture', 'Slope', 'Wind Velocity and Direction' and other 'Speed Factors'.

$2.00 Nassau: n. A betting strategy for golfers.

2 D's: Distance & Direction or 'Range and Azimuth'. All Golf Shots clearly involve both of these two physical elements as well as Trajectory or the height aspect.

3 B's: **BRACE HAND, BRACE SHOULDER, BRACE FOOT denoting the primary 'Brace or Power Side' parts and actions or 'Sequence Of Events' in the Back and Front Swings.**

3 F's: Find FEEL Fast; If you have momentarily lost your touch and ability to make good shots, you need to do some Tick Tocks and find your Feel Fast.

3 R's: Reliable Repeatable 'ROUTINE'.

3 C's: Confident Comfortable Consistent. Unless you are Confident and Comfortable, you will never become Consistent.

3 Basic Hand Positions (putting): 1) Inside the Line, 2) On the Line and 3) Outside the Line which creates a similar Clubhead PATH.

3 Levers (Upper Body Machine): n. The 'Target Lever Assembly' is comprised of the 'Target Shoulder Socket', the 'Arm and Hand and the

Golf Club'. The 'Secondary Lever' is the actual Golf Club. The 'Brace Lever Assembly' is comprised of the 'Brace Shoulder Socket, the Arm and the Hand'.

3 LEVER, Single ACTION: n. The Brace Lever Assembly is comprised of 'Three Articulating Joints' that are 'POWER Accumulators'. They are the Shoulder which 'Cocks and Un-Cocks or Raises and Lowers or Flexes and Extends'. When it is raised it stores Potential ENERGY which is released or converted to Kinetic ENERGY when the Assembly is lowered. The Brace Elbow is also another 'Articulating Joint' that stores (when Bent) and releases ENERGY when it is straightened or straightening. The third Lever is the Wrist which is certainly a POWER Accumulator when it is Cocked and Arched or Bowed. The Wrist operates on three different Axes; Vertical (Cock, Level, Un-Cocked), Horizontal (Bend, Flat, Bowed or Arched) and the Longitudinal Axis (Turn, Vertical, Rolled). These are the 'Three Articulating Levers' (Components) whose MOTIONS take place in one smooth ACTION or Procedure. One Motion Up, 'Storing ENERGY' (Brace Hand to Brace Shoulder) and One Motion Down, 'Releasing Stored ENERGY' (Brace Hand back to Bottom Of Swing Arc). So the 'Single ACTION' is One smooth MOTION Up and One smooth MOTION Down.

3 o'clock: the position when the Clubhead and Clubshaft is 'Horizontal or Level' to the ground in the Front Swing. This term is used as a 'Position Reference Point'.

4 Balance Points: n. These four 'Balance Points' occur while the 'Golf Body Machine' ROTATES or PIVOTS to the Brace Side and back through IMPACT Zone to the Target Side and FOLLOW-FINISH. Balance Point #1 occurs at Address (Swing Sequence #1); #2 at Top Of Back Swing (TOB Swing Sequence #5); #3 At and Through the IMPACT Zone (Swing Sequence #7) and finally #4 which occurs in the FOLLOW-FINISH (Swing Sequence #8, #9 and #10). In essence, one must be 'Balanced At All Times'.

4 Pivot Points: n. These four 'Pivot Points' occur rather at the central and extreme ends of the full Back and Front Swings. Sort of the '4 Corners Of The Golf Swing'! They are 1)Address Ready or IMPACT

FIX, 2)Top Of Back Swing ('TOB'), 3)IMPACT & SEPARATION ('BOSA') and 4)Front or Follow Through Swing ('TOF').

4 Posts: n. These are similar to the 'Four Balance Points' and are 1)Address Post, 2)Brace post, 3)IMPACT Post and 4)Target Post. Notice that they are quite simply the central and 'distal' or extreme ends of the 'Golfing Machine' or 'Range Of Motion'.

4 Key Elements: n. The 'Mental Preparation', the 'Pre-Shot ROUTINE' including 'SET-UP', the 'EXECUTION' and the 'Post-Shot ROUTINE' which includes 'Evaluation'.

4 P's: PUSH PINCH PULMONARY PIN. In order to make sound repeatable Golf Shots, you require to have 'Brace Leg Drive' ('PUSH – PIVOT PRESSURE'), Brace Lever or Arm Extensor Action ('BLEA – PINCH') as well as you need to be 'Breathing Out' through the IMPACT & SEPARATION Zone and even better, during the 'Entire Swinging MOTION', both Back and Front Swings.

4 Perspectives In Reading the Green (the 'Walk Around' High ENERGY Side first): 1) Down-The-Line (**DTL**) from five paces behind the Ball, 2) Across-The-Line (**ATL**) from five paces displaced from the Target Line on the 'Low Side' ('Isosceles Triangle'), 3) Up-The-Line (**UTL**) from five paces on the far side of the Cup back to the Ball, and 4) walking back to the Ball on the 'High Side' counting your paces to determine the Distance until you get back to the Ball where you take one final look D.T.L. from a couple of paces (you can plumb bob). Immediately but not hurriedly, move into your Pre-Shot ROUTINE, take one last look **'DTL'** and back up the 'Centre of the Ball Rolling Road Centre Line (**'BRL'**) and take the stroke, 'Pull the Trigger'.

4 STEP PROCESS: n. The discipline of a 'Routine' in your 'Golf Game' is essential. Four very useful 'Phases' are 1) Pre-Shot Routine ('Prepare'), 2) Execution, 3)Post-Shot Routine ('Evaluation') and finally 4) the 'Rest & Recover or Re-Fuel Phase' whereby you 'Re-Energize' and prepare for the next procedure.

555 GOLF: n. The **'5 SET-UPS'**, the **'5 EXECUTIONS'** and the **'5 CONTROLS'.**

5 SET-UPS: n. **'POSTURE, GRIP, STANCE, BALL LOCATION and ALIGNMENT'** These 5 very simple items are included or functional in every golf swing made world-wide. They are thus worthy of our close attention.

5 EXECUTIONS: **n.** 'SWINGING MOTION, HANDS, EYES, BALL, PIN'

5 CONTROLS: n. **'CHIN, HANDS, FEET, BALL, PIN'**

5 ESSENTIAL ELEMENTS: n. These '5 Essential Elements' are included in every single 'Golf Swing' made world-wide. They are 1)C/F AIM, 2) C/H Path, 3) C/H Speed, 4) Sweet Spot or OPA and 5) Angle Of Attack. They are thus worthy of our close attention.

5 Golfing Machine Axes: n. The Body has at all times '% Axes' that reference 'Motion' whether at Address Ready or, in Motion, at IMPACT or any other point in the Entire Swinging Motion. They are 1)Feet or Ankles, 2)Knees, 3)Hips, 4)Shoulders and 5)Eyes and ears. These closely relate to the 'Golf Body Machine Planes'.

5 Foot Circle: n. The zone or area on the green from which the professional golfers like and strive to make their putts.

6 Body Pressure Points: n. 1)The **EYES** Focused, 2)The Tallish **CHIN** (Hip Pressure Pushing Up to the Sternum to create Clearance), 3)The 'Brace Toe Pressure', The 'Brace Foot Pre-Load', The 'Brace Leg Drive' producing **'PIVOT** Pressure', 4)The 'Brace and Target **HAND** Pressure Points' of which there are four 5)The **'PINCH** Pressure' (of the Extending Brace **ELBOW** and Three Lever, Single Action), 6)The **'PULMONARY** Pressure' (**BREATHING** Out)

7 Golfing Machine Planes: n. When we are 'In Motion' (circularly, Body Rotation, with the Levers attached) the reference 'Planes' are 1)Clubhead, 2)Clubshaft, 3)Brace Hand, 4)Brace Forearm, 5)Brace Elbow, 6)Brace Shoulder and the 7)Eyes and ears Plane.

7:30 o'clock: n. the position when the Clubhead and Clubshaft are half way between 'Vertical to the Ground' (6 o'clock) and 'Horizontal to the Ground' (9 o'clock) in both the Back and Front Swings This term is used as a 'Swing Position Reference Point'.

8 Point Pre-Flight & Take-Off: n. 1)Mental Imagery, 2)Evaluation of Situation, 3)Visualize, 4)Pre-Select COMPONENTS (SET-UP Body and Equipment), 5)Pre-Select PROCEDURES (Actions), 6)Pre-Shot ROUTINE, 7)PIVOT Waggle and 8)EXECUTION, There may be an Item #9 added as your 'De-Brief or Post Shot/Flight Evaluation of Results'.

8 o'clock: n. the position when the Clubhead and Clubshaft are just below 'Horizontal' to the ground in the Back and Front Swings. This term is used as a 'Swing Position Reference Point'.

'84 Drill' (8 0'clock to 4 o'clock): n. A term defining the 'Clocking' in the Back Swing where the Target Hand travels to the 8 o'clock position while it travels to the 4 o'clock position in the Front Swing.

9 o'clock: the position when the Clubhead and Clubshaft are 'Horizontal or Level' to the ground in the Back and Front Swings. This term is used as a 'Swing Position Reference Point'.

'93 Drill' (9 o'clock to 3 o'clock): n. A term used to define the height of the Back and Front Swings relative to the 'Clock' as a model. (see Clocking)

9 POWER ACCUMULATORS: n.

9 PRESSURE POINTS: n.

9 Wrist Hinge Hinges & Wrist Positions: n. These are A) Bend, Flat & Bowed ('BFB') which are 'Horizontal Motions about a 'Vertical Hinge Pin'. B) Cocked, Level & Un-Cocked ('CLU') which are 'Vertical Motions' about a 'Horizontal Hinge Pin'. C) Turned, Vertical & Rolled ('TVR') which are 'Longitudinal Rotations' about the 'Forearm or Longitudinal Axis' that occur naturally in the 'Back & Front Swings'. ('B&U and D&O')('DOFT')

10 BASICS: n. The **'5 SET-UPS'** and the **'5 EXECUTIONS'**

10 Foot Circle: n. The zone or area on the green that is designated as a good shot and place from which to make you r putts.

10 – 6 Cadence: n. The 'Beat' by which good balanced Golf Swings is accomplished. More units of time required in the Back Swing than in the Front Swing. There is acceleration in the Front Swing. Therefore the Clubhead Back Swing Travel Time is more than the Front Swing Travel Time over the same Clubhead Distance.

19th Hole: n. The slang term used for the bar or lounge in the clubhouse, which is often the next stop after completing the round.

45 Day Rule: n. When one buys new equipment (compulsively or otherwise), there is a relative 45 Day 'Cooling Off Period' where you either make it work or it joins the other 'Warehouse Items'.

45 Day Love Affair: n. same as the '45 Day Rule'. You fall in love with a new golf club purchase. How long does it really survive? Is it just infatuation? Fleeting lust?

60 Inches of White Cord: n. A Drill used to improve your 'Putting Technique and Procedures' where you place a 60" piece of white cord

centered across the aft edge of the Cup and strive to get your Ball Rolling PATH inside the ends of the cord, i.e. within 30” of the centre of the hole or PIN.

75% POWER: **n. Making you Swing with reduced ‘TENSION’ at less than maximized ‘Horsepower or Effort’. It is a ‘FEEL’ smooth function much as a ¾ Swing might be exercised. Practise regularly striking your driver about three quarter distance. If you can make ‘Golf Balls Go Away’ 250 yards, try them at 200 yards being very smooth.**

90 Degree Rule: n. A golf cart rule whereby one may not drive onto the fairway from the cart path other than at 90 degrees to the cart path directly to the ball. This rule is most often implemented to protect a wet course from vehicular damage.

150 Acre Table: n. The regulation PAR 72 Golf Course is a ‘Billiards Table’ about 150 acres in area.

A

Acceleration: n. The increasing or positive change in velocity of the hands, arms and Clubhead (Lever Assembly) from the 'T.O.B.' or beginning of the downswing ‘Segment #1 & #2 through IMPACT’ to the point of 'Release' and deceleration or ‘Segment #3’. Also the speeding motion of the Hands created by ‘Pressure Points’ resisting the natural tendency towards deceleration.

Ace: n. A shot played from the teeing ground ending up in the hole in one stroke. Also called a ‘Hole-In-One’.

Address: n. The position taken by a player in preparation for playing a shot. The process of taking a Stance over the ball and grounding one's club. This definition is of some importance while 'Putting In The Wind' in that, after you have taken your 'Stance', if the wind blows the Ball off it's lie, moves it in any way, you are assessed a penalty. It's in the Rules!

Address FIX: n This 'Address Position' is any position from which a Golfer may elect to start the backswing or 'Stroke'. It is a composite of all the 'Stroke Pattern Components'. Very simply defined the **'5 SET-UPS'** are **'Posture, Grip, Stance, Ball Location and Alignment** without which we cannot proceed or succeed.

Accumulators: n. As in the 'Accumulation of Potential ENERGY in the Golf Swing when it is at the 'Top Of Backswing' (T.O.B.) not unlike a 'Wound-Up Spring or Stretched Rubber Band'. There are 'Four POWER Accumulators', being, 1) the 'Cocked or Bent Brace which involves the Shoulder, Elbow and Wrist' which 'Release in Extensor ACTIONS', 2) the 'Cocked Target Wrist', 3) the 'Turned and Bowed or Arched Target Wrist' which controls the angle between the Shaft and the Forearm, and 4) the 'Angle between the Target Shoulder and Target Arm'. These all 'Store and then in a timely fashion Deliver Potential ENERGY' through the Golf Clubhead to the Ball.

Advice: n. Counsel given to a player relating to the 'Game of Golf', which would or could affect how a shot is played or what club is used. This includes asking a playing partner or competitor what club he is using or has just used! This is an infraction of the Rules of Golf.

Address Ready: n. Term for the process of getting ready, of establishing 'Component Alignments and Procedures' that are required to accomplish the desired 'Ball Response'.

Aft-Tilt: n. The function if 'Leaning The 'Tether Ball Pole' or 'Human Spinal Crankshaft' to the 'Brace Side' ('Away From The Target') in order to facilitate properly 'Swinging On Plane' while having your 'Weight And Power Inside & Behind The Ball'.

Aggregate: adj. Describing a stroke or score made over two or more rounds of golf, or by two players playing as partners. They may account an 'Aggregate Score'.

Aiming: g. The process of Aligning or Aiming the Clubface and the Swing or 'Clubhead Path to the Target or Target Line'. This is primarily a process of 'Component Alignment'. 'Clubface AIM' is the 'Number One ALIGNMTENT In The Game Of Golf' and deserves priority.

Aiming Line: n. See 'Target Line'.

Aiming Point: n. Scientifically, the point at which 'Thrust' is directed. In Golf, it is the adjustment of Ball Location to offset the mechanical characteristics of a specific club such as the shaft length. From a non-mechanical perspective, an aiming point could be considered as your Target.

Air Shot: n, A stroke that misses the ball entirely. Also called an 'Air Ball or Whiff'.

Albatross: n. Named after the sea-going bird, as with the eagle and birdie, this term refers to a 'Hole Score' of three under par. It can only, therefore, be scored on a Par 4 or Par 5. Some people have come to call such a performance a 'Double Eagle' but this is an impure term.

Alignment: n. The process of setting or placing body and club components in the proper position to the Target or Target Line for the purpose of executing a specific requirement or procedure. The arrangement of the 'Feet, Knees, Hips, Shoulders, Ears and Clubface' in relation to the 'Target Line'. Process used to aim shots in a particular direction.

All Square: adj. Even or tied in match play.

ALSDR: n. mnemonic system standing for ‘Accumulate, Load, Store, Deliver & Release’ ‘ENERGY’ in the ‘Golf Swing’. This also referred to as the ‘Power Line Sequence’ in knowing ‘555 Circles’.

Alternate-Shot: n. A variation of the game in which two partners take turns playing strokes until the ball is ‘Holed’. This format is used in Ryder Cup.

Angle of Attack (Approach): n. The Clubhead Path or Angle at which the Clubhead approaches the Ball in the forward swing. Sometimes called the 'Angle of Approach'. This is the 'Descent Angle' as one might have on the 'Glide Slope' of a precision instrument approach in an aircraft.

Angular Motion: n. In Golf, the ‘Clubhead RPM’ and ‘Slinging Effect’ as differentiated from simple ‘MPH or Clubhead Speed’.

Approach: n. A shot played to the putting green, usually relatively short in length.

Approach Shot: n. Your first attempt at hitting your ball on to a green on a Par 4 or Par 5. One can also call the second shot an ‘Approach Shot’ as well.

Apron: n. The narrow area of grass surrounding a putting green, cut shorter than the fairway but not as short as the actual putting surface. Also called the ‘Fringe’.

Arc: n. The portion of a curved line as in a circle. In golf it is the route of the Clubhead during the swing, hence the term 'Swing Arc'.

As It Lies: adv. phrase. Position at which ball comes to rest.

Attack; v. To play a hole or course aggressively.

Attend: v. To remove and hold the flagstick as a partner or opponent putts from a distance. Also called 'Tending'. Caddies do this task for their employer, paid or not!

Auchterlonie, Willie: N. British Open champion in 1893

Automatics: n. An extra *Nassau* bet that goes into effect whenever a player is a set number of holes or points behind an opponent.

Away: adj. Describing the relative location of one ball to another, and thus one player's position to another, but based on the Ball Location on the course. In the case of two players and two balls, the ball farther from the hole is called 'Away'. This player strikes the next ball first unless 'local rules' stipulate otherwise. In 'Ready Golf' this is not necessarily the case.

Axis: n. An imaginary straight line through the centre of the body of the person and the ball around which it should rotate during the swing and through flight if there is 'Rotation' of Hips and Shoulders or 'Spin' imparted flight.

Axis Tilt: n. To change the 'Plane of the Shoulder Turn' without moving the Head, the golfer must tilt the 'Shoulder Axis' by moving the Hips. Not unlike the helicopter pilot, to change direction, alters the plane of the rotating blades by tilting their axis in or towards the new desired direction.

B

B.O.S.A. n. Abbreviation for the term 'Bottom Of Swing Arc' which is the lowest point in the Clubhead Path in an executed golf swing. As in pendulum which comes to rest at the 'B.O.S'.

Backdoor: n. Colloquial term for a putt which rims the hole before dropping in from the far side.

Back Nine: n. The final nine holes of an eighteen hole golf course. Also referred to as the 'Back Side'. (most appropriate if one has made an 'ass' out of oneself on the front or outgoing nine.

Backspin: n. Rotation in clockwise direction about the 'Y Axis' (Horizontal Axis) imparted on the Ball by the Clubface. Spin against the direction of travel or Ball Flight Line. Put another way, it is the non-forward-rolling rotation of the Golf Ball produced by striking it below the 'Equatorial or Horizontal Centreline'.

Backswing: n. The initial part of the 'Golf Swing', when the Club, Hands, Arms and Body move away from the ball and rotate back, up and over the head. When the Hands reach above the head, it is called a 'Full Swing'. (see 'Take-Away')

Back Tees: n. The teeing ground located the farthest distance from the hole, usually used by better players or dreamers. Also called the 'Championship Tees'.

Baffie - Baffy: n. A sturdy hickory-shafted golf club which replaced the 'Baffing Spoon' and had a lofted face for high shots from the fairway. It was similar to our modern day III, IV or V Wood. This variation or latitude comes with the fact that during the time of these Tools being popular, the tolerances and club specifications were very wide and subjective. If golfers had a 'Set of Woods', this was

the most-lofted of the set. It was thought or is suspected that some 'Spoons' could have been the loft-equivalent of today's VII Woods which would utilize a loft range from 24 degrees to even 30 degrees. Today's V Wood should be about 20 degrees and the VII would, therefore be, 25 degrees, employing what we call a '5 Degree Odd Club Split'. Even this criteria is very flexible, allowing what is called the 'Strong V' being 19 degrees or one degree more or closer to vertical face to the horizontal. You can see, this latitude in specifications soon is tempted to utilize a '4 Degree Odd Club Split'. Where does this lead? Very little consistency in Lofting, but with every Wood Number's being a two degree increase or decrease from the previous number. i.e. Driver (I) 11 degrees, II Wood 13 degrees, III Wood 15 degrees, IV Wood 17 degrees, V Wood 19-20 Degrees. Once reaching this V Wood 'Plateau' the splits generally increased to 3 degrees producing the VI Wood 23 degrees, VII Wood 26 degrees, VIII Wood 29 degrees, the IX Wood 32 degrees and so on. There are readily available today metal woods up to and including the XV Wood. As these higher numbered woods evolve the 'Splits' increase slightly to 3 and 4 degrees, similar to the iron heads and the selection is quite up to the sole discretion of the manufacturer. Variety is certainly the Spice of Golf!

Bag Drop: n. When you arrive at the golf course, you may leave your bag and clubs at a designated area that is very close to the cart area and usually attended by a service staff. This saves your having to carry your equipment from your automobile to the cart area. Some clubs have staff to carry your equipment from the parking lot to the staging area for you.

Bailing Out: v. As in 'Quitting' and 'Coming Off The Ball', usually caused by looking away from the 'Butt or Bottom Inside Cheek' of the ball before it has 'Separated from the Clubface'.

Bail-Out: v. To deliberately play away from a hazard or other trouble. The noun or adjective form refers to a shot played in this manner.

Balance: n. State in which all opposing forces cancel each other out. From a Golf perspective, 'Holding the Centre of Gravity' of the body 'Inside The Stance' without moving the Head, which is the primary

control point. Proper 'Distribution Of Weight' from the 'Address to the Finish'.

Balata: n. A material from which the cover of a golf ball can be made. It is a rubber-like substance. Pure 'Balata' is now rarely used in the manufacture of golf balls. 'Balata' is supposed to produce a 'Softer Feel' with better ball action of the Clubface. Synthetic materials have now replaced 'Balata'.

Balance Points: n. Refers to the weight distribution of a shaft or an assembled Golf Club. To achieve a given 'Swing Weight', a low balance point shaft requires less head-weight than a mid or high balance point shaft. Because of this head weight requirement, the shaft with the lowest balance point will not necessarily produce the lowest balance point in the assembled club.

Balance Points: n. The 'Four Balance Points' in the process of a persons making a 'Complete Golf Swing', involving 'Coil to the Brace Side' (Back Swing) and 'Un-Coil back through the IMPACT Zone all the way to the 'Top Of The Front Swing or completion'. These four 'Balance Points' of the Swing are; 1)Address, 2)Top Of Back Swing, 3)IMPACT and 4)Top Of Front Swing or 'Follow-Finish'.

Bald adj. Describing the putting surface when it has been cut very short, seemingly scalped 'bald'.

Balfour, Leslie: N. Winner of the 1895 British Amateur at St, Andrews, where, six years earlier, he had been the 'brides-maid' in the same event.

Ball, John: N. Born in 1862 and dying in 1940, this outstanding amateur won the British Open in 1890 as well as the British Amateur eight times between 1888 and 1912.

Ball, Tom: N. British Open runner-up in 1908 and 1909.

Ball at Rest: n. A situation in which the ball is not moving and is not being influenced by the actions of the player, such as 'Cleaning', 'Taking a Drop', 'Pick and Place', 'Improving One's Lie' (legally or otherwise), etc.

Ball Deemed to have Moved: n. A ball that has left its position of 'rest' and comes to 'rest' in another place by any means. It should be known that the wind may move your Ball. In some situations, this is deemed to be a penalty.

Ball Flight Laws: n. The physical relationships between 'Clubhead Path and Angle' that influence the 'Golf Ball's Flight', identical for every golfer and for every swing. 'Newtonian Natural Motion Laws' are key examples.

Ball in Play: n. A ball that has been struck by a player and stays within the bounds of the course. It stays in play until 'Holed' or 'Replaced' by another ball in accordance with the Rules of Golf.

Ball Marker: n. Any small object, such as a dime or the standard snap button found on all golf gloves, used to place just behind the ball on line with the Target Line in order to show the player where his ball was after it has been 'Picked & Cleaned'. Marking is for the purpose of 'Placing' the ball precisely back from whence it came.

Balloon: n. or v. A shot that 'Balloons' is one that rises sharply into the air with a 'Steep Angle Of Attack'. This 'Ball Flight Shape' can be caused by either 'Mother Nature's Elements' such as a strong head wind or can be caused by the striker who creates a 'Throw Away Action' which increases the 'Net Effective Loft' to a considerable degree. This result is called a 'Balloon Ball'.

Balsa Airplane Concept: n. The '555 GOLF Concept' whereby the 'Core or Primary Horizontal Engine' for the 'Golf Swing' is looked upon as the 'Body Rubber Band' as is the 'Power Of The Balsa Airplane'. The

'Tip Of The Propeller' winds up the 'Rubber Band'. The 'Brace Hand' also, similarly, winds up the 'Human Body Rubber Band' to 'Accumulate, Load and Store' the 'Back Swing Energy'.

Banana Ball: n. A shot that curves enormously or radically from left to right (RH) or right to left (LH) and which is generally called an aggravated Slice. Its 'Ugly First Cousin' is the 'SNAP HOOK'. Neither is generally very welcome!

Bank Shot: n. A shot played from close to the green or putting surface with a steep bank in front of the player (left, right or behind the green), so that the ball may hit the face or slope of the bank and be beneficially deflected towards the target. Not unlike tactics used in the game of billiards or pool.

Barranca: n. A typically rocky or heavily wooded deep ravine, sometimes classified or played as a hazard.

Baseball Grip: n. A grip characterized by having all ten fingers placed on the golf club handle. Thus also called the 'Ten Finger Grip'. This is Golf's 'Benchmark Grip'.

Base Of The PIVOT: n. The 'Base Of The Pivot' ('Winding Point')('Resistance Point') is the 'Medial Head Of The Brace Femur'. (see 'Plunking & Squatting')

Beach: n. Colloquial name for any sand hazard. v. To land in a sand hazard.

Behind the Ball: n. The body position at 'Address or SET-UP' and during the Swing in which the players Head and general Body are to the 'Brace or Aft Side' of the centreline of the Ball and an imaginary line drawn through the Ball at 90 degrees to the 'Target Line'.

Bend & Straighten Drill: n. This is one of the most important '555 GOLF' physical drills. It focuses upon the 'Three Lever - Single Action' concept, whereby the 'Brace Shoulder (#1 Hinge), Elbow (#2 Hinge) and Wrist (#3 Hinge)' are 'Bent' at the 'Top Of The Back Swing' ('TOB') and thus, sequentially 'Straightened' at the 'Bottom Of The Swing Arc' ('BOSA'). This is a 'Primary Golf Engine' power producer, as is 'Hammering A Nail' in a 'Vertical Plane Motion' ('Up & Down').

Birdie: n. Term used to describe a one hole score of 'One Under Par'. If Par were four, you would have taken three strokes to hole your ball.

Bisque: n. In match play, a handicap stroke that may be taken on any hole chosen by the player who is receiving its benefit.

Bite: v. Action of the under-spinning golf ball's turning against the Line of Flight of the ball and 'biting' the turf on contact which causes the ball to stop quite abruptly or even back up.

Beach: n. Colloquial term for any sand hazard.

Bend: v. To cause Ball Flight or a shot to bend or curve using sidespin (X Axis) or under-spin (Y Axis) which would be imparted at Impact by the Clubface's specific behaviour.

Bend Point: n. or 'Flex Point' refers to the point on the shaft at which maximum bending occurs under a specific swinging load or torque. This point is generally in what is known as the 'A Flex Zone' which is in the lower half or the tip of the shaft. In general, the lower the flex point, the greater the 'Feel' and the greater will be the actual shaft or bending moment. Lower flex points are generally softer in flex or produce lower 'Frequency Modulation'. The higher the bend point the stiffer the shaft which tends to reduce the 'Feel' or 'Sensitivity' of the shaft.

Bent Grass: n. A durable, resilient grass with very fine blades able to withstand harsh temperatures and so used often in northern cooler climate courses.

Bermuda Grass: n. A coarse grass that can withstand oppressive heat and thus used in southern warmer climate courses.

Better Ball: n. Two players on the same side, each playing their own ball with the lower score counting at each hole.

Best Ball (Better Ball): n. A match in which your lowest single score of a foursome on each hole counts as the score for the entire team on that hole. Called 'Better Ball' when applied to a team consisting of two players.

Birdie: n. A score of one under Par on a single hole.

Bird's Nest: n. A lie in which the ball is deeply cupped in grass.

Bisque: n. In match play, a 'Handicap Stroke' that may be taken at any hole chosen by the player who is receiving or benefiting by it. If you are the recipient, you may take it to improve a bogie result to a Par and 'Bank It' until needed.

Bite: n. The '*Backspin*' applied to a 'Ball at Impact' that causes it to stop dead on the green or spin back towards the player who struck it. v. To land a ball on the green with 'Backspin'.

Blade: n. The hitting part of an iron clubhead, not including the hozel. Also a type of putter (heel-mounted) or specific design of iron head that is not 'perimeter-weighted and cavity-backed'. v. The process or action of striking the ball thin (leading edge of Clubface making contact at the equator of the ball) or even topped (above the equator) resulting in a low flying shot that tend to travel farther

than desired in the approach game and shorter than desired in the 'Full-Swing'. Also colloquially called '*Skulled*'.

Bladed Shot: n. Often referred to as a 'Skulled Shot', this 'Impact Error' occurs when the 'Leading Edge Of The Clubface' strikes the 'Aft Side Of The Ball' either 'Above the Equator (THIN) or worse still, on the 'Top Of The Ball' like on the top of ones head. Hence the name 'SKULL'. The result of this 'Impact Error' is 'No Loft' as the actual 'Clubface' is taken out of the equation since the ball is struck not by the face by the 'Leading Edge'. There is not 'Loft' to the 'Leading Edge', hence the reaction is that of a very high speed 'Putter' or very 'Hot Running Shot'. Very bad 'Ball Flight Profile' especially to a green from a short distance. The ball will likely go well over the green and into trouble.

Blast: v. To play a forceful shot from a sand bunker or out of the deep rough, hitting behind the ball and displacing a large amount of sand or grass which carries the ball away. Also called an 'Explosion Shot'.

BLEA: n. Acronym standing for 'Brace Lever Extensor Action', meaning the 'Straightening of the 'BENT' '3 Lever Single Action' 'Brace Lever' the must become back 'In Line' between the 'Top Of Back Swing' and the 'Bottom Of Swing Arc' ('BOSA'). This simple physical move is an absolute 'Primary Power Generator' in the 'DOFT' or 'Down & Out Aspect of the Golf Swing'.

Blind: adj. A shot-target hidden from the player by a large hill, tree or any other obstruction. A blind shot is one in which the player cannot see the Target.

Block: v. To prevent or delay 'Rotation of the Hands, Wrists, Arms and Body with Club' during the swing, resulting in a shot that starts and remains to the 'Low-Energy Side of the Target Line'.

Bluegrass: n. A cool-weather grass with moderate-size blades that can thrive in a variety of climates. Most commonly found in Kentucky or that region of the United States.

Bobbing: g. The act of raising or lowering ones 'Centre Of Gravity' (COG) and thus ones 'Head or Chin'. This is usually caused by altering the 'Spine Angle or Spinal Inclination' or altering the 'Knee Flex' and leads to inconsistent 'Impact or Ball Striking'.

Body Clocking: n. The physical process by which one can accurately 'Modulate' ('Control') the 'Amplitude' (Swing Height') of your 'Brace Hand' (see 'BHTD') for the purpose of 'Modifying and Controlling the Pivot Pressure and Swing Energy' 'Accumulated, Loaded and Stored' (see 'ALSDR') during the Back & Up Swing Phase'. Thus one can accurately control ones 'Distance'.

Body Coil: n. The full 'Load Turn' away from the Ball in the backswing made by the 'Hips and Shoulders', the 'Lower and Upper Body Machines', which is the 'Primary Source of Power in the Golf Swing'.

Bogie - Bogey: n. Term used to describe a one hole score of 'One Over Par'. If Par were three, you would have taken four strokes to hole your ball.

Bold: adj. Refers to a shot played too strongly and going past the intended target. Also, a bravely-played shot, such as one to a well-guarded pin position (close to hazard, challenging or adverse ground).

Boring: adj. Refers to a low shot that holds its course through the wind.

Borrow: n. The amount of compensation taken on a green required to putt across a slope enabling the ball to come into the hole.

Bounce: n. 'TOOL' Term describing the profile or shape of the sole or bottom surface of a clubhead, the portion that comes in contact with the ground. When there is 'Bounce' to a sole, the aft or trailing edge or portion of the sole is lower or thicker than is the 'Leading Edge'. If you were to consider a narrow wedge glued to the underside of a pane of glass, the surface affixed to the glass would be parallel to the glass, while the other long surface of the wedge triangle would below that level or surface because it is thicker. The aft segment of a sand wedge sole with 'Bounce' will hang or extend below the 'Leading Edge'.

Bounce (Clubhead): n. is the intentional design condition of the sole of an iron head, measured in degrees, in which the 'Trailing Edge or Tail' of the sole is below or lower than the 'Leading Edge'. This characteristic is generally utilized in sand wedges or higher lofted wedges. As a rule, the greater the 'Bounce Angle' the more the club can cut through tall grass or sand while resisting digging too deeply into the ground material. Thus, wedges with lots of bounce are desirable for the sand and heavy or buried lies. Irons with less bounce are more effective for hard surfaces. They create a shallower Ball Flight with more run and less divot.

Bowed: adj. A condition of the 'Wrist Hinge' whereby the hand is bent inwards or to the inside of the forearm. The opposite condition is called 'Bent'. The neutral condition is referred to as 'Flat'.

Brace Hand: n. The 'Right or Power Hand' for a 'Right Handed Golfer'.

Brace Knee Flex: n. The physical property or motion of having ones 'Brace Knee Bent or Flexed' to enable 'Motion and Power Delivery'. (see 'Plunking or Squatting') The 'Base Of The Pivot' ('Accumulate, Load and Store ENERGY') takes place around the 'Medial Head Of The Brace Femur'.

Brace Lever Assembly: n. The 'Brace Hand, Wrist, Forearm, Elbow, Upper Arm and Shoulder Scoket' make up the 'Brace Lever Assembly'. Its task is to 'Connect The Golf Club' to the 'Primary Golf Engine' as well as

to 'Bend & Straighten' which 'Stores & Delivers Power'. It also stabilizes the 'Target Lever Assembly'.

Brace Lever Extensor Action ('BLEA'): n. This 'Motion' is the function of 'Bending & Straightening' of the 'Brace Lever' for the purpose of producing 'Mechanical Advantage' and 'Power' in the form of 'Clubhead Speed'.

Brassie: n. A wooden club with a brass sole plate and a bit more loft than a driver. Considered equal to the modern II Wood or perhaps stretched to include the III Wood.

Break: v. The cocking of one's wrists (primarily the 'Target Wrist') during the Backswing. The curved line on which the ball travels while rolling on the green due to 'Slope' and 'Grain'. Also called 'Borrow'.

Broad Focused: n. The ability to gather information on the 'Big Picture' before making a shot. The considering of wind conditions, lie, slope, hazards, trees location, moisture content and other relevant information concerning the shot and Ball Behaviour. Also known as 'Course Management'.

Bump and Run: n. A shot around the green intended to hit into a bank or slope and then release and roll forward towards or into the hole. Can be used on flat surfaces as well.

Bunker: n. Term for a sand trap. Originating from places where sheep would burrow into sand dunes for shelter against the elements.

Bunt: v. To hit an intentional short shot.

Buried Lie: n. When part or all of a ball lies below the surface of soft turf, sand or other loose material.

Burn: n. Scottish term for water such as in a small creek or ditch which is in play, inside the boundary of the hole, on the course.

Buzzard: n. Colloquial term for a score of two strokes over Par on a hole, also know as a 'Double Bogie'.

Braid, James: N. (1870-1950) The first golfer to win the British Open five times between 1901 and 1910, he was one of the founders of the British P.G.A.

Brassie n. Term for a modern II or III Wood.

Bump & Run: n. a short punch shot or Push Basic Stroke that generally does not get very high , does not travel very far in the air, lands softly and runs along the ground, usually onto the putting surface. It is an approach shot.

Buried Lie: n. When part or all of a ball lies below the surface of soft turf or sand.

Buzzard: n. A score of two strokes over Par on a hole. Also known as a 'Double Bogey'.

Bye: n. A supplementary game after the main match is over, i.e. If one player beats another by four holes with three still to play, the bye is played over the remaining holes, usually for a modest side stake. In a double knockout tournament, a player may progress to the next round without playing a match due to simply lack of contestants. This is called a bye.

C

CSTI: n. Abbreviation or acronym standing for 'Chronic Soft Tissue Injury'.

Caddie: n. A person who carries a golfer's equipment during a round, giving advice and otherwise assisting the player as required.

Cadence: n. The 'Rhythm' or delicate sequence by which components are blended into a whole such as in music. We know and 'Feel' the marching beat and the very symmetrical 4:4 time or 'Beat' of the waltz. In 'Golf', although there is symmetry and balance, from an overall 'Rhythm' point of view, the Back Swing does NOT equal the Front Swing. They are NOT equal in 'Timing or Duration'. If the Golf Swing requires '16 Units Of Time', there are NOT 8 in the Back Swing and 8 in the Front Swing. The 'Cadence' is more of a '10:6' since the Back Swing is 'Low-Energy', without acceleration, while the Front Swing experiences very high acceleration in the lower half and is 'High Energy'. The 'Golf Swing' is a '1 and Thru' 'Cadence' and not a '1-2' event.

Calamity Jane: n. The name Bobby Jones gave to his favourite wooden-shafted putter.

Calcutta: n. An auction in which people bid on players or teams in a tournament.

Cambered Sole: n. A rounding or radiusing of the sole of the Clubhead. This shape reduces drag when the 'Clubhead Contacts The Grass' or 'Ground Material'. 'Four Way Camber' involves rounding at every edge. This is done to reduce 'Resistance' and increase 'Accuracy and Clubhead Speed' which increases 'Distance'.

Cap: n. The top end of a Club's Grip and Shaft. Sometimes called the 'Grip Button' or 'Butt Cap'.

Cardio-Pulmonary: adj. The consideration of 'Heart and Lung Activity' and well-being.

Cardio-Vascular: adj. The consideration of the 'Two Flow Systems of the Blood Circulatory System' (Arterial (outbound blood) and Vascular (returning or inbound blood) as well as the general well-being and function of the heart muscle.

Carry: n. The distance the ball travels in the air. The distance a ball must fly to get across or over a hazard or any other obstacle.

Carry-Over: n. When a hole is tied in a match the prize or reward is added to or 'Carried Over' to the next hole. The purse grows!

Cart Path Only: n. A rule, established at the sole discretion of each facility, that prohibits golf power carts from leaving the prepared cart path. This ruling is usually made during inclement weather in order to protect the fairway and ground from tire abuse.

Cast: v. To release the 'Wrist Cock' prematurely on the forward swing, causing the Clubhead to arrive at the ball ahead of the 'Hands and Arms'. This 'Premature Firing of the Upper Body Machine', especially the 'Brace Shoulder Forward Towards the Target Line', is sometimes called 'Hitting From the Top'.

Casual Water: n. Any temporary accumulation of water, frozen or liquid, on the course that is not part of a defined water hazard. A player may lift his ball from casual water without penalty.

Cavity Back: n. A type of 'Iron Head' design in which the centre portion of the back of the Clubhead is hollowed out or removed. This 'MASS' or material is usually redistributed to the outside of the 'Clubhead' which makes the 'Optimal Percussion Area' or 'Sweet Spot' bigger. What the manufacturers did to tennis racquets was a similar physical design change.

Centre of Gravity: n. The point in the body (internal or surface), where the 'Centre of Mass and Balance' is located. In the 'Human Structure', it is located somewhere in the pelvic region where the torso, legs and hips all come to balance. You are better equipped to 'FEEL' this point than to calculate it.

Centre of Measured Face: n. Point on the face of a Golf Club that is the measured centre of the face, equidistant from the entire perimeter of the Clubhead. Not necessarily the 'Sweet Spot'.

Centre of Mass: n. The point in the actual total material of the Clubhead that is the 'Balance Point' or the overall location of the average mass of the material of which the Clubhead is made. This is not necessarily, indeed not usually, on the surface of the Clubface but is 'internal to the overall material. The 'Centre of Mass' of a ball of uniform material is located in the very centre of the sphere. Most commonly called the 'Sweet Spot'.

Centre of Rotation: n. The axis around which the body turns , winds, coils and unwinds and uncoils or releases it coil, usually thought of as the 'Spine or PIVOT Axis'. Colloquially called the 'Body Crankshaft'.

Centre-Shafted: adj. A type of putter head in which the shaft joins or is inserted 'centrally' or equidistant from the toe and heel. The 'Bull's Eye Putter' is well known example.

Centrifugal Force: n. Mechanically it is the resistance of the Inertia in an orbiting object to change in direction. In 'Golf' it is the

effort of the 'Swinging Clubhead' to pull the 'Target Lever Assembly' (Target Arm and Club) into a 'Straight Line', or what is known as the 'IN LINE CONDITION'. 'FORCE' that moves 'MASS' away from the 'Centre of Rotation'.

Centripetal Force: n. The 'FORCE' that moves 'MASS' towards toward the 'Centre of a Rotating Body'.

Charge: v. To roll a putt towards the hole with a bold and powerful stroke. If the ball is hole, well done. If it is not, you may well be looking at two more strokes, known as a 'Three Jack' or 'Three Putt'. Not beneficial to your score and putting stats.

Chicken Wing: n. A fault in the Down and Through Swing in which the 'Target Elbow' folds or bends and falls 'Behind the Body' and certainly does not travel 'In Line to the Target'.

Chilli Dip: n. A miss-hit that involves striking the ground well behind the ball location, usually on a soft surface, causing the ball to fly quite high but very short.

Chip: n. A short, low-trajectory approach shot, (usually hit near the green), which rolls farther than it flies.

Chip-In: n. A chip shot that goes into the hole.

Chip-and-Run: n. A chip shot that rolls a great distance upon making contact with the green or ground.

Chipper: n. A club designed only for chip shots, more a manufacturer's marketing effort than a useful necessity.

Choke: v. To collapse under a great deal of personal pressure so that the muscles are incapable of performing to their full potential. Generally a mental failure first before the physical breakdown takes place.

Choke Down: v. To shorten the effective length of a club by gripping the handle lower than the Target Hand's being at the top or just below the 'Bell of the Grip'.

Chop: v. To hit down on a ball with an axe-like motion to impart extra spin or to 'pop' the ball up and out of a certain situation.

Chunk: v. Similar to a '*Chilli Dip*' or the process of taking a large piece of turf before or below the ball resulting in a miss-hit (FAT) that does not travel very far. n. A miss-hit of the 'Chunk' type.

Clearing the Target Side: v. Turning the Hips to the Target during the downswing so the 'Upper Body Machine, the Shoulders, Arms and Hands' might be pulled along or follow in smooth sequence.

Cleek: n. Ancient term of Scottish origin describing a narrow-bladed iron driving club, roughly equivalent to the modern day #1 or #2 Iron.

Closed Clubface: n. When the 'Toe of the Clubhead' leads the 'Heel' through IMPACT, generally leading to a 'Ball Flight to the High-Energy Side of Target Line'.

Closed Grip: n. Another term which means the same thing is a 'Closed Grip Gate'. This means that the 'V's of the Hands are turned towards the 'Brace Shoulder' or more away from the 'Target' which make the 'Grip' functionally Stronger or more readily active. Think of it as 'Cocking the Gun'. The muscles, bones and joints can perform more 'Work' from this 'Wrist Hinge' position. This condition either includes or promotes 'Wrist Cock and Un-cock', Wrist Turn and Roll'

and 'Wrist Bend and Bow'. There are 'Nine Wrist Actions or Movements' about the 'Three Wrist Axes'.

Closed Stance: n. The positioning of the Feet whereby the 'Brace Foot' is farther from the 'Target Line or Foot Line' than the 'Target Foot'.

Closed-to-Open: adj. Describing the Clubhead when the player closes the Clubface during the back swing and then opens it during the front swing.

Clubface: n. The grooved or front surface of the Clubhead that makes contact with the ball.

Clubface Alignment: n. The direction in which the Clubface is AIMED at Address (better still at Impact FIX) relative to the Target Line. More properly called 'Clubface AIM'.

Clubhead: n. The metallic or other material device that is placed at the end of a golf shaft in order to strike the ball; such as a hammer head is placed at the end of the hammer handle.

Clubhead Path: n. The path travelled by the Clubhead during the swing relative to the Target Line.

Clubhead Speed: n. The 'FORCE' with which the Clubhead swings through the Ball measured in Miles per Hour, Feet per Second, etc.

Club Length: n. The length of the overall golf club from the butt of the grip to the Sole of the Clubhead.

Clubhead Lag: n. Mechanically it is the stress occurring at the 'Point of Thrust' by the resistance to Inertia to change. In Golf, it is the

FEEL or information transmitted through the ‘#3 Pressure Point’ (Brace Index Finger Middle Knuckle Pad contacting the Handle) by the resistance of the Clubhead to change. This is the ‘Wet Mop’ or ‘Open Parachute’ effect. ‘Clubhead Lag Pressure’ is the ‘Secret in Golf’ to making a successful Swing. The ‘Clubhead’ must come through the Ball after the ‘Hands’. The ‘Hands’, supported by a ‘Flat Target Wrist’ must always ‘LEAD the Clubhead’ to and through IMPACT. Thus the ‘Clubhead’ must always ‘LAG’ behind the ‘Leading Hands and Hips’ (Lower Body Machine).

Clubhead Throwaway: n. Mechanically this is the allowing of the ‘Swingle Of A Flail’ to pass its In-Line relationship to the Handle. From a Golf standpoint, this is the allowing of the Clubhead to pass the Hands during Release which sets-up a Centrifugal Deceleration condition in which the Hinge Angles, Brace Elbow and Wrist are In-Line with the Club Shaft and the total Target Lever Assembly. This means Speed bleeds off and things Golf, Speed and Accuracy, are ‘Over’. The opposite to ‘Clubhead Lag’.

Closed: adj. Term describing the linear aspect of golf components as they are related to Square or Parallel to a reference line. i.e., a ‘closed Clubface or a closed Alignment’. A closed Clubface points to the ‘High-Energy Side of the Target Line’. A closed Foot Alignment points across the Target Line towards the ‘Low-Energy Side of the Target Line’. If the Clubface were a door opened directly into the hallway or corridor, it would be Square to the centre-line of the corridor. Closed it would be pointing towards the ‘Closed Position’ and Open would be pointing more towards the ‘Open Position’.

Clubhead Path: n. The ground line or path that the Clubhead follows or traces during its swinging motion in the back or front swing related to the Target Line; the centre Ball to Centre Cup or Target. This ‘Clubhead Path’ may also be related to the ‘Inclined Plane’ as opposed to the level ground surface.

Clubhead Arc: n. The Clubhead in its swinging motion, as a pendulum in its motion, follows a ‘Circular Path’; the ‘Circumference of the Swing Circle’. This circumferential shape is called the ‘Clubhead Arc’. It is a ‘Geometrical Term’.

Clubhead Radius: n. The length or distance of the Clubhead from the 'Swing Pivot Point', i.e. the 'Swing Target Shoulder Socket', such as one might find in a pendulum. The weight swings on a string from a fixed top point, 'Fulcrum or Pivot Point'. The distance from the top of the string to the bottom of the weight is the 'Swing Radius'. The 'Clubhead Radius' is measured to the 'Ground Contact Point' of the 'Clubhead Sole' to the 'Centre of the Target Shoulder Socket' or top of the 'Target Lever Assembly'.

Clubshaft: n. The long thin part of the Golf Club that connects the Grip to the Clubhead. Also known as the 'Shaft'.

Cock: v. The process of bending the wrists on the back swing and un-cocking them in the front swing.

Cocked Wrists: n. The position or condition of the 'Target Wrist's' being Flexed on the 'Horizontal Hinge' (UP and DOWN in relation to the ground or horizontal-level) being applied during the backswing and 'un-cocked' during the 'Impact Interval or Segment' of the forward swing. The 'Hinge is Horizontal but the MOTION or Action is Vertical' as the 'Hinge Pin' in a door hinge is 'Vertical while the Action is Horizontal or Level to the Ground. This physical motion, a '5 Step Sequence', Accumulates, Loads, Stores, Delivers and Releases Power and, thus is called a 'Power Accumulator'. There are '4 Power Accumulators': 1) the Bent Brace Arm, 2) the Cocked Target Wrist, 3) the Angle formed between the Clubshaft and the Target Forearm, and 4) the Angle formed by the Target Arm to the Target Shoulder and Chest. When these 'Pre-Selected Conditions' are disturbed or altered, there is Work done and Force created, Energy Spent. Golf is full of these actions.

Coil: n. and v. as in the body during the 'Load Side' of the 'Golf Swing'. The full turn away from the ball at address by the 'Knees, Hips, Shoulders and the entire 'Lever Assemblies' which is the 'Major Source of Power' in the 'Golf Swing'. The coiling and uncoiling action produces tremendous 'Primary Rotational Power' which creates 'Clubhead Speed' and thus 'Distance in Ball Flight'.

Collar: n. See Apron.

Combination Flex (Combo Flex): n. Refers to an unitized or parallel tip shaft that may be trimmed by specific guidelines to achieve more than one flex, such as the 'R/S Combo Shaft or L/A Combo Shaft'. This manufacturing technique provides inventory versatility for the builder. Generally the more a tip is trimmed or the shorter the 'A Flex' is cut, the stiffer the shaft will become. Its 'Frequency or Resistance to bending' will increase. The shorter tip is stiffer and offers more resistance to flexing.

Come-Back Putt: n. The follow-up putt after the previous one has rolled past the hole.

Come Off the Ball: v. To lift the body , to come out of the shot prematurely, usually prior to 'Release, Impact (Separation) and Bottom of Swing Arc', generally due to 'Taking Your Eyes Off The Ball' which releases your 'Focus and Head Position' from any 'Impact Condition' leading to a 'Release Condition'. As your Eyes look away from the Butt of the Ball, you naturally translate to the next task, being to see where the Ball is travelling (Target or Pin) and to proceed to walk in that direction, none of which has anything to do with Impact. When your Eyes come off the ball, your Brain no longer receives any visual information or data. When data stops in-feeding to the 'Command Centre' (brain), 'ALL HANDS LEAVE the DECK' and the exercise is over. This is the 'Bail Out' which so plagues tens of thousands of dedicated 'Linksters'.

Come Over the Top: v. To 'Flatten the Swing Plane or Clubhead Arc during the Downswing', 'Casting the Brace Shoulder towards the Target Line', resulting in a 'Throwing Action' of the Brace Arm and the Clubhead Towards (above the Swing Plane) and even OUTSIDE the Target Line prior to Impact, resulting in the 'OUTSIDE-IN Clubhead PATH'.

Compression: n. The degree of resilience and shape distortion a golf ball has when struck by the Clubface. The reverse process is called

'Restitution' or the restoration of the 'distorted Shape' to its original 'Roundness'. It is this 'Compression and Restitution' that causes the Golf Ball to 'Jump Off the Clubface'.

Compression & Line Of Compression: n. The absolutely simplest description of the 'Golf Swing' and resulting 'IMPACT & SEPARATION'. (see '5 ESSENTIAL ELEMENTS')

Concede: v. In match play, to grant one's opponent a putt, hole or even the match that has not been naturally completed.

Condor: n. Is five 'Birdies In A Row. (Turkey (3), Pelican (4), Peregrine (6))

Coning: n. the bore hole in all hozels should be prepared for the shaft by 'Coning' the entry end. This process involves simply 'tapering' the inlet or mouth of the hole so that it is not sharp or burred. This is essential for graphite or composite shafts as any sharp edges will cause wear and damage to the tip of the relatively soft material of the shaft. This 'Coning' should be done at the factory but if it is not, the local assembly technician must perform the duties to prevent warranty liability. A 20 to 225 degree countersink carbide bit is used to relieve the insertion end of the hozel. Once the shaft is epoxied or glued in place, the glue material fills the cone and provides a cushion for the flexing shaft.

Connection: n. Maintaining the various body parts in the appropriate, 'Pre-Selected Conditions and Relationships', in the proper relationships to one another, during the swing.

Conservation Of Angular Momentum (COAM): n. This is a Physical LAW that enables a golfer to produce (store) large amounts of 'Kinetic Energy'. It directly involves 'Centrifugal Force' and the 'Lengthening of the Brace Radius or Brace Lever' which is 'Bent' in the 'Storage Mode' and is unloading in the 'Straightening Mode'. 'Energy Storage or Potential Energy is 'SPENT' when the 'Brace Lever' is in or returns to the 'IN LINE CONDITION'. The 'Brace Lever' is described as a 'Three Lever, Single Action' tool. The delayed 'Straightening Of The Bent Brace Lever Joints', 'LAGGING Behind the Un-COILING HIPS or 'Lower

Body Machine', 'Accumulates, Stores and Releases' a great deal of Energy. This process deals with 'Angular Momentum'. (A=ML)

Controlled Shot: n. A Golf Stroke made with 'Less Than Full Power' and likely 'Less Than Full Swing'.

Course Rating: n. The measure of the difficulty of a course relative to other courses as evaluated by the U.S.G.A. or a similar institution or organizing body. It is expressed in strokes or fractions of strokes required to complete a round based on the or a 'Scratch Player' who plays to a 'Zero Handicap'.

Croquet Putting: n. Putting, as with a croquet mallet, by swinging the clubhead between the legs while facing the target or with hips square to the cup. Deemed illegal in 1967.

Cuppy Lie: n. Golf Ball lying in a small depression, i.e. sitting in a sand-filled or not-sand-filled divot.

Cast: v. Not significantly different than the 'Motion' used in fishing, this action is to 'Release the Wrist Cock Prematurely in the Forward Swing Segment', causing the Clubhead to arrive at the ball ahead of the hands and arms. The 'Brace Shoulder' tends to push forward toward the 'Target Line' during this 'Swing Fault' almost like a 'casting motion'. The term 'Hitting from the Top' describes or applies to this 'Swing Fault'.

Casual Water: n. Water usually in puddles on the fairway or green, in play, that is not permanent. Interestingly, snow and ice is considered 'Casual Water' and precipitates relief.

Centre of Gravity: n. The point in the body, generally in the lower abdominal area or pelvic region, where the torso, legs and hips all balance. It is usually near the 'Centre of Mass' which makes visualization of this point easier. Look for the centre of bulk. This

location will FEEL like your 'Balance Point' and certainly will not be far from your 'PIVOT or Rotational Spine', the 'Human Crank-Shaft'.

Centre of Mass: n. The centre of bulk or material. As in a completely uniform density and perfectly round golf ball, this 'Centre of Mass' is equidistant between two opposite surface points such as the North and South Poles, i.e. in the centre of the core.

Centre of Rotation: n. The axis around which the body winds and unwinds, usually thought of as the inclined spine. The 'Human Crank-Shaft or Spinal Hub'.

Chicken Winged: adj. Term describing the 'Bent Condition of the Target Lever', especially through the 'Impact Zone' and into the 'FOLLOW-FINISH Stages of the Swing'. It is in this 'FOLLOW-FINISH Stage' that the 'Bent Target Elbow' will peak or become visible behind the players back when viewed from the Brace or Aft Line. A straight, well-extended 'Target Lever' (Arm) will only be visible in front of the Hips and NOT behind the Back. The 'Chicken-Winged Target Elbow' will FEEL quite 'Close or Tight or Round-Housed' to the Target Side and Hip. This physical movement or action is NOT beneficial to a good Golf Swing.

Clearing the Target Side: v. Turning of the 'Loaded or Coiled Target Hip' strongly toward the Target which naturally brings along the Brace or trailing hip. The body and 'Lever Assemblies' of course follow Hip Rotation directly. This transfers power to the golf Clubhead and thus directly to the backside of the waiting Ball.

Cleek n, Modern term for a V Wood

Clubhead Speed: n. The 'Velocity of the Clubhead' (MASS) usually considered at IMPACT or the 'Moment of Contact and/or Separation' with/from the Ball.

Clubhead Path: n. The path travelled by the Clubhead during the swing, usually considered in relationship to the Target Line and the Spine or body axis.

Coming off the Ball: v. To lift the body prematurely during the forward swing. Often called 'Bailing Out' or 'Quitting' the very positive and controlled process before IMPACT. Stopping doing your job before the Ball goes away.

Compression: n. a term describing the density of the golf ball or the Impact Force of the Clubface onto the malleable Golf Ball. Impact 'squashes or distorts' the roundness of the Golf Ball in line with or at 90 degrees to the Impact. This 'distortion' is due to 'Compression'. The degree of Resilience of a Golf Ball.

Concede: v. In match play, to grant one's opponent a putt, hole or match that has NOT been completed.

Cross-Handed: adj. A putting Grip in which the Brace Hand is placed above the Target Hand. It is also called 'Target Hand Low' or for right-handers, 'Left Hand Low'.

Crossing the Line: v. 'Manipulating the Clubhead' so it comes at the ball from outside the Target Line towards the Inside in the downswing, usually resulting in a ball that is either 'Pulled' 'High-Energy Side of Target Line' (fast Hands) or 'Cut Low-Energy Side of Target Line' (slow Blocked Hands). Also a term for the Clubhead and Clubshaft's getting closer to the 'Target Line' at the 'Top Of Back Swing' than 'Parallel' (Across the Line) or 'Below Horizontal' (Under the Line).

Crosswind: n. Breeze blowing from one side of the fairway or 'shot lane' to the other across the Target Line.

Cup: n. the 4.25 inch wide 'cup shaped' receptacle that is installed below-ground-level in the confines or within the boundary of the green

or putting surface, into which one must strike the golf ball before the singular hole is completed or 'holed'.

Custom-Fitted: adj. A description of equipment designed specifically for one individual. (see 'Personalized')

Cut: n. A score or determined level of performance for a specific event that eliminates a percentage of the field from a tournament. Also a verb meaning to 'Impart Spin on the Ball' with a glancing blow or 'Cutting Action' causing the ball to arc in its Ball Flight, usually towards the 'Low-Energy Side of the Target Line' as the other way, although a 'Draw' is termed a 'Cut-Shot'.

D

Dance Floor: n. colloquial tern for the green or putting surface.

Dead adj. In Match Play, when the leader is ahead by more points than there are holes to play, i.e. He cannot be beaten or tied, the opponent is 'Dead' and the match is over.

Dead Hands: n. The condition of the hands in a 'Golf Shot' whereby they exert little or not 'Force' or 'Action'. They will be 'Passive and Static' through the 'IMPACT Zone' or 'Hitting Interval'.

Dead Rope Concept: n. The '555 Golf Problem Solving Concept' whereby the 'Target Lever Assembly' is seen to be functionally 'Inert' of simply hanging from the 'Target Shoulder Socket. This 'Target Lever' accomplishes only three distinct functions; 1) The Hand CONTROLS The Golf Club, 2) The 'Target Lever' sets up and maintains 'Swig Radius' ('BOSA'). 3) The 'Target Lever Assembly' creates the #4 Pressure Point, whereby the 'Target-ward Rotating Body' applies pressure to the 'Target Biceps' forcing the 'Golf Club' to move Horizontally forward.

Dead Wrists: n. When the Wrists remain firmly 'Passive' without 'Cocking or Un-cocking' or 'Releasing' through the Impact Zone or Interval.

Dead Hands: n. When the Hands are very 'Passive', more 'Dropping Down' than 'Firing Down' and through Impact, such as is so useful, even essential, in the 'Short Game' which takes place inside your 'Full Swing Pitching Wedge' or what might be more commonly known as 'Inside 100 Yards'. The 'Dead-Handed' and 'Clocking' technique of delivering the Clubhead to the Ball produces very accurate and controlled 'Clubhead Speed' to and through the Ball, thus it equally and directly controls 'Distance'.

Dead Weight: n. Term for the actual mass weight of an object such as a 'Golf Head' or an 'Entire Golf Club'. 'Dead Weight' is the same as one would determine his own weight was by standing on a doctor's office scale. If one weighs 160 pounds, that is 'Dead Weight' or static weight as there is no momentum or velocity involved.

D.O.F.T.: n. phrase describing the 'Three Dimensional Clubhead Path' which is 'Down, Out, Forward and Through' the Ball.

Deceleration: n. 'Slowing the Speed of the Clubhead or Body Rotation', which when done prior to or during IMPACT is a negative occurrence detrimental to 'Optimal Ball Performance'.

Delayed Hit: n. Retaining the 'Wrist Cock' until very late in the forward swing, well into the 'Impact Zone', resulting in increased 'Leverage', 'Compression' and perhaps 'Clubhead Speed'.

Divot: n. A piece of turf displaced or ripped from the ground by the Clubhead after or before making contact with the ball.

DOFT: n. An Acronym standing for 'Down Out Forward & Through' which is the 'Geometric Shape Of The Golf Swing'.

Dogleg: n. A hole or fairway characterized by a sharp turn in either direction, as in a 'Dog-leg Left or Right'.

Dormie: adj. The point in a 'Match Play Event' when a player is ahead of his opponent by the same number of holes as are remaining. In this situation the best results that the trailing player can attain is a tie. The number might sound like "5 and 5" meaning up by 5 holes with 5 holes to go.

Double Bogie – Bogey: n. A result of two stroke more than PAR on any one golf hole.

Double Eagle: n. American version of an albatross, being three under Par at any particular hole.

Downswing: n. The swing that is the reverse or opposite to the 'Back and Up Swing' which 'LOADS' the 'Golfing Machine' or makes it ready to perform 'WORK'. It can be appropriately called the 'Down and Out Swing'. Hence the 'Geometric Shape Of The Golf Swing' is 'D.O.F.T.' which stands for 'Down Out Forward and Through' the Ball' and 'Target Line'.

Draw: n. Term describing the shape of a Ball Flight, bending or curving progressively from Impact and Separation towards the High-Energy side of Target Line.

Duck Hook: n. Term describing the radical or pronounced 'Drawing Action' of a 'Ball Flight'. The termination end of this 'Ball Flight' is very curved almost coming 90 degrees to the 'Target Line'.

Duncan, George: N. (1883-1964) British Open champion of 1920 who went on to play in the first three Ryder Cup Matches.

Duration: n. The overall time required for a golf swing or stroke, usually from the moment of 'Take Away' to the instant of Impact and possibly through to finish depending on your consideration. Full Swings require more 'Duration' than do 'Less Than Full Swings'.

Dog Leg: n. A name that refers to the longitudinal shape or line of a fairway or other portion or length of a golf hole. It is a hole that bends or curves to the right or left off the teeing ground or down the fairway. There is some sill and planning required to negotiate these design characteristics.

Dormie adj. In match play where you win, lose or 'Halve' each hole, one at a time, as opposed to 'Stroke Play' where you play each hole to the completion of the round and then total your strokes for the entire round to determine the winner (player with the least number of strokes), when you are trailing or behind by 2 points or two holes with two to go, leading by as many holes as you have left to play, the leader then cannot lose and is classified as 'Dormie'. The opposing player or team must win every hole to 'Tie the Match'. This is from the French word for 'To Sleep', meaning that the leader can go to sleep or rest as his day's work is over.

Double Bogey: n. Term for 'One Stroke More Than Par' in any one separate hole plus an additional stroke, thus two strokes over Par.

Downhiller: n. A downhill shot or putt.

Downhill Lie: n. When a player's Brace Foot is higher than his Target Foot at Address, causing him to make compensations to hit a good shot.

Drag: v. An aerodynamic force that resists the forward movement of an object, affecting Clubhead Speed and Ball Flight in Golf.

Drain: v. To sink a putt.

Drive: n. The first shot on a hole, played from the tee generally played with a driver or wood of some nature, but not necessarily so. The stroke of a 'Par Three' with a #7 Iron is still a drive although most often called an 'Iron Shot'.

Driver: n. The longest shafted and biggest headed golf club in your bag. It is designed to strike the ball as far as possible and has the physical characteristics to accomplish that feat. The overall length of this club ranges from 43 to 38 inches. The head size may not exceed 460 cc in volume displacement.

Driving Iron: n. Old name for a #1 Iron with its least amount of loft. Designed for maximum distance.

Driving Range: n. An area for hitting practice shots. Also called the 'Practice Range'.

Drop: v. To put a ball back in play after it has been lost or retrieved from an unplayable lie.

Dub: n. A poorly played shot, usually one that dribbles along the ground. A dubber is one who strikes balls in this manner or fashion.

Duck Hook: n. A violent Hook (huge amplified Draw) that usually flies quite low and hits the ground quite quickly.

Duff: v. To hit the ground immediately behind the ball.

Duffer: n. A poor or bad golfer.

Delayed Hit: n. Retaining the 'Wrist Cock' until the last possible moment in the forward or downswing, just before IMPACT. It may be called a 'Late Hit'.

Driver: n. The #1 Wood of the Wood, Metal or Composite Clubheads at the end of the longest shaft in your club assortment and having the least amount of 'Loft' or the most upright Clubface of all your Golf Clubs. The specified 'Loft' is usually between 7.5 and 11.0 degrees off vertical. This design strikes the ball farthest with the lowest trajectory.

Drop Zone: Drop zones are marked areas on the course where you can take relief from certain situations such as 'Ground Under Repair' ('GIR') wet areas or temporary immoveable obstructions. In some cases where there are long forced carries, on might come up short and lose a ball in a hazard such as a pond. Then one must 'Drop A New Ball In The Provided Drop Area' and proceed from there with a one stroke penalty.

Dynamic Balance: n. A centeredness of 'MASS' or 'Body Weight' inside the 'STANCE Pedestal' during the entire 'Back and Front Swings' so as to maintain functional control.

E

Extension: n. The 'Straightened Condition of the Target Arm (Lever) at IMPACT and the Brace Arm (Lever) in the Release', 'Follow Through' or 'Deceleration Segment #3 of the Swing'. Extension should be 'Down the Target Line to the Pin'. This term also applies to the 'Position of the Target Arm at the Top of Backswing'. (T.O.B.)

Eagle: n. Two under Par on any single Golf Hole.

Eclectic: adj. Competition played over a given number of rounds, the player counting his best score on each hole. Also known as a 'Ringer Score'.

Effective Loft: n. The actual loft of a Clubface when it strikes the Ball. Owing to the design of the Clubhead and the player's technique, this may be different from the factory-built-in loft of the Clubhead. Factory produces the 'Loft'. We can manipulate this 'Factory Condition' to what is sometimes called 'Net Effective Loft' which is the 'Final Loft when the Ball Separates from the Clubface'.

Elbow Cock or Bend (Brace Lever): n. The cocking or un-cocking, bending & straightening, of the Brace Elbow in the back and forward swing.

Embedded Ball: n. When a portion of the ball is below the surface of the ground.

Equity: n. Decision not covered by the rules.

Evans, Charles: N. 'Chick' (1890-1979) One of America's great amateurs, Evans in 1916 became the first man to win the U.S. Open and the U.S. Amateur Championship in the same year.

Explosion Shot: n. A shot in which the ball is exploded from sand or tall grass, any loose deep material.

Extension: n. The condition of making or being longer than may be or is the normal case. The width of the 'Golf Swing' is measured by the length of the 'Extended Target Lever' on the 'Back Swing' and generally by the length of the 'Straightened Brace Lever' in the 'Follow and Finish Segment'. In a proper 'Golf Swing' one 'Lever' is 'Straight or Extended' at all times.

F

Face: n. The grooved or leading surface of a Clubhead that comes in contact with the Ball.

Fade: n. A controlled shot that flies, has a curved flight, to the Low-Energy Side of the Target Line.

Fairway: n. The closely cropped grass that lies between the teeing ground and the putting surface, and between the Left and Right rough.

Fairway Wood: n. Category of any of the wooden or metal-headed woods clubs that have more Loft than the driver. A driver may, of course, be used from the fairway.

Fanning the Clubface: v. An exaggerated 'Rolling Open of the Clubface' during the takeaway of backswing or front swing.

Fat: adj. Describing a shot in which the Clubhead strikes the ground before the ball, sometimes taking a large divot from behind the 'Ball Location'. This means there is debris between the Clubface and the Ball which impedes pure contact and 'Optimal Ball Flight'. Also referring to the widest, safest, easiest to hit or fattest part of the green.

Feather: v. To hit a high, soft-landing shot that usually fades a little and stops quite quickly upon landing due to both Side and Under Spin.

Feathery: n. Ball made of compressed feathers encased in leather that was shrunk. Commonly used until the mid 19th century.

Feel: n. A sense of touch, particularly over the shorter shots around the green.

Flange: n. A portion or description of the 'Sole' of the 'Golf Club' as in the 'Sand Wedge' with its broadened flange.

Flagstick: n. The device that fits into the quarter-sized hole in the bottom of the cup that resides on the green. The 'Flagstick' ahs a piece of linen or cloth on its top to enable the player to see the location of the cup from a distance. It is more loosely referred to also as the 'Pin'

Flatswing: n. Swing in which the arc is closer to a horizontal than vertical plane.

Flight: n. Trajectory of the ball.

Flip Handed Delivery: n. The conscious 'Muscular Release' of your 'Wrist Hinges' during a 'Golf Swing'. Contrary to a naturally 'Pivot Release' generated 'Wrist Hinge Release'.

Flip Shot: n. A 'Wristy Shot' that is usually played or executed with a 'Short Shafted Club' with considerable 'Loft'. The 'Lob Shot' might be classified as a 'Flip Shot'. This type of 'Action' is generally NOT desirable.

Floater: n. A ball that is struck from the tall grass causing it to come out of the 'Lie' slowly and travelling a short distance. This 'Power or Energy Loss' is due to the cushion created by the grass that got onto the 'Clubface' before the Ball.

Flop Shot: n. Similar to the 'Flip Shot' usually created with a 'Golf Club' of considerable loft or 'Net Loft' that can be created by 'Opening The Clubface AIM' causing the 'Heel To Lead Into The Ball

Contact'. Similar to the technique employed in 'Bunker Work'. Good 'Brace Lever Extensor Action' is required.

Flyer: n. A ball that comes off the 'Clubface' with little or no

Under-Spin' due to the presence of 'Material' being on the 'Clubface' preventing the 'Grooves and Face' actually making contact with the 'Golf Ball'. The flyer 'Ball Flight Characteristics' are due to insufficient 'Under Spin Rate'. It is a bit like the 'Baseball Knuckle Ball'.

Fescue: n. A cool-weather grass commonly found near salt water. It is a standard on traditional 'Links' courses.

Foot Line: n. the Alignment of the player's toes (or Heels) at Set-Up and through the entire swinging motion. To determine the Set-Up Alignment, one might place the shaft of a long iron or wood across the toes and sight down the centre of the shaft towards the Target. This line is your 'Alignment or Foot Line'.

Fade: n. Term for a gradual progressive curving Ball Flight off the Clubface towards the Low-Energy Side off the Target Line.

Fairway: n. Term for the cut portion or mowed surface between the 'Teeing Ground (Tee Box) and the Green'. There may be areas between the Teeing Ground and the Putting Surface that are barren, scrub, rock, desert or other unprepared surface which is not considered fairway but must be cleared by the 'Ball Flight'. This is known as 'Target Golf'.

Fat: adj. Term describing Clubface to Ball contact or Impact where the 'Leading Edge of the Clubface' strikes the Ball below the 'South Pole' of the ball, usually taking dirt or grass 'Before Impact'. Fat hits are 'Dirty Hits'. Fat hits decelerate the Clubhead Speed and thus reduce Distance and, usually distort Clubface AIM effecting 'On Line' Ball Flight.

Fernie, Willie: N. British Open champion of 1883, despite scoring a 10 in one hole!

First Cut n. When the greens keepers are mowing the fairways, there is a point on the outside or shoulder of the fairway where they stop cutting the grass at the same shortness or at all. If they elect to make a lane with grass cut longer, i.e. Two inches long, which increases the difficulty of making a shot from that grass depth, it is called the 'First Cut'. If, additionally, they decide to make another lane with the grass four inches deep, it may be called the 'Second Cut'. It is more difficult to play out of. The next lane is called the 'Rough'. You may not get out of it at all.

Flag: n. Linen or cloth affixed to the top of the steel or composite rod or shaft that sticks into the bottom of the cup in what is know as the 'Pin Hole'. This flag is intended to make the stick more visible and thus identify where the cup is located, which should be directly below the flag.

Flag Stick: n. A tall, narrow stick placed in the hole at the bottom of the cup and supporting a Flag on its top indicating the location of the Cup on the green to the player.

Flange: n. 'TOOL' Term. The additional surface and material protruding from the bottom of the Sole of the Clubhead that prevents the 'Leading Edge' from digging into or biting into the material through which it is travelling, such as sand and soft sod. The Clubhead generally does not bite too radically into 'hard pan'.

Flat Swing: n. A swing that moves the club on a more horizontal plane or more 'Around the Body Spine' than might be optimal. If a club were to swing completely horizontal to the ground, it would be very 'Flat' as opposed to 'Upright and Vertical' if the case were that the Club were to be moved more up and down in the swing.

Flex: n. Term for the bending moment or back and forth movement of the Clubshaft during the loading and unloading, stressed and relieved, condition of the Clubshaft in the entire swing. Where there is 'Flex' there is also 'Reflex'. Bending of a spring device always takes place in two directions, i.e. 'Load & Unload'.

Flex (Shaft): n. is the relative amount a shaft will bend during the loading and unloading sequence of the entire golf swing. Generally denoted a the 'Alpha' and 'Beta' swing segments, the total of these two 'Loads' is used to determine the 'Flex Needs' of the client. The higher the total 'A & B' flex, the stiffer the shaft requirement. These flex aspects the higher the 'Kick Points' will be also.

Flier - Flyer: n. A shot, usually struck from the long grass, that flies much farther than a normal shot owing to a lack of backspin.

Flip Wedge: n. A short, Less Than Full Swing, shot with a high trajectory and also high handed Finish, intended to land softly and stop quickly on the green. Also called a 'Flop Shot'.

Floater: n. A shot struck from deep grass that comes out slowly and travels shorter than normal as opposed to a flier. Also a variety of golf ball used on driving ranges with water. They float and can be recovered from the surface as opposed to from the bottom.

Flop Shot: n. A soft, high shot usually played to the green with an outside-in swing path that cuts under the south pole of the ball. It is useful when pitching over a bunker or any other hazard where there is very little green on front of the ball (landing area) with which to work.

Fluffy Lie: n. A lie in which the ball is sitting up on the blades or top of the grass with room for the clubhead to get under the ball. Caution that the 'Chilli Dip' is made of this type of lie.

Follow-Through: n. The continuation of the swing after the ball ahs been struck and left the clubface.

Foozling: gerund. Colloquial term for managing clumsily; bungling, especially making a poor stroke in Golf.

Fore: v. Warning shout to other players in danger of being hit by a ball in flight.

Forecaddie: n. A person employed to go ahead of a group of players and mark the position of the balls in play.

Forward Press: n. A movement of the Hands and Arms toward the Target that can assist the player in starting the backswing smoothly. This Set-Up move also sets or establishes the Impact FIX of the player.

Four-Ball: n. A match format in which two partners match their better score on a hole against the better score of the other team.

Foursome: n. A group of four players who play the round on the same hole in that grouping.

Free Drop: n. A drop without penalty.

Freeze: v. Inability to begin the backswing, brought on by a nervous condition that prohibits starting the muscular process. Most common in the putting stroke.

Frequency: n. a method by which golf shafts can be scientifically calibrated to determine 'Flex or Stiffness', resistance to bending, based on vibrational frequency or 'Frequency Co-efficient'. With a predetermined head or dumb-weight installed at the tip of the shaft,

the shaft is loaded (flexed) and unloaded (released) causing it to flip up and down, back and forth, taking place at a certain rate per minute or 'frequency'. The faster the frequency the stiffer the shaft or the more resistance it offers to bending.

Fried Egg: n. A type of lie in which the ball is partially buried in the sand or other loose material or sitting in its own hole.

Fringe: n. The area around the green that has not been cut to the same shortness as the putting surface. There may be more than one depth or length of grass. The shorter of the two is called the 'First Cut' while the longer is called the 'Second Cut' such as the case in the fairway cuts that are longer than the actual fairway.

Frog Hair: n. Colloquial term for the fringe or apron around the green.

Front Nine: n. Colloquial term for the 'Outward or First Nine' Holes in an eighteen hole course.

From The Ground Up: n. The 'Primary GOLF Engine' ('LBM') 'Delivers & Releases ENERGY' in this 'Delivery Sequence'. It thus 'Accumulates, Loads and Stores ENERGY' in the reverse sequence or **'From The Top Down'**. (see 'The 555 Balsa Airplane Concept')

From The Inside Out: n. The 'Primary GOLF Engine' ('LBM') 'Delivers & Releases ENERGY' in this 'Delivery Sequence'. It thus 'Accumulates, Loads and Stores ENERGY' in the reverse sequence or 'From The Outside In'. (see 'The 555 Balsa Airplane Concept')

Flop Shot: n. A short game shot, made with a lofted wedge such as a #SW or #LW, that goes higher than it goes long and generally lands very softly.

Full Swing: n. The longest swing you can physically make, hopefully in comfort.

Fuzzy: adj. Term describing the putting surface when it is slightly longer than desired or than usual. Not unlike a close-shaven face that has one day's growth.

G

Gap Wedge: n. A wedge, Short Iron, with a loft between the Pitching Wedge and the Sand Wedge.

Gaol: n. Old English for 'Jail'.

Geometry Of The Circle (The): n. The Science of making a 'Golf Swinging Motion' in a circular shape.

Getting Up & Down: v. This is not about a 'Pair of Shorts'! Term for getting out of a difficult situation, trouble such as a 'Bad Lie' and still 'Making PAR'. An example is hitting an 'Approach Shot into a Bunker', taking your 'Sandie' out and getting the Ball nice and close to the Pin; close enough to hole the next stroke for a PAR. That's a save.

Gimmie: n. A very short putt, often conceded by an opponent in match play. In stroke play all putts must be holed.

G.I.R.: n. Abbreviation for 'Greens In Regulation'.

Golf Engines: n. There is a 'Primary Engine' which is the 'Lower Body Machine' producing its 'Horizontal Round & Round Motion' which propels the 'Golf Ball' in the same direction and plane. ('PUSH FORCE') The 'Secondary Golf Engine' is the 'Upper Body Machine' which produces all the 'Vertical Up & Down Motion' in order to move the 'Golf Club' back down to the ball from the 'Top Of The Back Swing' ('TOB') with 'PINCH FORCE'. The 'Secondary Engine' produces the 'Putting and Chipping Actions' without the aid of any 'LBM' 'Pivot Pressure'.

Golfing Machine (Upper & Lower Body): n. Specific term for the entire player's body which is divided into two portions; the Upper and the Lower; 'Belly Button Up and Belly Button Down.

Gorse: n. Thick, prickly shrub usually found on the 'Links' in Great Britain and apt to swallow your ball, forever.

Grain: n. The direction in which the blades of grass on a putting green grow, which affects Speed and Direction of the roll. The fringe and rough usually has some grain as well.

Grand Slam: n. A title, event or results that include winning the 'Four Major World Professional Championships' in one calendar year. These events include the 'PGA Championship', the 'Masters', the 'British Open' and the 'U.S. Open'. The 'Career Slam' is accomplished by winning each one of these 'Majors' at least once in your lifetime or career.

Green: n. Colloquial term for the closely-mown putting surface.

Greenie: n. Slang for hitting a 'Green In Regulation' or the number of strokes allotted in the process of achieving a Par and being 'Closest To The Pin' ('KP').

Greens In Regulation: n. A statistic, expressed as a percentage, that measures how often a player hits his approach shots onto the green in two strokes less than whatever is Par for the hole.

Greens Keeper: n. The employee responsible for the maintenance of the course, such as the 'golf course superintendent'.

Grip (strong & weak): Term for the placing of the Hands onto the Golf Club Handle for the purpose of controlling its motion.

Groove: n. A narrow scoring line cut into the surface of the Clubface that imparts 'Bite' and thus 'Spin' on the Ball. Also as in 'Being in the Groove'.

Gross: adj. Describing a score made before any deductions or adjustments are made to handicap the score. This is raw shot count.

Ground: v. To touch the Clubhead to the ground behind the ball at address or at any time in a hazard, be it of sand or water.

Group: n. A body of golfers usually on one hole and not exceeding four individuals.

Group Lesson; n. A 'Golf Lesson' involving more than one person student and one or more instructors or teachers.

Ground Under Repair: n. Any area on the course undergoing maintenance work and designated as such, from which a player may receive a 'Free Drop'.

Grounder: n. colloquial term for striking a golf ball with any club and failing to get it properly 'Air-born' but causing it to run along the ground more like a bowling ball than a golf ball. Sometimes called a 'Daisy Cutter' or a 'Worm Burner'.

Gutty: n. another type of 'Golf Ball' that was 'Cored' or had a centre comprised of 'artificial rubber-like material' (balata). Also called the 'Gutty Percha Ball'.

Gyroscopic Action: n. Mechanically, a spinning wheel resists any effort to change its Plane of Rotation. In Golf, a golf club swinging either 'ON or OFF PLANE', naturally resists any attempt to change its

Plane or alter its established ‘Orbit’. Once you get your ‘Clubhead Path’ off-course, it is very difficult indeed to correct any deficiencies. Start it right and keep it right to finish it right.

H

Hacker: n. An unskilled golfer also called a 'Duffer'.

Half: n. In match play, a tied score on a hole. Each hole represents one point, thus in this tied situation, each side receives or counts one half point each or no point is awarded.

Half-shot: n. Stroke with a curtailed swing that is taken back about half the distance of a full swing generating about half the distance. This is a short game technique and strategy.

Handicap: n. The number of strokes a player is able to deduct from his 'Gross Score'. It is based on past performance and the difficulty of the course, called 'Slope Rating'. This process is designed to adjust one's scoring ability to that of a scratch player.

Handicap Differential: n. The difference between a player's 'Gross Score' and the 'Course Rating'.

Handicap Index: n. The measure of one's golf ability, which is the number that determines a player's handicap on a given course.

Handing: n. Golfers have both a 'Right & Left Hand'. The '555 TEAM' refers to the 'Power or Push Hand' as the 'Brace Hand'. The 'Lead Hand' is called the 'Target Hand'.

Hardpan: n. Very firm turf, often without grass.

Hazard: n. an area inside the bounds of the gold course, in play, from which a ball cannot be struck 'normally' if at all and for which there

is some degree of penalty, if only in difficulty. A bunker or sand trap is a hazard, in which one may not 'Ground His Club'. A lake or pond is also a hazard with much more obvious penalty.

Heavy: adj. Striking the ground marginally behind the ball taking dirt and grass before the ball, Also known as fat.

Headwind: n. A breeze blowing into your face which is against the direction of your 'Ball Flight', thus shortening your Distance

Heel: n. The end of the Clubhead nearest to the player's feet at address, usually where the golf shaft enters the Clubhead. The heel is found at the base of the hozel.

Heel Weighed: n. The physical condition in a 'Golf Clubhead' of having more weight dispersed towards the 'Heel or Toe'. It is a matter of 'MASS and Centre Of Gravity' (COG).

Herd, Alexander: N. 'Sandy' (1868-1944) British Open champion in 1902, a great bunker player.

Hickory: n. Wooden shaft or a wooden-shafted golf club, subsequently replaced with steel and composite shafts.

High Side: n. That area of the green above the hole, especially when the cup is on the slope, Also called the 'Pro Side'. It is the smart side from whence the Ball might actually roll into the hole by gravity. This will not happen from below the hole!

Hilton, Harold Horsfall: N. (1869-1942) The best amateur of his era, Hilton won the British Open in 1892 and 1897, the British Amateur four times, and the U.S. Amateur once, He was also the editor of a new trend called the 'Golf Monthly'.

Hinge Actions: n. Of the Hips are 'Forward Inclination and Lateral Tilting, forward and Aft, Target or Brace Side'; Of the Shoulders are 'Laying Back and Closing'; Of the Elbow are 'Bending and Straightening, Up and Down'; Of the Wrist are the 'Three Basic Wrist MOTIONS' which are classified as: 1) **'HORIZONTAL'** Bent, Flat and Arch controlling the Clubshaft via GRIP MOTION; 2) **'PERPENDICULAR'** Cocked, Level and Un-cocked controlling the Clubhead via Wrist MOTION and 3) **'ROTATIONAL'** Turned, Vertical and Rolled controlling the Clubface via Hand MOTION.

Hitter: n. A golfer who tends more to 'Hitting The Ball' than 'Swinging Through It'. More 'Brace Side Explosive Action' than the basic 'Swinger' who utilizes 'PIVOT' more exclusively to generate 'Clubhead Speed' and 'Kinetic Energy' (Momentum, Inertia, Velocity which denoted by the initials 'MIV').

Hitting and Swinging: gerunds. Examples are the catapult versus the sling. Mechanically, the continuous 'Thrust' producing steady 'Acceleration' of a hinged beam is a 'Hitting Action'. A rotating body and connected arm pulling steadily on a weighted line is a 'Swinging Action'. In Golf, 'Accelerating the Clubhead radially with Brace Arm Thrust' is 'Hitting'. 'Accelerating the Clubhead longitudinally, with either arm', is 'Swinging'. 'Centrifugal Force of Slinging a Weight at the end of a cord' is 'Swinging'.

Hog's Back: n. A large ridge running across a green or fairway.

Hold The Green: v. The action of a ball's hitting the putting surface and staying there as opposed to hitting and running off the putting surface or 'Dance Floor'.

Hole: n. synonymous with cup or a term for one complete 18^{th} of a full 18 hole round of golf or course.

Hole-High: adj. Referring to a shot that finishes even with the hole or the right length, even if not On-Line.

Hole-In-One: n. A tee shot that finishes in the hole; a hole played in one stroke. Also called an 'ACE'.

Home Hole: n. The last hole of a round. The eighteenth hole of the round is #18 if the player started at hole #1.

Homeward Nine: n. The back nine holes of an eighteen hole course.

Also the 'Inward Nine' as the front nine is the 'Outward Nine', going away from the clubhouse, the safe-haven!

Honour: n. The privilege of hitting first off the teeing ground, awarded to the player who had the lowest score on the previous hole. If there is no change in the finishing order or results, the honour remains in the hands of the last person to have 'Earned the Honour'.

Hood: v. To tilt the Clubface forward by leaning the grip towards the Target, reducing the Clubhead's 'Net Effective Loft'.

Hook: n. Term for a golf shot that causes the ball to curve markedly and progressively off the clubface in the direction of the 'High-Energy Side of the Target Line'.

Hooper n. a colloquial term for a 'caddie'.

Hooded: adj. Colloquial term for the position of the Clubface's being 'CLOSED' or aiming quite towards the 'High-Energy Side of Target Line' with a relatively standard Grip in the 'Address FIX or Impact FIX Positions'.

Hosel-Hozel: n. The hollow part of the Clubhead extending up from the heel where the shaft attaches to the entire Clubhead. The hozel is just above the 'Neck' of the Clubhead; the metal part extending from the aft portion of the face and head, curving up towards the hozel.

Howk: v. To dig out, figuratively speaking; to extricate from a tough lie.

Human Golfing Machine Concept: n. The '555 GOLF Concept' whereby the 'Body Machine' ('Soles Of Feet' to 'Top Of Head')is divided into two separate and distinct aspects. 1) Lower Body Machine ('LBM' or 'Axial Skeleton')) and 2) Upper Body Machine ('UBM' or 'Radial Skeleton'). The 'UBM' is comprised of the 'Components' including the 'Shoulder Sockets, Upper Arms, Elbows, Forearms, Wrists and Hands'.

Human Socket Set Concept: n. The '555 GOLF Concept' whereby the 'Golf Club & Body' is simply viewed as a 'Mechanical Socket Set'. The 'Ratchet' is the 'Body'. The 'Extension' is the 'Golf Club Shaft'. The 'Sockets' are the various 'Golf Heads'. The swing or ratchet motion is always the same, but simply on or off!

Human Tetherball Pole Concept: n. The '555 GOLF Concept' by which the 'Human Body Machine' is viewed as a 'Tether Ball Pole' ('Stable Spinal Crankshaft') from which the 'Rope & Ball Lever Assemblies' swing or function.

Hustler: n. A golfer who purposefully maintains (or claims to maintain) a handicap higher than his true skill level so he can easily defeat other golfers. Also 'Sandbagger'. Hustlers can also just be great scoring golfers who do not appear to be such. These types can take advantage of those who think they are better than they might be, and do so profitably! 'OH, This little fat guy, he'll be a push-over!' $100.00 later on top of lunch and drinks, you have become older and wiser. It may be prudent to never 'Judge a Book by its Cover'. A tip: good golfers always have 'Sun-burned arms, Squinty Eyes and will be handling or swinging their Golf Club a lot in one hand, which will be the Target Hand.

I

IMPACT: n. Mechanically, objects meeting in collision. From a Golf perspective, it is the coming together of the speeding Clubhead and the passively waiting Golf Ball; Object in motion and object at rest leading to rapid Energy transfer from the High-Energy object to the Low-Energy object. The Moment of the Ball and Clubface's coming in contact.

IMPACT FIX: n. There is one 'Mechanical Imperative' in the Golf Stroke and it is 'Correct IMPACT Alignments'. We need these in order to play or accomplish 'ALIGNMENT GOLF' as opposed to 'Position Golf which is a 'Close Relation to Get Lucky Golf, which is an Ugly Step Sister to 'Crap Shoot Golf'. There is no advantage to leaving the 'IMPACT SET-UP or FIX' properties to chance. If they cannot be consciously defined and Pre-Selected, they likely are not reliable and repeatable.

IMPACT & SEPARATION: n. The process by which the 'Clubhead' strikes and compresses the 'Golf Ball' ('ENERGY DELIVERY' 'MIV' 'Transfer Of Energy'). Then the 'Golf Ball' goes thru 'Restitution' (the process of becoming round again after it has been squashed or compressed into an oblate, out of round shape) The 'Moment Of IMAPCT & SEPARATION' is the 'Moment Of Truth'.

Impediment: n. Loose debris that may be moved from around a ball as long as it is NOT in a hazard. The ball may NOT be moved in the process of removing any 'loose impedimentum'.

Improve Your Lie: v. To move the ball illegally or affect the area around it so the next shot is easier or 'improved'.

Index: n. Method of rating a player's overall performance based on his play at numerous courses that each have been 'Slope Rated' for their individual degree of difficulty. The combination of Slope Rating and handicapping produces a player's INDEX.

Inclined Plane: n. Not unlike a pitched roof, in Golf it is the 'Through-the-Waist' 'Plane of Rotation of the Clubshaft' as established during Address and/or Impact FIX.

Initial Ball Flight Direction: **n. The initial direction that the ball travels when it comes off the Clubface relative to the 'Target Line' or 'Pre-Selected Ball Flight Line'. This 'IBFD' is primarily controlled or created by the 'Clubface AIM' and secondarily accomplished by 'Clubhead PATH'.**

In Play: adj. An object inside the boundary of the course and inside the boundary of the hole which can become a factor in your game; in the process of getting your ball into the hole in the least number of strokes humanly, personally possible.

Inside: adj. Nearer to the hole than another player's ball.

Inside To Inside: adj. Describes a 'Swing Path' in which the Clubhead approaches the ball from 'INSIDE' the 'Target Line', makes contact (IMPACT) and then returns to the 'Inside of the Target Line' after IMPACT and during the 'Follow Through and Finish Phase'. (**I/I PATH**)

Inside To Outside: adj. Describes a 'Swing Path' in which the Clubhead approaches the ball from the 'INSIDE' and then generally through IMPACT travels to the 'Outside of the Target Line' but ultimately returning to the inside simply due to the 'Lever Assembly's Rotating Around the Spine'. This PATH usually creates Draw which induces

'Counter clockwise Rotation' of the ball about its 'X Axis' or the 'Vertical Axis'. (**I/O PATH**)

Intended Line Of Flight: n. An imaginary line drawn through the ball and extending to the intended Target. Also called Target Line.

In The Leather: adj. Describing a putt that is closer to the hole than the length of the putter's grip; or alternately closer than the distance from the putter head to the bottom of the grip.

Intermediate Target: n. A leaf, divot, cigarette package or any other object or mark just in front of the ball and lying directly on the 'Target Line', used as an 'Alignment Aid'. This aid must have either been 'In Place' before you arrive at the site of the next strike or must be 'natural'. One cannot place an 'Intermediate Target' I place. A little trick, however, is to locate one on the tee box already and Tee AIM your Ball accordingly.

Iron: n. Any of numerous golf clubs with an iron Clubhead and available in a variety of lofts and designs. Not a wood or a putter.

'IZES': n. Short for the learning process components; 'Conceptualize', 'Intellectualize', 'Actualize', 'Visualize', 'Theorize' and 'Analyze'.

J

Jail: n. Colloquial term for being at a spot from which it is impossible to play a safe next shot.

Jigger: n. Gaelic term for a metal golf club with a very narrow face.

Jumper Lie: n. Sometimes known as a 'Flyer Lie', this situation usually involves grass sitting behind the ball, which causes the ball to 'Squirt or Jump Off The Clubface Surface' without the luxury of any 'Bite' by the score lines or grooves on the face of the club. These are designed to impart certain actions upon the ball. When they do not, the ball 'Squirts or Flies' of the face.

K

Kick: n. An unpredictable bounce taken by the ball after it lands.

Kinesiology: n. The scientific study of human movement and the motions of tools and equipment used in sporting activities.

Kinetic Energy: n. The energy associated with the speed of an object. Energy - Mass in motion. Increasing Clubhead velocity produces more kinetic energy and thus more Distance.

Kirkaldy, Andrew: N. (1860-1934) Runner-up in the British Open in 1879, 1889, 1891, Kirkaldy was the Honourary Professional to the Royal and Ancient Club (St. Andrews) from 1910 to 1933 which was a high honour.

Knee-Knocker: n. A short putt, usually in the two to four foot range, that causes a golfer mental and physical anxiety.

Knock-Down: n. A deliberately low, boring shot that holds its line into the wind. Sometimes used to escape from or avoid overhanging

branches or other trouble. Also a 'Pinch Shot'. This 'Ball Flight' is usually created by a 'Ball Location' that is 'Aft' of the 'Optimal Ball Location' (TAP TAP TAP Position) for a normal shot.

L

Lag: v. 'Lag' is defined as the 'Condition of Trailing or Following' and any 'Component' that is such, placed 'Drag' or 'Negative Pressure' on the 'Preceding Component' or the 'Component that is Closer to the Source of POWER'. This 'Drag' is proportional to the 'Rate of Acceleration' of the 'Leading Component'.

Lag Putt: n. A type of putt that is not meant to go too far past the hole but to safely get very close to facilitate making the second stroke. This prevents three putts.

Laidlay, John Ernest: N. (1860-1940) IN the 1880's and early 1890's, Laidlay was the leading Scottish amateur, winning the British Amateur Championship in 1889 and 1891 and the Scottish vs. England Championship from 1902 to 1911, annually.

Landing Area: n. the ideal spot to land your ball on the fairway or anywhere so desired.

Lateral Hazard: n. A water hazard running approximately parallel to the line of play and defined by red stakes.

Lateral Shift Or Slide: n. Movement of the Body generally parallel to the Target Line. It can be in an AFT or FORWARD direction. Also known as a 'Slide or Sliding Motion'. In the correct amount at the right time in the overall Swinging Motion, this movement can be advantageous, but if not so, it can be the sign of bad things to come.

Launch Angle: n. The angle at which the ball comes off the Clubface immediately after 'Impact and Separation'.

Launch Clubface AIM: n. The initial 'Clubface Aim' relative to the 'Target line' or 'Pre-Selected Ball Flight Line'. 'Clubface Aim' is the primary determinative of 'Ball Flight Direction'.

Launch Clubhead PATH: **n. The initial 'Clubhead Path' relative to the 'Target Line' or 'Body Line'. The 'Golf Club' must always be swung on the 'Body line' as any other 'Path or Motion' is 'Manipulation' and usually produces 'Adverse Spin Rates' and undesirable 'Resultant Ball Flights'.**

LAW: n. Acronym which stands for 'Leverage, Arc and Width', which are the 'Three Types Of Golf Swing' mechanics.

Lay Off: v. To point the Club to the 'High Energy Side of the Target Line' at the 'Top Of Back Swing'.

Lay Up: n. To deliberately hit a shot short of the green or hazard to avoid trouble and leave a more manageable approach shot with a Short Iron instead of, perhaps, a Long Iron, which is generally less accurate.

Leak: v. To fade undesirably to the 'Low-Energy Side of Target Line'.

Leg Drive: n. The powerful positive movement of the legs toward the Target during the Down, Out and Forward Swing. It will feel somewhat as though you would feel pushing an automobile with your front hip, body and hands placed firmly on the trunk with your feet pointing about 45 degrees toward the right side of the road.

Length: n. The distance the golf ball travels off the Clubface.

Level: n. Even to PAR.

Lever Assembly: n. Term for the 'Upper Body Components' including both Hands, Arms and the Shoulders. These are the 'Target and the Brace Levers' depending on which side of the Body the 'Components' are located. The 'Target Lever Assembly' (Target Side) also includes the actual Golf Club.

Lie: n. As it relates to the Ball, the relationship the Ball has to the Ground and the ground to 'Level Or Horizontal'. As it relates to the 'Clubhead', the relation of the 'Sole Of The Clubhead' to the 'Plumb or Vertical Shaft'. The angle of the 'Sole' to the 'Shaft'. That 'Lie Angle of the Wedges' is usually about 60 degrees.

Lie Angle: n. The angle the shaft makes or creates with the ground as measured from the mid point of the shaft. This physical feature applies to the manner by which the 'Sole Of The Clubhead' actually makes contact with the ground as a result of the originally described centre of shaft angle. The three lies are 'Normal', 'Flat or Upright' or 'Toe Down or Toe up' respectively.

Lift Clean & Place: v. The process of picking the golf ball off the ground, cleaning it and replacing it to the same place from which it originated. If the original place is unsuitable due to wet or mud, one has the opportunity to move the placement location a stipulated distance, usually one or two clublengths.

Line: n. The same term or synonymous with 'Target Line' meaning a 'Straight Path' from one location or object to another.

Line of Compression: n. A practical example is a 'Bullet Hole' through a baseball. Mechanically, it is the line through the centre of that area from which material flows when displaced by a compressing force. For Golf, it is the 'Direction of the Impact Force', as related to the various centrelines, for determining 'Ball Behaviour'.

Line Of Flight: n. The 'Straight Path' of the moving object. The actual line may not be perfectly straight.

Links: n. A term describing a 'Golf Course' built on 'Linksland' which was property reclaimed from the ocean or sea. This term has been broadly adopted to mean 'Golf Course' but it is much more specific than often used. A 'Links Course' must have certain characteristics to qualify as 'Linksy'.

Loading Your Quads & Glutes: v. The process of "plunking or Squatting - Knee Flex' to enable 'Accumulating, Loading & Storing ENERGY' (see 'ALSDR' 'Power Line Sequence')

Lob Shot: n. Similar to a 'Flop Shot' in that the ball flight is higher than it is long or far and lands generally very softly with or without back-spin.

Local Rules: n. IN addition to the 'Rules Of Golf', the head professional has the latitude to establish additional rules that shall be obeyed on a specific necessity. Any such rules must be clearly explained and visibly posted for all to see.

Loft: n. Term for the angle of the golf Clubface in relation to perpendicular with the ground. i.e., a pitching wedge with a 'Loft' of 48 degrees will have a Clubface that is tilted 48 degrees from straight up and down towards flat or level to the ground, or about half way from upright towards level or horizontal. The longer the irons the less the 'Loft'. i.e., a #2 Iron may have only about 17 degrees of tilt towards the ground depending on the standard used. The ball flight will be quite low to the ground with such a club.

Long Game: n. Term describing a players performance with his long clubs including all the Woods and the #1, #2, #3 or the long irons. The professional long game takes place at about 200 yards and beyond.

Long Irons: n. The long-shafted irons including the driving iron, the #1, #2 and #3 Irons. (sometimes the #4 Iron as well)

Lie of the Ball: n. Term describing the condition or manner by which the ball is 'Sitting on the Ground' or playing surface. Some possibilities are 'Uphill, Downhill, Side Hill' (ball above and below the player's Feet), 'Buried Lie' where the ball is below the surface, a 'Divot Lie' where the ball is sitting in a ground indentation, a 'Sitting-Up Lie' where the ball is nicely above the grass or ground surface, etc. The ball's being 'Teed-Up' is a specific type of 'Lie'.

Lie of the Clubhead (Upright & Flat): n. Term describing the physical clubhead characteristic of the position of the TOE of the Clubhead in relationship to the 'HEEL of the Clubhead', both in relationship to the centreline of the Shaft. When the Clubhead is properly 'Soled to the Ground' (held by the player) the TOE of the Clubhead should be slightly higher than the HEEL which is making contact with the ground. When it is raised off the ground more than specified, the Lie Condition is called 'TOE UP' (Upright). When it is the opposite, the Lie Condition is called 'TOE DOWN' (Flat).

Lift Clean & Place: v. Phrase involving the Ball's being 'Lifted from its ground resting place', 'Cleaned off' and 'Replaced' to either the 'marked' original location or an alternative location as provided by the Rules of Golf. This procedure may be applied when the course is very wet and or muddy for any reason which might render the conditions such as ball cleanliness hampering striking the ball effectively.

Line Drive: n. Term for a low trajectory ball flight, most often made from the teeing ground with a wood or long iron. But some players refer to a 'Skulled' wedge shot as a 'Line Drive' as well.

Line of Flight: n. The actual or anticipated Ball Flight Path.

Line of Sight: n. The straight line that one can see from the Ball Location to the Target or from one point to another. Visual Line.

Lip Out: n.v. The process of the ball's just grazing the edge of the cup, being redirected by the contact and failing to fall into the hole.

Lob: v. To deliberately play a high, soft-landing pitch shot usually over a hazard or a sand bunker, that often offers little or no landing area before the pin.

Loft: n. The measurement of the degree to which a clubface is set back from vertical, i.e. pointing more towards the heavens as the 'Loft' increases. The '60 degree Lob Wedge' will take the lights out above your head in the driving range stall.

Long Irons: n. Iron clubheads with minimal loft used when distance is required, as in the Long Game.

Loop: n. A round of golf. The shape of a swing. A swing quirk in which the player takes the clubhead back on one line, then reroutes it with a circular motion or Clubhead Path near the Top Of Backswing. The swing of Lee Trevino and Jim Furyk are classic examples. The 'Strap Of A Golf Bag', hence the term used to describe caddies as 'Loopers'.

Loose Impediments: n. Objects that are not fixed or growing on the course, and thus may be moved from near a ball without a penalty (except in a hazard).

Low Finish: n. A Follow Through that stops, deliberately or otherwise, shorter, lower or more abbreviated than normal, as in a 'Punch Shot'.

Looper: n. Term for a caddie.

Low Side: n. Part of the green below the hole, especially when the hole is cut on a slope. Opposite of 'High Side'. This term also refers or applies to the condition of the 'Fairway' or 'Tee Box'.

M

Mallet Putter: n. A putter head style with a semicircular profile or shape with the flat frontal surface being the face.

Marker: n. An object or two on the teeing ground to define the line behind which one strikes his tee shot. Also called a 'tee marker'. A coin or any small object used to mark the location of the Ball at Rest Location when it is being 'Picked, Cleaned and Replaced' before taking the putt. Also, in match play, someone appointed to keep another player's score, particularly in an odd numbered field when the player would be teeing off alone or singly. This 'Marker' may even have to be a third party (not your Caddie) who is appointed to simply keep your score during the match.

Match: n. An event whereby two or more players compete via a stipulated set of rules to determine the other parties superiority while on the golf course.

Matching LBM & UBM Pressures: n. The 'Pivot Pressures' (Brace Leg Drive') and 'Brace Lever Extensor Action' ('BLEA') must match to accomplish the proper 'Ball Spin Rate' and 'Launch Conditions'.

Matching RPM: n. The 'RPM' of the 'Upper and Lower Body Machines' ('The Up & Down and Round & Round') must match if you want to achieve 'Good Component and Procedure Timing'.

Match Play: n. The original form of golf competition, where the winner is the player or team that wins the most individual holes. The match does not necessarily extend to 18 holes, i.e. if a player is four holes 'Up' or ahead with three holes left to play, he wins the match 4 & 3, four up with three to go. In this situation the trailing count cannot overtake the lead count. It's over.

Medal Play: n. A prize awarded to the player who scores the lowest in a stroke play format. Also v. to score the lowest in a stroke play qualifying tournament or series of rounds. Name for stroke play.

Mid Sized adj. describing generally the golf club head size as in Over Sized or standard cubed, meaning the regular sized steel heads with which you strike the ball.

Misread: v. To read a green incorrectly and, thus, to play the putting stroke on the wrong line causing one to miss the cup and fail to hole the ball.

Mashie: n. Term for a #5 Iron. The historic golf club appeared in the late 1880's and prove to be most useful.

Massy, Arnaud: N. Skilled golfer whose achievements included winning the 1907 British Open and participating in a British Open play-off in 1911 ultimately won by Harry Vardon.

Maxwell, Robert: N. British Amateur champion in 1903 and 1909.

Mid Irons: n. Term for the #4, #5 and #6 Irons whose shafts are about mid-length when compared to the #1 and the #9 irons. Some players include the #7 Iron in the category of 'Mid Irons'.

Mechanics: n. The overall study of the 'Components and Procedures' which make up the 'Golf Swing'. 'Physics and Mechanics' need to be learned before one can convert his golf knowledge to 'Geometry and FEEL'.

Middle Irons: n. The #5 Iron, #6 Iron, and #7 Iron make up the 'Middle Irons of the complete set.

MOS: n. The 'Moment Of Separation' is the event millisecond during which the 'Golf Ball' separates from the AIMED Clubface. Also known as the 'Moment Of Restitution' during which the 'Squashed Golf Ball' regains or reassumes its 'Roundness'. (see 'Compression & Line Of Compression')

Mulligan: n. The procedure of electing to strike a second ball after a poor shot without counting it as an additional stroke. Under the 'Rules', this is the behaviour of a cheater. It is unacceptable when keeping score especially when competing with others in any manner. Also, the term for one's taking an extra shot without actually recording it on the scorecard as an additional stroke. Local rules may provide for such occurrences. The 'Rules' do not.

N

Nassau: n. A competition in which points are scored or awarded for winning the 'Front Nine', the 'Back Nine' and the overall eighteen holes in a match.

Net Effective Loft At Separation: n. 'Loft' is a factory or manufacturer provided 'Clubhead Configuration'. When you desire to get a 'Golf Ball' 'In The Air', this condition is generally or best accomplished by the 'Clubhead Loft'. The 'Wedges' have more 'Loft' that does a '#1 Iron, Driver or Putter' so the 'Trajectory is naturally greater as well. 'Angle Of Attack' contributes to 'Trajectory'. If you want the Ball to go up, you must necessarily swing down to produce a compressed descending blow so that the 'Clubhead' can do the work it is designed to do. The 'Clubhead' transfers both 'Energy' and 'Behaviour' to the 'Golf Ball'.

Neuro-Muscular: n. the science or function of 'Nerve or Electrical Energy (Synapse) causing the 'Muscle Fibres' to contract and release. The science of 'Brain-Muscular Relationship'.

Neutral Grip: n. A grip placed on the club without any 'Preload' or 'Cocking of the Wrist and Hand Gun'.

Newtonian LAWS: n. Sir Isaac Newton is renown for his investigation and definition of the 'Laws Of Nature'. These numerous physical LAWS apply directly to the 'Golf Swing'.

Niblick: n. An early lofted iron, the niblick was roughly equivalent to a modern #9 Iron. With a heavy head and a wide face slanted at a greater angle than any other iron except a wedge, it was used for extricating, or 'howking' the ball from difficult lies or for lofting the ball over hazards. Somewhat a modern day #9 Iron.

Nineteenth Hole n. a colloquial term for the bar or lounge which is frequented after the eighteenth hole is completed.

Nassau: n. A three-part bet in which a point or wager is awarded for winning the front nine, the back nine, and the overall round.

No One Way: phrase, There is No One Way' to swing a 'Golf Club'. We are all individuals with very special abilities and manner of creating locomotion and movement.

O

O.B.: n. Abbreviated term for a ball's being struck 'Out of Bounds' in a round of golf. When a ball is 'O.B.', it has come to rest 'Outside the Playing Boundaries' and suffers appropriate 'Stroke and Distance Penalty'. 'O.B.' is actually considered to be outside the golf course's formal playing area. For example, the parking lot of your favourite or home course is 'O.B.' or outside the playing area. There is generally 'No Relief' from an 'O.B.' lie.

Obstruction: n. Anything artificial, whether erected, placed, or left on the course (deliberately or otherwise), except for markers defining course boundaries and cart paths.

Offset: adj. Describing a club with a bent neck or hozel so the Clubhead and Clubface is slightly behind the line of the shaft, designed to give the player an extra split-second to Square Up the Clubface to the Target Line Through Impact and Separation.

One-Piece Takeaway: n. The desired motion for the early portion of the backswing, with Hands, Wrists, Arms, Shoulders and Body moving away from the ball together.

One-Shotter: n. A Par three hole.

One Up: adj. In match play, describing a player or team that has won one more hole than has their opponent.

On the Beach: adj. phrase. Colloquial term for being in a sand trap or on the sand hazard, hence 'On the Beach'.

On the Table: adj. phrase. Colloquial term for being on the green as in ‘On the Dance Floor’.

On the Dance Floor: adj. phrase. Colloquial term for being on the putting surface or green.

Open Clubface: n. A condition of the Clubface’s not being ‘Square To The Target Line or the Ball Flight Line’, especially at the ‘Moment Of Separation’.

Open Stance: n. When the Target Foot is farther away from the Foot Line than is the Brace Foot.

Ouimet, Francis: N. (1893-1967) Former caddie who, as a twenty-year-old American amateur, defeated Vardon and Ted Ray in a ply-off for the 1913 U.S. Open title, thus becoming the first amateur to win the event.

Out of Bounds: n. Outside the boundary of the golf course. A ball that lands ‘O.B.’ cannot be played and must be rehit with a penalty stroke.

Outside Agency: n. Any object not part of a match that stops, deflects or moves a ball while ‘In Play’.

Outside To In: adj. Describes a Swing Path in which the Clubhead approaches the ball from the 'OUTSIDE' of Target Line and generally making contact moving to the 'Inside' and through. This Clubhead Path is Fade creating or inducing clockwise rotation on the ball about its 'X Axis' or the Vertical Axis.

Over the Top: v. The action of 'Casting' or throwing the Brace Shoulder strongly toward the Target Line in the early downswing or during Segment #1 and #2 causing the Clubhead Path to be 'Outside-In'.

Overclub: v. To hit with a club that produces too much distance for the situation.

Overlapping Grip: n. The most popular grip for players. It involves placing the little finger of the Brace Hand in the space between either the Brace Ring Finger and the Target Index finger, or in between the Target Index Finger and the Target Middle Finger. Also called the 'Short and Long' Vardon Grip.

One Piece Takeaway: n. The desired 'Motion and Mechanics' for the initial 'Back Swing' or 'Take Away' move where the entire body; hands, arms, shoulders, torso, hips start 'Coiling or Loading' simultaneously. All these parts start moving away from the Ball at the same time. The 'Triangle Formed by the Two Hands and Arms (Levers) is maintained in the 'First Foot' or so. Of the 'Take-Away' Clubhead move.

Open: v. 1) Clubface: To turn or rotate the face toward the Brace or aft side of the Ball away from the Target. 2) Body: To 'Align' all or part of one's body to the 'DRAW - HOOK' side of the 'Target Line'. It is important to note that one's 'Shoulders' might be 'OPEN' while the 'Hips' may be less so and the 'Feet' may be 'SQUARE', or in the reverse. 3) Feet/Foot: SQUARE is when the longitudinal line (heel to toe) is at 90 degrees to the Target Line. OPEN is when, for example, the Target Foot is turned toward the Target or away from your 'Belly Button' or 'Belt Buckle'. 4) A tournament 'open' to amateurs and professionals.

Open to Closed: adj. The rolling of the Clubface open during the backswing then closed during the forward swing.

Optimal Stroke Distance ('OSD'): n. That maximized 'Brace Hand Travel Distance' ('BHTD') that can be without losing your 'Balance & Comfort' and without inducing any or but minimal 'Pivot Loading'. Used for the 'Putting & Chipping Stroke Procedure' 'Energy Management'. It is an 'Accumulate, Load and Store' (see 'ALSDR') technique that enables

precise ‘Energy & Distance Control’. This topic fits well with the ‘One Inch Rule’ for ‘Putting’ as well as being compatible for ‘Chipping and Bump & Run’ and the ‘Body Clocking’ method of energy management. ‘Distance’ is all about ‘Pure Momentum Loading’ (see ‘MIV’), ‘Pure Contact’ and ‘Pure Energy Transfer’.

Out-of-Bounds: adj. phrase. Term describing the condition of one’s ball being struck and coming to rest ‘Outside the Defined Playing Boundaries of the Course’ where appropriate penalties may apply.

Over Sized: adj. phrase. Colloquial term referring generally to Clubhead Size, meaning that the specific Clubhead referred to is larger than the Standard Size or Standard Cube displacement.

Over-Spin: n. The forward rotation of the Golf Ball about the Y or Horizontal Axis; the axis through the Equator.

Over-The-Top: adj. Referring to a swing that starts on an ‘Outside-to-In Clubhead Path’ as soon as the ‘Downswing Movement’ is initiated. The ‘Brace Shoulder’ immediately ‘Rotates’ about the ‘Inclined Spinal PIVOT’ (Spinal Crankshaft) due to ‘Excessive Tension’ in the ‘Shoulders or Upper Body Machine’. This prevents the ‘Lower Body Machine’s LEADING’ from the ‘Top Down’.

P

Pace: n. An example is walking versus running or the miles per hour of a moving body. For Golf, it is the surface speed of the orbiting Clubhead as differentiated from Rhythm. (the Three Zones)

Paddel Grip: n. A condition of a 'Golf Grip' whereby there is a flat surface or area where the 'Thumbs or Fingers' might rest.

Par: n. Term referring to the number of strokes that the Golf Association or course regulating jurisdictional body deems as the number of stroke appropriate or needed to complete a hole from tee box to cup or hole.

Parallel: adj. & n. The desired Shaft position at the 'Top of the Backswing' with the Clubshaft's being parallel to the Ground. Also horizontal. The condition of the 'Target Line' in relationship to the 'Foot Line' for a 'Zero Spin Rate Ball'. (generally).

Parallel Thrust Lines: n. These 'Parallel Thrust Lines' are the 'Longitudinal Lines' formed by the 'Lower Limb' ('Shin') and the 'Brace Forearm' through the 'IMPACT & SEPARATION Interval. (see 'Follow Finish')(see 'Swing Segment #3F)(see 'Swing Sequence #8A and #9)

Parallel Tip: n. Sometimes called the 'Unitized Tip', this is a Shaft Term used to describe the golf shaft tip characteristic 'Width or Thickness' being uniform along the entire 'A-Flex' or first 8 to ten inches of the tip. The other variety is what is called the 'Tapered Tip' which means that the entire tip is getting progressively 'Wider or Thicker' as it moves closer to the middle or butt end of the shaft.

Park, Willie, Jr.: N. (1864-1925) A legendary putter who won the British Open in 1887 and 1889, Park also designed golf courses and was the inventor of golf clubs and a fifty-six-sided golf ball called 'the Park Royal'. He was the first professional to write a complete book on Golf, 'The Game of Golf'. (1896)

Path: n. The directional arc on which the club is swung.

Pelican: n. Is four 'Birdies In A Row'. (Turkey (3), Condor (5) and Peregrine (6))

Penalty Stroke: n. A stroke added to a player's score for a violation of a Rule or as punishment for hitting into a water hazard or Out-of-Bounds or losing a ball, or for an unplayable lie.

Pendulum Stroke: n. A golf Stroke or Swinging Motion that performs like or resembles the pure 'Back and Forth Motion of the Newtonian Pendulum' which remains 'On Line' until acted upon by an outside 'FORCE' or 'MOTION'. The 'Putting Stroke' is often beneficially 'Pendular' in its style and composition.

Peregrine: n. Is six 'Birdies In A Row'. (Turkey(3), Pelican (4), Condor (5))

Physics Of Rotation (The): n. The scientific 'Physical Properties' of making a 'Golf Swinging Motion'.

Piccolo Grip: n. A very loose grip or hold on the handle of the club, especially at the top of the backswing.

Pick Up: v. To swing the Clubhead away from the ball with a very sharp cocking of the wrists resulting in premature lifting of the club, rather than the more beneficial 'Sweeping Away' action employed by

good players. A similar term calls this move the 'Pick Up Inside take Away'.

Pin: n. Rigid stick or shaft and tip or 'Pin End' that sticks into the Cup and having a flag on top in order to locate and define the position of the Hole.

Pin High: adj. Referring to the ball's being struck far enough to have reached the distance of the Target even if it is off line.

Pin Placement: n. The positioning of the hole on the green on any given day or occasion. The 'Pin Placement', depending on the amount of play the putting surface receives, is usually changed every day or two.

Pick Up: n.v. The process of 'Taking the Ball into one's hand and lifting it off the ground or putting surface'. This can take place when, in match play, the other team or the opponents 'Concede the Hole' thus causing the 'Hole to be Completed' making the removal of your ball necessary, not unlike its having been actually 'holed'.

Pinch Shot: n. A shot usually around the green or fringe of the 'Putting Surface' that employs a nice crisp 'Pinching or Down Force Action' that is created by the 'Brace Lever Extensor Action'.

Pistol Grip: n. A grip that is usually used for 'Putters' that is 'Built Up' or bigger in diameter under the Butt End'. This out of round shape tends to assist the player to 'FEEL' 'Clubface Square-ness' and to know where the 'Top Of The Grip' is located. When you know this you know where the 'Clubface is AIMED'. Better 'Ball Control' should result.

Pitch: n. A short shot with a steep trajectory, (typically with backspin), that flies in the air farther than it rolls after landing.

Pitch & Run: n. An approach shot consisting of a low, short pitch shot that lands on the green, then rolls a long way.

Pivot: n. as in the revolving door, the 'Motion of a Body' moving around a 'Centre Point or Axis'. In Golf, a multiple universal-joint assembly between the Stationary Head and the Stationary Feet holding the Clubshaft 'On-Plane' by positioning and adjusting the 'Lever Assembly', via the '#3 Accumulator', as directed by the 'Brace Forearm'.

Pivot Pressure: n. When the 'Pivot' ('Lower Body Machine') 'Loads, Coils or Winds' in orderot 'Accummulate, Load, and Store Potential Energy', this process enables the 'Reverse Process' ('Delivery & Release') to apply 'Rotational Pressure' to the 'Golf Club Handle' through the 'Body Machine' for the purpose of doing 'Work' (Force Through a Distance') which is moving the 'Golf Ball'.

Plane: n. An imaginary flat surface that that describes the path and angle of a 'Swinging Clubhead and Shaft'. Also the 'Swing Plane'.

Play It As It Lies: n. Under the 'Rules Of Golf' you are obligated to play your ball from precisely where it comes to rest during play. Any alternatives to this rule are very carefully explained and defined.

Play Off: n. A tiebreaker in which the players continue play after the regulation number of holes to break the tie. Sometimes in a sudden death format and otherwise by playing a stipulated number of specified holes, the lowest score over which wins.

Play Through: v. To pass through or bypass golfers ahead, giving faster players the chance to continue at a quick pace of play.

Plugged Lie: n. A ball that is partially buried beneath the surface. Also 'embedded lie'.

Plunking: gerund. The process of 'Loading Your Quads & Glutes'. The process of putting the 'LBM' in natural 'Tension' for the purpose of being able to 'ALSDR' ... 'Coiling and Un-Coiling'. (synonymous with 'Sit Down')

Plumb Bob: v. The act of lining up a putt by sighting along the shaft of a putter hanging vertically in front of the player's face. This process assist in your seeing the line or the break of the putt.

Poa Annua: n. A weed-like grass found on many courses in the cooler spring months before its dying out in the summer heat.

Point of Contact: n. The spot on the Clubface that strikes the backside of the ball.

Pop Up: n. v. The process of striking a ball much higher off the Clubface than desired or anticipated. It is similar to the occasion of 'Popping Up a Baseball to the Infield'. This is a swing or execution fault.

Pot Bunker: n. A small, deep sand trap, often invisible from the teeing ground.

Potential & Kinetic Energy: n. as in a drop-hammer, 'Potential Energy is the Energy of Position' while 'Kinetic Energy is Energy in MOTION'. In Golf, loaded Accumulators are 'Potential Energy' (Static) while the 'Orbiting Clubhead' is 'Kinetic Energy' (Dynamic).

Power: n. The amount of force with which the ball is struck.

POWER Accumulators: n. 'Power Accumulation is Potential or Stored ENERGY' as opposed to 'Kinetic or Active ENERGY'. Potential is 'Passive or Static, while Kinetic is 'Active or Dynamic, 'In MOTION'. From a 'Physical Component Perspective', there are 'Four POWER Accumulators'. They are; 1)the 'Bent Brace Arm or Lever, 2)the 'Cocked Target Wrist', 3)the 'Angle formed between the Clubshaft Target Forearm' and 4)the 'Angle formed by the Target Arm to the Target Shoulder and Chest'. You can see that these 'Conditions' represent or create 'Potential Energy Release Conditions'. If you 'Cock Your Wrist' (holding a hammer) when you 'Un-Cock' it, you can drive a nail. Your Body 'Accumulates Energy' so that it can dispense it at will or at a specific time in a 'MOTION or Action'.

POWER Package: n. This the 'Golfing Machines Potential ENERGY'. It is stored, until time of 'Release' in the 'Four Accumulators' which are 1) the 'Bent Brace Elbow', 3) the 'Cocked Target Wrist', 3) the 'Turning and Rolling Target Forearm and Wrist' and 4) the 'Loaded Target Bicep Pressed' tightly against a 'Resistive Target Chest' until the 'PIVOT' forces this 'Contact' to cease. Just after the 'Maximum Clubhead Speed' is accomplished, the Pressure (#4 Pressure Point) is 'Released' and the Target Bicep moves away from the Chest toward the Target. Also called 'PIVOT Release', which takes place when the 'Brace Leg Drive' is terminated or completed thus allowing the 'Target Lever Assembly' (Upper Body Machine, Hands, Arms and Clubhead) to pass the 'Hips' (Lower Body Machine). Somewhat like 'Power Off and Coasting to a Stop'.

POWER Package Delivery: n. Refers to the basic requirements for transporting the 'POWER Package Assembly' (Lower and Upper Body Machine including the Golf Club), intact, to the 'Release Point'.

Practice Aids: n. Devices such as videos, swing trainers, special clubs, designed to make practice more worthwhile and productive.

Practice Range: n. A place designed for practising your full variety of 'Golf Shots' in as close to real situations as possible. Some exceptional facilities with players in mind, even provide full practice holes usually for 'Fairway Bunker Work', 'Short Game' and 'Specialty Shots'.

Preferred Lie: n. The spot to which the ball is moved, when the Rules allow such as in 'Winter Rules'.

Present Tense: n. It is hugely beneficial to 'Play Golf In The Present Tense'. There is no 'FEAR' in the moment! There is trepidation and anxiety when we forecast the future based on past experiences. Fear and Tension are the 'Number One Killers Of A Great Golf Swing'! Always strive to eliminate 'Tension' from your 'Golf Mind' and 'Golf Body Machine'.

Pre-Shot Routine: n. A physical and mental routine or procedure followed before actually striking the ball. This promotes consistency. If you aspire to 'Make Consistent Golf Strikes' you must develop and apply a 'Bullet-Proof' 'PSR'.

Press: n. or v. A form of wager or the process of 'Striking The Ball' with more authority than usual to accomplish the shot.

Pressure Points: n. There are 'Four Pressure Points' that are directly related to the 'Four POWER Accumulators'. These 'Pressure Points' are; 1) 'Heel of the Brace Hand' where it makes contact with the Target Hand Thumb or the Club Shaft depending on the Grip, 2) 'Last Three Smaller Fingers of the Target Hand' holding onto the Club Shaft', 3) 'First Joint or Middle Digit of the Brace Index Finger where it comes into contact with the Club Shaft' and 4) where the Target Bicep makes contact with the Target Side of the Thorax and Abdomen, the Chest. Simply put, these 'Pressure Points' apply aggregate FORCE to the Golf Club at the upper end of the Shaft via the Grip.

Private Lesson: n. A 'One on One Golf Lesson'

Pronation: n. Inward rotation of the wrist; at address, toward the target with the Brace Hand and away from the Target with the Target Hand.

Pro-Side: n. On a sloping green, this is the uphill or high-side of the cup which give the player the potential of 'Falling' into the cup. When one ends up on the 'Low-Side', there is no hope of holing out. This is why it is called the 'Pro-Side' or not.

Protocols: n. The carefully defined criteria by which one might make the same 'Golf Procedure' repeatedly. See 'Pre-Shot Routine')(see 'Set-Up Procedures')

Provisional Ball: n. A ball played when there is the possibility that the original shot may be lost or out of play.

Pull: v. A ball Flight that starts to the High-Energy Side of the Target Line and continues to travel that line.

Pulled Shot: n. A relatively straight (not curving) Ball Flight that starts to the 'High Energy Side Of The Target Line' and does not come back to centre.

Pull Hook: n. A 'Ball Flight' that starts to the 'High-Energy Side of Target Line' and then curves farter in that direction.

Pull Slice: n. A 'Ball Flight' that starts to the 'High-Energy Side of Target Line' and then curves back towards the Line and to the 'Low-Energy Side of Target Line'.

Punch Shot: n. A hard, low-flying shot often hit with a good deal of backspin. Also a 'knockdown shot'.

Punch Bowl: n. A green that sits in a hollow.

Push: n. v. The process of moving the ball directly, in a straight line, to the 'Low-Energy Side of the Target Line', usually the result of an 'Open and/or Square Clubface AIM' with an 'Inside-Out Clubhead Path'.

Push Hook: n. A shot that starts to the Low-Energy Side of Target Line and then Curves back towards the Line.

Push Slice: n. A shot that starts to the Low-Energy Side of Target Line and then curves farther to that Low-Energy Side.

Pull: n. v. The process of 'Pulling' the Clubhead through 'Impact Zone' towards the 'High-Energy Side of Target Line', resulting in the Arm and Elbow Motion called 'Round-Housing'. Where the player's 'Target Elbow' tracks far too closely to the 'Target Hip' drawing the 'Target Lever Assembly' (Hand, Arm & Shoulder) around the body instead of considerably away from the body 'Towards the Target or Down the Line'.

Punch Shot: n. Term for the Brace Hand and Arm's giving the Ball a 'Punch' through Impact generally keeping the Hands and Swing (and thus the Clubhead) quite low to the ground creating reduced or decreased 'Loft' and producing Ball Flight with reduced trajectory of height. Punch shots are usually Low and Running.

Place: v. The process of 'placing or putting' a ball on the ground or on a tee.

Plane: n. An imaginary flat surface that describes the 'Angle of a Swinging Club' as it relates to your 'Spine Angle or Spinal Tilt'.

Also called 'Swing Plane'. When one stands at 'Address' with your driver in both hand and the Clubhead sitting on the ground (Grounded), the angle your Arms make to your chest (Spine) is greater than the angle made when holding a #9 iron. Your hands and elbows are closer to your crotch with a #9 iron than with a driver. Picture the 'Tether Ball Slinging Centrifugally around the Tether Pole while changing the Tilt Of The Pole'. This 'Tilting of the Pivot' will alter the 'Plane of the Circling Ball at the End of the Rope'. The 'Blades of the Rotor System of a Helicopter' also 'Tilt and Change Plane' to direct the 'Motion' the airship.

Plugged Shot: n. Term for the golf ball's being 'imbedded' in soft usually wet ground or other soft material including the sand in a bunker.

POWER Package: n. The 'POWER Package' concept isolates and defines the functions of the Hands and Arms in propelling the Clubhead into IMPACT. The 'Lever Assemblies' contain the 'Four POWER Accumulators', the 'Four Pressure Points', their 'Loading' and the 'Clubhead LAG'. There is no 'Stroke' in Golf which does NOT include a 'POWER Package Assembly' and the 'Five Step Sequence' of their operation, 1) Accumulation, 2) Load, 3) Storage, 4) Delivery and 5) Release.

POWER Package Assembly: n. The 'POWER Package' is basically a 'Triangle' governed by the 'Law of the Triangle'. The 'Straight Target Primary Lever (Arm)' forms one side. The 'Shoulders' form the second side. The 'Line from the Brace Shoulder to the Brace Hand and Target Hand' forms the 'Third Side or Leg', regardless of whether this 'Brace Lever' is 'Straight - IN LINE or 'Bent'. The 'Shape' of this 'Third Side of the POWER Package Assembly' can only properly be changed by the Brace or Third Side. It is the 'Variable Leg' while the other two are the 'Constant Legs'. It should be noted the 'Optimal Shape' of the 'First Side' is 'IN LINE or Straight and Extended' best accomplished with a 'Soft or Relaxed Target Elbow'.

Primary Lever Assembly: n. The Human Upper Body Machine Components, including the 'Target Upper Arm, Elbow, Forearm, Wrist and Hand'. The 'Inert Portion' of this 'Assembly' is called the 'Secondary Lever or Golf Club'. Together they are called the 'Target Lever Assembly'. The

‘Brace Lever Assembly’ is comprised of the ‘Brace Human Upper Body Machine Components’.

Putter: n. A club designed for putting, usually having an upright face or very close to it.

Putt Out: v. To stroke the ball into the hole, To finish the hole.

Q

Quick: adj. Describing a swing that has too little 'Duration' or takes too little time to complete a normal effective full swing or the selected swing pattern. This 'quickness' takes place generally as a result of the player's having NOT completed his 'Back Swing' and thus having 'Started the Forward Swing' prematurely and usually out of sequence and Rhythm with the entire body.

Quarter Shot: n. A shot hit with approximately 25% of normal power.

Quartering Headwind: n. A breeze that is blowing across your Target Line, right or left, and slightly into your face so that it will shorten your Ball Flight Distance.

Quartering Tailwind: n. A breeze that is blowing across your 'Target Line', right or left, and slightly from back to front so that it will assist your 'Ball Flight Distance'.

Quit: v. To give up on a shot while hitting it. To decelerate through Impact of a shot.

R

RSSR: n. 'Recommended Swing Speed Range' is a term developed by shaft manufacturers to assist club makers in finding or categorizing players shaft resistance needs based generally on 'Clubhead Speed'.

Radius: n. The 'Distance' between the 'Centre of the Swing Arc' and the 'Outside of the Circle'. The 'Target Lever Assembly Swing Radius' is anchored to the 'Target Shoulder', or 'Pivots from this point to the Sole of the Clubhead'.

Range Balls: **n. Golf Balls specifically made for a very large number of strikes before being spent or used up. They tend to have much harder covers and should, therefore, not be used for 'Putting and Chipping Practice' where 'FEEL' is so pre-eminent.**

Range Of Motion ('ROM'): n. The Distance and Direction through which 'Motion' acts.

Ray, Edward: N. 'Ted' (1877-1970) One of the longest hitters of his day, Ray won the U.S. Open in 1912 and 1920. He joined Vardon for an exhibition tour in America in 1913 that was very popular.

Read or Reading: v. To determine the Direction and Distance (speed & weight) necessary to stroke a putt into the hole. To survey the green to determine its slope and pace idiosyncrasies. Also 'reading the green'.

Ready Golf: n. This term refers to a discipline or type of golf sequencing where a foursome might not follow the 'Away Rule' and

simply each player strikes his ball as soon as ready to do so. This procedure is designed to speed up play and does so very effectively.

Recover: v. To play back to the fairway or other safe spot from the rough, a hazard or other undesirable position. Also a 'Recovery Shot' is the result of making a recovery or fixing a problem that has arisen over the due course of a hole.

Release: v. To 'Spend or Dissipate the ENERGY stored in the 'Golfing Machine's' 'Four POWER Accumulators' via the 'Four Pressure Points'. To un-cock the wrists and rotate the forearms in the downswing (un-cocking the elbows and shoulders as well) so as to 'Square' the Clubface and Create POWER is a prime example. 'Release' can be considered to be a 'Continuing ACTION' which includes 'IMPACT and Follow Through'. 'Release is the Application of Stored or Potential ENERGY'.

Release Differences: n. These are 'Down Stroke Variations'. The two types are 'Automatic and Non-Automatic'. The 'Non-Automatic' involves a deliberate muscular manipulation. The 'Automatic' is 'Triggered Mechanically' and drives the Hands to their IMPACT location which is the 'Visual Reference Point' accomplished, of course, by 'Seeing the Ball'. (V.R.B.P. #1)

Relief: n. When a player is allowed to lift and drop the ball without penalty.

Reverse C: adj. Describes the position in which the back and legs are arched curved backwards at the finish of the swing.

Reverse Overlap: n. A putting grip in which the index finger of the Target Hand overlaps the little finger of the Brace Hand.

Reverse Pivot: n. A motion in which the body's weight stays on the front side during the backswing, then shifts to the backside on the

downswing; the opposite of the proper beneficial Turning Action. Also the 'Reverse Weight Shift'.

Restitution: n. The condition or process of the squeezed, squashed or compressed golf ball's returning to its original round shape. Energy is required to compress the ball and, thus, energy is released during its returning to the original shape. This is not too unlike the process of freezing and melting ice. The freezer has to take away heat in the cooling stage and replace it in the melting state, as is the case when the water evaporates.

Rhythm: n. Crankshaft and connecting rods are examples of mechanical 'Rhythm' in which we hold all components of a rotating motion to the same 'RPM'. In Golf, it is the holding of both Lever Assemblies to the same basic 'RPM' through the Stroke while matching all other 'Body Components' at a steady, even rate. The 'Tempo' of the Golf Swing. Similar to musical 'Rhythm', think of a military march with fifty soldiers covering hundreds of yards 'Chanting' 'Left, Right, Left, Right' or reciting in chorus some private verse you would not tell mother! Rhythm has balanced 'Units Of Time' and a smooth repetitiveness about it. The 'Golf Swing' must as well or your parts will get all out of step and the Ball will be off doing its own thing! As simple as I can put it? Your heart has 'Rhythm'. You know, the 'Bumpity Bump'. If it were 'Bump Bump', it would still have 'Rhythm' but no 'Cadence'. The 'ITY' is the 'Cadence'. My conservatory music teachers may read this and I could disappear in the middle of the night! If so, "I'll miss you all, you hear!"

Roll Over: v. To rotate the wrists and arms during the swing, especially through the Impact Zone.

Rough: n. Term for long or longer grass at the edge of the fairway than exists in the fairway. There can be 'Rough' around the green as well.

Royal And Ancient Golf Club of St. Andrews: n. Also known as the 'R & A', this is the British Home and perhaps modern origin of the game where the organization of the game takes place. The rules are made by

a selected group in the 'R & A'. In North America, the comparable body is called the 'U.S.G.A.' or the 'United Sates Golf Association'.

RPM: n. This stands for 'Revolutions Per Minute', but, in the 'Golf Swing' it refers to the 'Bicycle Wheel and Valve Stem Syndrome', whereby the 'Valve Stem' always points at the same 'Hub Location' regardless of 'Revolving Speed'. Likewise, the 'Hands' are always 'In Front Of The Body' at all times throughout the 'Golf Swing', 'Back or Forward', 'Back & Up' of 'Down & Out'.

Rub Of The Green: n. phrase. Golf term meaning that you take what your get and play the ball where it lies. It is quite similar to 'Lady Luck' of lack of her! Any misfortune, such as a bad bounce or other unintended result.

Run: n. the condition of a golf ball's rolling such as a bowling ball rolls, along the course surface. The ball would not roll in the rough or soft sand. Run is assisted or influenced by the surface condition. The opposite to 'Run' might be 'Ball Flight' or 'Air Time'.

Rye Grass: n. A cool-season grass that dies in intense heat; similar to *Poa Annua*. Often used to over-seed Bermuda grass fairways in winter to provide a healthier-looking surface.

S

Sandbagger: n. A golfer who lies about his playing ability in order to gain an advantage, particularly when betting.

Sand Saves: n. When your approach shot misses the green and lands in a bunker or sand trap, one must extricate the ball from this location onto the green, whereby it can be 'Putted Into The Cup' to complete the hole. When one successfully completes the hole with a Par score after being in the 'Sand Trap or Bunker', it is called a 'Sand Save'.

Sand Trap: n. Ground depression on the golf course filled with sand. Same as a 'bunker'.

Sandy: n. Colloquial term for gaining a Par after having struck a ball into a sand trap. Also a 'sand save'.

Sack n. a term for the golf bag.

Scalped adj. Describing a green or putting surface that has been cut or mowed exceedingly short, almost bald. To make the speed of the putts or rolling balls very fast.

Sclaff: v. To hit the ground unintentionally before the ball, resulting in a miss-hit.

Scoop: v. To attempt to lift the ball by dipping the Clubhead through Impact Zone.

Scoring Clubs: n. Generally the 'Short Irons and Putter'.

Scramble: v. To play erratic golf, yet still be able to score well by making good recovery shots or saves. Also a team play format in which each player hits his drive, the best of which is chosen and then each player strikes his next ball from within one club length of this best located drive point. The best of these are chosen, and so on until one player sinks a putt to conclude the hole. This format allows four players to score the best of the best shots sometimes for very low round totals.

Scratch Golfer: n. phrase. Term for a golfer who can play the full 18 hole round of golf in the number of strokes prescribed as Par. This player is said to be playing to a 'Zero Handicap' or 'Playing the Course Even'.

Scuff: v. To miss-hit the ball and in the process of doing so, to damage its cover slightly with a dent or a smile or cut in the cover causing it to be retired.

See It: v. See the Ball Come Off the Clubface.

Separation: n. The point or condition of the compressed or squeezed golf ball's leaving the Clubface.

Set-Up: n. To position oneself to hit the ball. Also called 'Address'.

Shaft: n. The long, thin part of the golf club that connects the head to the handle or grip.

Shaft Flex: n. The bending moment or characteristic motion or action that occurs in the tip and body of the 'Golf Shaft' during the 'Entire Back & Up and Down & Out Front Swing'. This is caused by 'Loading' and 'Applied Torque'. Sometimes called the 'Bending Moment'. Shafts come

in various ‘Flexes or Stiffness’ which mean one can utilize various degrees or ‘Resistance To Loading’, which directly affects ‘Un-Loading or Deliver’ of ‘Power and Energy’.

Shallow: adj. Refers to a flat swing plane or Angle of Attack.

Shank: v. To strike the ball with the hozel of the clubhead, causing it to fly dramatically right or left and short. Not a desirable event.

Shape: v. To move the ball deliberately from one direction to the other while in flight; to purposely hit a fade-slice or draw-hook.

Short Game: n. Shots played on and around the green, including pitching and chipping, sand game and putting. Where the money is made.

Short Irons: n. Term or category for irons with short shafts and more loft, including the #7, #8, #9 and the Wedges. These are used in playing the ‘Short Game’.

Shot: n. Colloquial term for taking a stroke and striking the ball.

Shut: adj. Describing the Clubface when it is tilted forward relative to the ‘Target Line or Line of Play’. Also ‘Hooded’ which may mean not only Shut but turned or Closed towards the High-Energy Side of the Target Line.

Side Hill: adj. Situated on the side of a hill, especially a putt that breaks over the slope on its way to the cup. Chipping and pitching often involve side hill lies.

Side Wind: A wind force that is NOT either directly down the 'Headwind or Tailwind Line', which is parallel to the 'Target Line' or 'Ball Flight Line'. The varieties are 'Quartering Head or Tail winds'. (see 'Oblique')(see 'Cross Wind')

Single: n. A match between two players.

Sink: v. To hole a putt.

Sitting Down: adj. phrase. Term for a golf ball's sitting or being nestled in the grass below the general level of the overall playing area. The ball will be slightly below the top of the grass. The ball will have 'come to rest' below the top of the grass or below ground level.

Skins: n. A betting game in which the lowest score on the hole wins the wager for that hole; if any players tie, the bet carries over or accumulates to the next hole.

Skull: v. To hit the ball above its equator with the leading edge of the clubhead; to top a ball.

Sky Rocket or Sky Ball: n. Colloquial term for a tee shot that is much higher than normal or expected.

Sky Ball: n. A ball that has, for various reasons, been 'Popped Up' with a 'Steep Angle Of Attack or Climb'.

Slice: n. A ball flight that curves significantly to the 'Low Energy Side Of The Target Line'. It may start out to the 'High Energy Side' and curve back to the 'Low Energy Side'.

Slog - Slogging: gerund. Cricket term that refers to the hard-hitting antics of a baseman; the act of over-swinging at the ball, trying to hit it as hard and far as possible. Put a '*u*' in place of the '*o*' and you get a modern day term 'Slug - Slugging', which is pretty much synonymous.

Slope: n. Tilt of the green or fairway. A measurement of the difficulty of a golf course, used to compute a player's 'handicap' for that course.

Smother: v. To hit down on the ball with a closed clubface so it runs along the ground as a grounder, usually with hook spin.

Snake: v. A very long putt, usually one that breaks several times in different directions.

Snipe: n. A snap or smother hook.

Snowman: n. When you make a score of 8 on any hole, it is called a 'Snowman' due to the resemblance of an '8' to a 'Snowman'.

Socket: n. The hozel of an iron clubhead where the shaft joins the clubhead.

Soft Spikes: n. Term for cleats or traction devices affixed to the bottom of golf shoes that are NOT made of sharp, pointed steel as traditional spikes are manufactured. It is thought that this style of traction devices reduces wear and tear to the putting surface. The jury is still out. But it has been a huge marketing success with the commensurate profits that generally accompany such efforts.

Sole: n. 'TOOL' Term. The bottom of the clubhead where it makes contact with the ground. To set the clubhead on the ground at address.

Sole Weighted: adj. Describing the condition of a Golf Club's having 'Weight Added' or being 'Weighted' on the 'Sole' or bottom of the Clubhead. This process is usually done to lower the 'Centre Of Gravity' (COG) in order to get the 'MASS' below the centre of the Ball. This condition is very useful in getting the Ball air-born and transferring Momentum. (MIV)

Solid Perfect: adj. phrase. Colloquial term for a great strike of the ball.

Spinal Crankshaft: n. The 'Tether Ball Pole Concept' or 'Vertical Spinal Axis' ('Axial or X Axis') about which all the 'Horizontal Round & Round Motion' of the 'Golf Swing' is created. Conversely, the 'Lever Assemblies' (Hands, Arms and Shoulder Sockets'('Radial or Y Axis') create all the 'Vertical Up & Down Motion'.

Splash Shot: v. To explode the ball from the sand bunker or deep rough.

Spoon: n. Traditional name for a lofted fairway wood, equivalent to our III Woods of today, having about 14 to 16 degrees of loft.

Spot Putting: gerund. The act of aiming a putt toward a mark or discolouration in the green or some other intermediate target.

Square: v. To tie a match. Adj. Referring to the position of the body's Stance or Feet Axis such as being parallel to the Target Line. Referring to the position of the Clubface when perpendicular to the Target Line.

Squatting: gerund. The simple 'Process Of Loading Your Quads & Glutes' in the 'Pre-Shot Routine' in readying to trigger your 'Take-

Away'. This 'Plunking Process' readies the big leg, butt and abdominal muscles to perform. It also stabilizes the 'Spinal Crankshaft' and 'Resistive LBM' by setting the 'Axial or X Axis'.

Stab: v. To hit a putt half-heartedly and without a sound stroking motion necessary to be consistently successful.

Staging Your Swing: n. The function of accomplishing certain 'Range Of Motion' ('Procedure') with your 'Golf Body Machine' for the purpose of 'Doing Golf Work'. There are 'Three Stages' of 'Procedures' 1) No Wrist Cock and No Pivot ('Putting & Chipping'), 2) Wrist Cock But No Pivot ('Long Chips & Short Pitches') and 3) Wrist Cock and Pivot' ('Leg Driven Swings including the Full Swing') applied to the 'Ball' via the 'Golf Club' ('Components').

Stance: n. The position of the feet at Address or Impact FIX

Starter: n. The person who verifies your being rightfully intending to play a round of golf and, thereafter, sequences you to actually start the round. He usually coordinates very closely with the pro-shop and course marshals.

Stationary Head: n. as in a spinning skater or high tower diver, the 'Head Is The Pivot Centre'. In Golf, the 'Pivot Centre' is quite 'Sternal'. The 'Top Of The Spinal Crankshaft' (see 'The Human Tether Ball Pole') is stabilized by the 'Dynamic Eyes' while the 'Base Of The Tether Ball Pole' is stabilized by the 'Loaded Quads & Glutes' (see 'A Little Sit Down'). The 'Stationery Head' is a 'Basic Essential'.

Steering: gerund, as in guiding a rolling hoop, it is mechanically the forcing of a hinge pin to give a straight line motion to its attachments. In Golf, it is the holding of the Clubhead Path and the Clubface, square with the Target Line during Release and/or Impact, generally with negative results. It is sometimes called 'Holding On' to the Clubhead or simply 'Holding On'. An exaggerated attempt to control the direction of a shot (Ball Flight) by Hand Manipulation.

Stick: n. The flagstick. Colloquial term for a golf club. To play a shot that ‘Sticks’ right beside the hole.

Stiff: adj. Colloquial term for a ball’s having been struck very close to the Pin, Cup or Hole.

Stonie: adj. Colloquial term for a ball’s having been struck very close to the Pin, Cup or Hole.

Stroke: n. Specific term for the motion or action of one’s having made a swinging motion of a Golf Clubhead at and through a Golf Ball.

Stroke Play: n. Competition in which the total number of strokes in an entire round or rounds determines the winner. The lowest total number of strokes prevails.

Strong Grip - Weak Grip: n. A grip on the club in which the hands are placed or rotated 'away' from the Target at Address so they will 'close' the Clubface' more strongly through IMPACT. This 'Strong-ness' is almost as though one is cocking or loading the spring in a 'Cork firing Pistol'. If the spring is not loaded, it cannot fire. See one or more knuckles in the Target or Swing Hand. The more knuckles you see, the 'Stronger' the grip, the more loaded or cocked is the wrist.

Stymied: adj. Colloquial term for one’s NOT being able to strike the Golf Ball where it has come to rest or where it lies.

Summer Rules: n. The ordinary playing of golf by the stipulated Rules, playing as the ball lies.

Supination: n. Outward rotation of the wrist; at address away from the Target with the Brace Hand and towards the Target with the Target with

the Target Hand. The natural rotation of the wrists through Impact Zone and the entire swing.

Sway: v. To move the weight (sliding without Rotation) to the back side or aft on the back swing. To also do the opposite on the front swing. This forward motion without Rotation is the distinct 'Slide'. 'Lateral Motion' is indeed, 'Negative Rotation'. (see 'Sway And Slide') (see 'Ball Location')

Sweet Spot: n. The surface point on a Clubface where the Energy transfer from Clubhead to Ball is optimal. This is generally and scientifically the surface point closest to the 'Centre of Mass' which may be under the surface or internal to the Clubhead. Also, that spot on the Clubface through which a plumb-bob line would pass if suspended from the butt of the grip.

Swing: n. Specific term for the motion or action of one's having made a swinging motion of a Golf Clubhead at and through a Golf Ball. A pendular Newtonic Motion.

Swing Arc: n. The Clubhead Path created or traced by the Clubhead during the swing.

Swinger: n. As opposed to being a 'Hitter'. The 'Swinger' generates the majority of the 'Power and Clubhead Speed' via 'PIVOT or Rotation' and not via the 'Delayed Brace Lever Action' which is the key trait of the 'Hitter'.

Swing Centre: n. The point around which the swing rotates, located roughly between the base of the neck and the top of the spine. It can be effectively FELT to be around the Sternal Hub, centre point between the Shoulders on the front Chest.

Swing Plane: n. The PLANE.

Swinging Motion: n. phrase. Motion of the Clubhead, the Golf Club, and the Human Body, during a Golf Swing.

Swing Path: n. phrase synonymous to 'Clubhead Path'.

Swing Plane: n. Term related to the 'Plane Line', which in Golf is a line inscribed on the surface of the 'Inclined Plane' passing through the Ball Location to serve as its 'Base Line' and its Centre of Rotation when changing its angle. Ben Hogan's 'Five Fundamentals of Golf' illustrates this concept of the 'Swing Plane' as a plane of glass with a hole in the middle through which the golfer stuck his head until the pane rested on the golfer's shoulders. In general, the Clubhead, and Clubshaft 'TRACK' or slide on this glass surface throughout the entire Back and Front Swings. This is called 'Being On Plane'.

Swing Radius: n. Term as in drawing a circle with a compass or a pencil attached to a length of string anchored to a pivot point or central turning point called a centre or Hub. In golf the Hub is the Swing or Target Shoulder Socket, the String is the Primary Lever or Arm and Hand, connected to the Secondary Lever which is the actual Golf Club and the Clubhead is the 'Pencil'. The Target Arm or Lever's job is to maintain 'Swing Radius' or 'Extension' throughout the entire swinging motion. So the 'Swing Radius' is the Distance from the player's Shoulder Socket to the Sole of the Golf Clubhead or, perhaps the Sweet Spot of the Clubface.

Swing Weight: n. Term for the physical balance of a Golf Club. The swing weight calibration or scale is arbitrary (not in pounds and ounces, kilograms or grams) and gives the client information about the 'Pull Down Moment' of the Clubhead when applied to the Shaft Tip being held horizontal to level and to the grip end or butt of the shaft. I one were to double the head weight, the Swing Weight would markedly increase.

Skulled: adj. past participle. Colloquial term for the golf ball's being struck very thin (clubhead leading edge above the south pole) or almost topped (clubhead leading edge making contact with the ball above the equatorial centreline).

Slice: n. v. Term for the clubface making contact with the ball in a Face OPEN AIM with an 'Outside-In' Clubhead Path which produces a 'Glancing Blow or Cutting action on the Ball) which induces a 'Spin Rate' causing a markedly curved Ball Flight from point of Impact to the Low-Energy Side of the Target Line.

Slope Rating: n. A method of rating various courses difficulties based on specific criteria. In this manner players know which course if the mechanically most difficult or how one relates to another. Slope rating combined with, or adjusted for the player's handicap produces a 'Playing Index' for the player so that worldwide players can have some idea of their comparable playing performance.

Spin Rate: n. Term for the Rotational Velocity or R.P.M. of an object around an axis. In a Golf Ball, there is spin rate about the Vertical (X) and the Horizontal (Y) Axes. Spin rate induces curvature in ball flight and the 'bite' of the ball when it makes contact with the grass on the green or fairway. When a ball 'Backs Up' on the green, this action is due to 'Under-Spin' about the ball's Y Axis.

Sweet Spot: n. Colloquial term for the location on the Clubface that most effectively or optimally delivers / transfers energy from the Clubhead to the Ball during Impact. The 'Centre of Mass' is generally this physical location, except that the 'Centre of Mass' is seldom on the surface of the three-dimensional object.

Symmetry: n. The uniform, balanced and even nature of motion. In Golf, with very advanced equipment and knowledge, a technician can observe the motion of the oscillating Clubhead attached to a vibrating shaft and determine the quality of the shaft and its actual performance under specific conditions.

Shoulder Cock (1st lever in the articulating arm): n. The cocking or un-cocking of the shoulder in the back or forward swing.

Short Game: n. Term for the all the shots and game taking place generally inside the players 'Pitching Wedge Distance'. This includes the putting stroke.

Single Action: n. Especially the smooth progressive simultaneous un-cocking of all three of the 'LEVERS' (shoulder, elbow and wrist), especially on the Brace Side, in the forward swing, such that it might be perceived as a smooth 'Single Action', not disjointed.

T

T.O.B.: n. phrase. Abbreviated term for 'Top Of Backswing' or the farthest point from the ball that one takes the Clubhead and Body in the back or up swing, before making the Direction Change and forward or down swing.

T.O.F.: n. phrase. Abbreviated term for 'Top Of Forward Swing' or the farthest point from the ball that one takes the Clubhead and Body in the forward swing in the FOLLOW FINISH segments.

Tailwind: n. A breeze that blows in the same direction as the shot, helping it to fly farther.

Tait, Lieutenant F.G. 'Freddie': N. (1870-1900) Scottish amateur who won the British Amateur Championship in 1896 and 1898, A member of the Royal and Ancient Club, was killed leading his men into battle in the Boer War at Koodoosberg Drift.

Takeaway: n. The first twelve to eighteen inches of the backswing.

Tap-In: n. To hole a very short putt. A very short putt as in a 'Gimmie'.

Target: n. Primary or ideal location for finishing one's golf shot; the predetermined optimal destination for the Ball Flight. Generally the Pin, Hole, Cup, or QUARTER.

Target Hand: n. The 'Left Hand' for a 'Right Handed Golfer'. The side of the 'Body' closest to the 'Target or Pin'. This is the 'Swinging Hand Side' as opposed to the 'Hitting Hand Side'. The 'Brace Side' is the 'Dominant Side' of the 'Golfing Body Machine'.

Target Line: n. Term for the Straight Line from the centre of the ball to the Centre of the Target which is generally the Pin, Hole, Cup or QUARTER. The Clubhead should optimally swing along this Target Line to make solid Impact as the Ball sit on or above it.

Target Lever Assembly: n. The 'Upper Body Machine Components' on the 'Target Side' including the 'Target Shoulder Socket, Upper Arm. Elbow, Forearm, Wrist, Hand and Golf Club'.

Target Line: n. The imaginary line running from the very centre of the ball to the very centre of the Target, which may or may not be the cup.

Taylor, John Henry: N. (1871-1963) The first golfer from the legendary triumvirate of Vardon, Braid and Taylor, to come to prominence in the late nineteenth and early twentieth centuries. Taylor won the British Open five times.

Tee Or Tee Box: n. A small wooden peg with a flat cupped top on which the ball is placed for the purpose of striking it off the teeing ground. Also as in the 'Teeing Ground' or 'Tee Box'.

Teeing Ground: n. Term for the area between the Tee Boxes or blocks and up to two club lengths aft or farther from the hole. Location on course where one commences each separate hole's play.

Tee Box: n. Term for the area between the Tee Boxes or blocks and up to two club lengths aft or farther from the hole. Location on course where one commences each separate hole's play.

Tee Off: v. To play away from the tee box.

Tee Shot: n. The shot you hit from the teeing ground from any hole.

Tee Time: n. The time at which you are supposed to make your first strike off the #1 or first teeing ground. You and be penalized or disqualified if you are tardy!

Teed Up: adj. phrase. The process or condition of one's having placed the golf ball on a tee or device for purposely elevating the ball for a better advantage of striking it. (see 'Lie')

Tempo: n. The rhythm and timing of the golf swing. Smooth co-ordination producing a flowing motion of the clubhead through the ball.

Texas Wedge: n. A shot played from off the green with a putter and putting stroke.

Thin: adj. Referring to a shot hit with the leading edge of the

Clubface above the South Pole of the ball but still below the Equatorial or Horizontal Axis.

Think Tank Time: n. The amount or percentage or proportion of the 'Overall Shot Interval' that is utilized in the 'Conscious Mind' for processing the 'Components and Procedures' of one stroke. The balance of the 'Interval' is the 'Subconscious' aspect which is about 1.4 to 2.0 seconds regardless of the 'Conscious Interval'.

Three Putt: n. v. To take three strokes to sink one ball which originated on the putting surface. The act or happening of making a three putt. Not 'Cool'!

Three Quarter Shot: n. A 'Less Than Full Swing Procedure' that involves the Brace Hand's travelling 75% of its usual 'Full Swing Travel Distance or Length.

Through the Green: n. The entire course except the teeing ground and the actual greens.

Throw-Away: n. This 'Condition' is the becoming 'IN LINE' of the 'Hinged or Jointed Lever Assemblies, Target or Brace'. For example, whenever the 'Bent Brace Shoulder, Elbow and Wrist' become 'Extended or Straight', there is no more 'Accumulator or Stored -Potential ENERGY' in reserve or available to produce 'POWER or THRUST'. 'Throw-Away', from a 'Brace Side Perspective', means an 'IN LINE Lever' where the Clubhead is 'IN LINE or LEADING' the Hands or Clamps. The 'Accumulators are 'SPENT or Exhausted of ENERGY'.

Thrust: n. The FORCE applied to the 'Lever Assemblies' in both 'Directions' and thus to the Golf Club through the 'Pressure Points' of which there are 'Four'.

Tight: adj. Referring to a fairway or hole that is very narrow, usually lined on both sides by trees or rough or hazards. Referring

to a lie when the ball is very close to the ground with very little grass or material beneath it.

Timing: n. The pace and movement in a swing; also the way in which the muscles coordinate to produce a good 'Swinging Motion'. 'Timing in the Golf Swing' refers directly to the 'Pre-Selected Components MATCHING the Pre-Selected Procedures'. It is the 'Consistent RPM's of the 'Three Zones of the Golfing Machine'; in other words, the Body, the Arms and the Hands and Golf Club all 'Turning' at the same 'Rate or Velocity or Timing', 'Turning about the Spinal Crankshaft together or on the same 'Radial Line'. 'Synchronized Components Travelling on an Inclined or Tilted Circular Plane'.

Toe: n. The end of the clubhead farthest from the shaft and the feet of the player.

Toed Shot: n. A shot struck off the Toe of the Clubhead.

Topped Shot: n. A shot struck by the leading edge of the Clubhead above the Equator.

Topped It: v. phrase. Phrase describing a Golf Ball strike in which the Clubface makes contact with the Ball above the Equatorial Centreline.

Torque: n. Term in Golf for the 'Bending & Straightening' of the 'Golf Shaft'. Also referring to the 'Twisting first in one direction and then back' of especially the 'Tip of The Golf Shaft' which is in Rotation around the 'X or Longitudinal Axis of the Shaft'. This 'Tip Torque' directly affects 'Clubface AIM and Clubhead Action Through Impact Zone'. 'Clubhead Dynamic Stability' is directly affected by the 'Shaft Tip Longitudinal Stability and Timing'.

Trajectory: n. the condition of having loft in Ball Flight up from the ground and returning back to the ground. The curved Ball Flight gaining in altitude to the Top of Flight and returning symmetrically back to earth. It is Ball Flight in an vertically arcing shape.

Trap: n. Slang term for a sand or grass bunker or swale. You will not find the word 'Trap' in the rule book, as it is a 'Bunker' either sand or grass.

Travis, Walter J.: N. An Australian-born American, Travis took up golf at the age of thirty-five. Known as 'Old Man', he won the U.S. Amateur Championship three times and the British Amateur Championship in the first and only attempt in 1904.

Thin: adj. Term for striking the Ball quite above it's South Pole with the 'Leading Edge of the Clubface'. This means that the 'Sweet Spot or Optimal Percussion Area ('OPA') of the Clubface' will make contact with the Ball above the most desirable point. The Clubface will be Higher on the Ball than necessary for 'Optimal Performance'. Opposite to 'FAT'.

Tight Lie: n. phrase. Term for the Golf Ball's sitting or nestled DOWN into the fairway or hitting surface causing less than all the Ball to be visible or available for striking. Opposite might be a ball that is 'Sitting Up'.

Toe: n. Opposite end of the Clubface to the Heel, just as in a shoe.

Topped: adj. As in 'Topped It', the leading edge of the Clubface strikes the ball above the South Pole and even above the Equatorial Centreline or Y Axis of the Ball. Simply above the South Pole may just be THIN.

Top Spin: n. Rotation in a counter-clockwise direction about the 'Y Axis' (Horizontal Axis) imparted on the Ball by the Clubface. Spin into or in the same direction as the direction of travel or Ball Flight Line. Sometimes called 'Forward Spin' as opposed to 'Back Spin' (Bottom Spin).

Torque (Shaft): n. is the amount a shaft will rotate around the X-Axis or longitudinal axis in response or yield to a know twisting Force or moment. Expressed in degrees, torque ratings are usually obtained in static testing by individual shaft manufacturers and are not subject to any monitored or tested industry standards. Published torque ratings are generally determined prior to any 'Tip Trimming' has taken place. Figures are from 'Blank Length' or the O.E.M. conditions. Tip Trimming will generally alter performance criteria and conditions.

Touch: n. A player's sense of 'FEEL' and his repetitive ability to 'Read Shots' and produce accurate or even precise results. It is very much 'Visual Sensory' or what we call 'Reflex Golfing' which is 'Ultimate Performance Plateau'.

Trajectory: n. The height and angle or shape of the 'Ball Flight' versus 'Distance across the Ground'. So it is 'Vertical Movement related to Horizontal Movement'.

Trigger: n. The term 'Trigger' is used to denote an action which initiates or precipitates 'Release of the POWER Package Assemblies of POWER Accumulators' to develop or supply FORCE to the Golf Ball. It is the 'Shortening and Lengthening' of the 'Third Brace Side of the Triangular Assembly' which Moves the 'Lever Assemblies' to and through IMPACT per the Pre-Selected Procedure. Two types of 'Triggers' are the 'Sweep and the Snap'.

Trigger Word Sequence: n. The sequence of carefully chosen, simple words that govern the 'Tempo, Timing, Rhythm, Cadence and Pace' of the 'Back & Up' and 'Down & Out' golf swings.

Trolley: n. Term for the 'Pull Cart' used to transport ones 'Golf Equipment' around the course as opposed to carrying this equipment in a bag slung over the shoulder.

Trouble: n. Rough, hazards, trees, or any other obstacles on the course in play.

Trouble Shot: n. A recovery stroke made from a difficult position or location near an obstacle or in a poor lie.

Trunk Slammer: n. a colloquial term for having 'missed the cut'. It means figuratively that you put all your gear in the trunk of the car and slam it closed before departing the golf course.

Turkey: n. Three 'Birdies In a Row'. (A Pelican is four 'Birdies In A Row')(A Condor is five 'Birdies In A Row')(A Peregrine is six 'Birdies In A Row')

Turn: n. The halfway point in an 18 hole round of golf. The motion of rotating away from the ball on the backswing and towards the ball on the front swing. Coil and Uncoil, PIVOT.

Two Club Lengths: n. Phrase describing the distance from one point to another that is limited to the 'Length of Two Clubs' (usually the Driver) and generally for the purpose of making a drop or getting relief.

U

Un-cock: v. To allow the 'Wrists to Straighten' or come back to neutral during the 'Forward Swing'.

Un-Coil: v. To reverse the process of 'Coiling' ('Loading or Winding') which 'Accumulates, Loads or Stores Potential Energy' (see 'ALSDR')

Un-Load: v. To reverse the process of 'Loading' ('Coiling or Winding') which 'Accumulates, Loads or Stores Potential Energy' (see 'ASLDR')

Un-Wind: v. To reverse the process of 'Winding' ('Loading or Coiling') which 'Accumulates, Loads or Stores Potential Energy' (see 'ALSDR')

Under-club: v. To select a club that does not provide enough Distance for the desired shot.

Unplayable Lie: n. The position of a ball at rest that makes it too difficult to attempt a stroke. (unless you are Sergio Garcia or stupid !)

Uphill Lie: n. When a player's Target Foot is higher than his Brace Foot at address, causing him to make compensations in order to strike a good shot.

Up & Down: n. phrase. Term for getting into trouble in an approach shot to the green and making a very good next shot that leads to a Par situation, with or without a putt. If the short approach shot were 'holed' it would still be an 'Up & Down', but one very beneficial to the player's putting statistics. (O Putts)

Upright Swing: n. A swing that moves the club quite 'Up and Down' or on quite a Vertical Plane and not on a Horizontal Plane.

Upswing: n. The backswing portion of the swing from address to the 'Top Of Backswing'; 'Swing SEGMENTS #2B and #1B' or 'Swing SEQUENCE #1, #2 #3, #4 and #5'. Likewise, in the forward swing, to the 'Top Of Forward Swing'; 'Swing SEGMENTS #3F and #4F or 'Swing SEQUENCE #8, #9 and #10'. Whenever the Clubhead is being 'raised' during the entire 'Swinging Motion', back or front.

V

Vardon Grip: n. The overlapping grip so perfected and popularized by Harry Vardon.

Vector: n. The quantity or measured results related to 'Force' that has both 'Magnitude and Direction'. This type of information is critical or very pertinent to what is called the 'Resultant Distance and Direction' the Golf Ball travels. The 'Movement or Motion' resulting from all the 'Forces' acting on a 'Mass' or 'Body.

Visualization: n. Forming a mental picture of the correct swing or Ball Flight or Roll Line needed to best prepare to make the IMPACT task happen.

V.R.B.P. #1: n. The first or primary 'Visual Reference Balance Point' which directly contributes to ones 'Balance' in the Golf Swing. The Ball provides a 'Fixed or Stable' visual reference, a 'Point In Space' on which we can focus so as to enable our sensing any 'Movement' off the stable position so necessary to striking the Ball. Set-Up and Swing Balance is essential.

V.R.B.P. #2: n. The second or secondary 'Visual Reference Balance Point' which directly contributes to ones 'Balance' in the Golf Swing. The 'Precise Target or PIN' provides a 'Fixed or Stable' visual reference, a 'Point In Space' on which we can focus so as to enable our sensing any 'Movement' off the stable position so necessary to striking the Ball 'Dead At The Stick'. Finish Balance is the result of a good 'Set-Up and Swing Balance' combined with a good completion of the 'Swinging MOTION' 'Down-The-Line' all the way to and through the Target or Pin.

Visualization: n. The mental process or gathering 'Ocular Data' and the production of a 'Mental Picture' which one can hold or save in the mind for the purpose of aiding execution of a successful 'Golf

Procedure'. Your '555 TEAM' lies to say "Take A Snap Shot and then Paint The Picture". That has helped thousands of hungry golfers make improved golf shots.

Visual-Physical Sequencing: n. The process of 'Visualization' with the conversion or application of the data gathered with the 'EYES' to the 'Golf Body Machine' for the organization and execution of 'Components and Procedures'. It is essential in the creation of a 'Subconscious State of Trusting Mind' so necessary in making successful shots.

W

Waggle: v. To move the clubhead and the body including Hands,

Wrists, Arms, Shoulders and some of the Lower Body Machine in a miniature Impact Zone movement so as to relieve Tension and to FEEL the actual Impact in miniature before start the backswing or takeaway. The most recommended type of 'Waggle' is the 'PIVOT Waggle'. This function is key to reliable and correct Motions. It is 'Leg Driven'! It takes place 'FROM THE GROUND UP' and 'FROM THE INSIDE OUT'.

Water Hazard: n. A defined body of water on the course.

Water Proofs: n. Colloquial term for your 'Weather Gear' or water repellent outer clothing or garments.

Weak Grip: n. A grip on the club in which the hands begin rotated toward the Target at address so they will keep the Clubhead and Clubface from over closing through Impact. If not deliberate, it is a Set-Up error and need to be adjusted in order to accomplish the Pre-Selected Stroke Pattern.

Wedge: n. A pitching, approach, sand or lob wedge usually high-lofted to create high-flying and soft-landing Ball Flight.

Weight Distribution: n. The division of body weight between each side of the body at address with especial attention to Stance.

Weight Shift: v. The process of moving weight in the golf swing from balance at Address to the aft or Brace Side, back to the central Impact Zone or Impact FIX and through to the front or Target Side in the Follow Finish Stages or Segments of the swing. It is very

important to understand and realize that this 'Weight Shift' is NOT a deliberate mechanical task as so many instructors and golfer make it to be. 'Weight Shift' is the natural or incidental result of making a good TURN or PIVOT. If it is a natural 'By-Product', do not attempt to Make It Happen, but **'Let It Happen'.**

Wethered, R.H. 'Roger': N. A first-class player who won the 1923 British Amateur two years after losing a British Open play-off to Jock Hutchison in 1921. Roger was the older brother of Joyce Wethered, who herself won five consecutive English Ladies Championships and four British Ladies Amateur Championships.

Whiff: v. To miss the ball completely with a swinging motion. Also 'Air Ball'.

Whins: n. Another name for 'Gorse' as if the first were not adequately ugly!

Whippy: adj. A term that describes the condition or characteristic of a 'Golf Shaft's Stiffness'. When a shaft is soft, it tends to be 'Whippy' like a buggy Whip'. Hence the term and name. This shaft characteristic can cause the 'Ball Flight' to be erratic as the 'Clubface Aim' is duly inconsistent during the swinging motion.

Winter Rules: n. Rules in force when the course is in poor condition, allowing the player to 'Pick, Clean and Place' or

improve his lie within a specific distance (one or two Club-Lengths) but generally 'Not Closer To the Hole'. Sometimes called 'Preferred Rules'.

White, Jack: N. Beat our Braid and Taylor by one stroke to win the 1904 British Open.

Worm-burner: n. A miss-hit shot that travels very low to the ground, Also called the 'Daisy Cutter'.

Wrist Cock (3rd lever or articulating joint): n. as in the fly-casting fisherman, it is the Flail producing Swingle velocity through a Hinge arrangement with a Handle. The cocking or un-cocking of the wrist in the back and forward swing. In Golf, it is the shortening and lengthening of the 'Target Lever Assembly' to reduce 'Clubhead Angular Inertia' and to produce a rapid RATE of increase of the Clubhead Surface Speed in MPH but not in RPM.

Wrist Cock Release: n. Wrist Cock is an 'Up & Down ACTION' that controls the Clubhead and NOT the Clubface. The 'Turn, Vertical and Roll ACTION' of the Wrist around the 'Horizontal Axis', the Radius and Ulnar Bones, controls the 'Clubface'. 'Wrist Cock Release' is the 'Release of POWER Accumulators #2 (Cock & Un-cock) and #3 (Turn and Roll). These ACTIONS deliver POWER or THRUST along a 'Delivery Line' to the Ball.

Weather Gear: n. Colloquial term for your 'Weather Gear' or water repellent outer clothing or garments.

Wedge: n. Term for a specific Golf Club designed to make quite lofted shots quite a short distance. These short-game tools are available in four distinct varieties; 1) Pitching 48 degrees of loft, 2) Approaching or Intermediate 52 degrees of loft, 3) Sand 56 degrees of loft and 4) Lob Wedge 60 degrees of loft. These lofts may vary with different manufacturer's specifications or desires.

X

X AXIS: Vertical Axis. Like the line from the North Pole to the South Pole through earth, this imaginary line or pin runs from 12 o'clock to 6 o'clock through the Golf Ball as well.

Y

Y AXIS: Horizontal Axis. The imaginary shaft or pin running through the middle of the ball from 9 o'clock to 3 o'clock or the Equatorial Axis..

Yardage Rating: n. The evaluation of a course's difficulty based purely on its Distance.

Yips: n. Extreme nervousness of a player while over short putts, causing him to make a spasmodic jerking action (not a Stroke) and miss the cup, even numerous times. Overcome-able!

Z

Zeroed Out: v. Action or process of 'Making Something 'Zero'. In 'Golf' one can 'Zero Out The Pivot' which mean to cause the 'Pivot Pressure' during a 'Front Swing' to be non-existent or 'Zero' – a non physical factor.

Zones: n. There are 'Three Zones or Lanes' in the Golfing Machine'. They are 1) the 'Body Zone or Lane', 2) the 'Arm Zone or Lane', and 3) the 'Hands Zone or Lane'. Zone One is 'Body Control' which involves PIVOT, BODY, BALANCE. Zone Two is 'Club Control' which involves POWER, ARMS, FORCE. Zone Three is 'Ball Control' which involves PURPOSE, HANDS, DIRECTION.

Zone Three Components: n. Includes the following Components: PIVOT, Shoulder Turn, Hip Turn, Hip ACTION, Knee ACTION, Foot ACTION. **(BODY)**

Zone Two Components: n. Include the following Components: Basic GRIP, Grip Types, Basic Strokes, Stroke Types and Variations, Address FIX, IMPACT FIX, Pressure Point Combinations, Target Wrist Hinge Positions and ACTIONS, LAG Loading, Trigger Types, POWER Package Assembly Points, POWER Package Loading ACTIONS. **(ARMS)**

Zone One Components: n. Include the following Components: PLANE Line, PLANE Angle - BASIC, PLANE Angle - Variations, Hinge ACTIONS, POWER Package Delivery PATH, POWER Package Release. **(HANDS)**

Zone Functions: n. 1) The 'Hands CONTROL The Golf Club', 2) The 'Arms SUPPORT The Hands' and 3) The 'Body TRANSPORTS the Arms'.

Zoysia: n. A warm climate grass with course blades that can handle extreme temperature changes.

Conclusion

'The 555 Golf Swing' has helped countless golfers play the game as it were meant to be played. Golfers chronically struggle with controlling where the golf ball goes. The end result is painful, inefficient manipulation. They spend countless hours over many years trying to build a reliable golf swing. Doesn't bear much fruit! Many of these golfers give up the game out of sheer frustration.

I have seen 'The 555 Golf Swing' save golfers from "Golf Hell" and change them into happy golfers. The reason this golf swing works is because it is simple, repeatable, and produces consistent results. It gives golfers ball control and lets them hit the golf ball with confident authority! It is more 'FUN'!

Moreover, the '555 Golf Swing' can be learned very quickly and easily. I have spent just a little over one and a half hours with golfers and watched their golf game completely transform before my eyes. I have watched their entire attitude change and have even witnessed a healthy bit of confidence and cockiness develop. A little 'Cocky' is not all bad if you can back it up with 'Pre-Selected Ball Flight Performance'! Let your sticks do the talking!

I have seen golfers talking a lot of "smack" on the golf course and have the goods to back it up. I know that countless other golfers have had the same type of success though the '555 Golf Website' because they have told me so.

Now that you know our '5 Set-Ups' and '5 Essential Elements', what are you waiting for? Get out there and shoot the best score of your life!

God Bless and Good Golfing,

Dr. Karl