

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

GOLF BASICS IN A NUT SHELL JUST FOR YOU

I have been asked three times this week by e-mail to "Please Summarize Golf Basics" as I see them? WOW! "In ten words or less, tell me why you love me?" Now, that is a high risk task!

Let me firstly state that, 'The 555 Team' can lead you to the watering hole, but we cannot make you drink! You must have 'Desire', be 'Honest' and commit to having an 'Open Mind'. In this manner, ONLY, shall we grow in our passions ... by '**Working Smart**'!

If you want to excel at your 'Golf', you need to '**Define The Basics**'. Then you can move on to '**Applying The Basics**'. Only then can you 'Reap the good fruits that you sow!' There are rewards, but not by accident! You CANNOT improve by just hitting buckets of balls every day! Repetition of poor basics, mental and physical, is a frustrating 'Road To Nowhere!' Your '555 Team' wants to urgently help you avoid this black hole! 'Get Lucky Golf' will not cut it!

Our '555 Golf' platform has been proven, over decades and thousands of customers, to be efficient and effective. You are not a 'Guinea Pig'! Be trustingly confident! That helps all of us to grow! Highlight the items below that strike you as 'Primary'. Learn and make them yours!

- 1) Learn all about 'The 5 SET-UPS'. ('POSTURE, GRIP, STANCE, BALL LOCATION & ALIGNMENT') Your '555 Golf Membership Resources' shall help you along this path.
- 2) Learn 'The 5 EXECUTIONS'. ('Swinging Motion, Hands, Eyes, Ball & Pin')
- 3) Learn 'The 5 CONTROLS'. ('Chin, Hands, Feet, Ball & Pin')
- 4) Learn 'The 5 ESSENTIAL ELEMENTS'. ('Clubface AIM, Clubhead PATH, Clubhead SPEED, Sweet Spot & Angle Of Attack')
- 5) Understand that 'The #1 Alignment In The Game Of Golf is 'Clubface AIM' at the 'Moment Of Separation' and not at 'Impact'.
- 6) Grasp the fact that 'The Ball Goes Where Your Hands Go'! (see 'GRIP, Path & Plane')
- 7) Embrace the scientific fact that 'The 'Lower Body Machine Goes Round & Round' ... produces all the 'Horizontal Motion'. (see '#1 Pivot Engine')
- 8) Embrace the scientific fact that 'The Upper Body Machine Goes Up & Down' ... produces all the 'Vertical Motion'. (see '#2 Lever Assembly Engine')
- 9) Up & Down' combined with 'Round & Round' produces your 'SWING PLANE'. (see 'Resultant Motion Line or Energy Vector')
- 10) The 'Front Swing' evolves or unwinds 'FROM THE GROUND UP' and 'FROM THE INSIDE OUT'. The 'Back Swing' loads or winds 'From The Top Down' and 'From The Outside In'. It is all about 'LBM Coiling' and 'UBM Bend & Straighten'.
- 11) There are only '**Two Swings In Your Bag**' ... 'The Full Swing' and 'The Less Than Full Swing'. (see 'Three Swing Stages')
- 12) There are only '**Two Procedures In Your Bag**' ... the 'Push Basic' ('No Wrist Cock or No Leg Drive - Pivot') and the 'Punch Basic' ('Wrist Cock and Pivot Pressure').
- 13) Know that '**Fitness & Mechanics Are Inseparable**'.
- 14) Understand your 'Equipment' and 'Get Fitted' at your first opportunity.
- 15) Invest in your 'Mental Management'.

- 16) Work diligently on 'Course Management'.
- 17) Embrace the '555 revelation that **'I Drive As I Putt'**. All 'Stroke Procedures' are very similar. If you can 'Putt', you can make a very big 'Putting Stroke' with a 'Driver' in hand and feel direct success! (see 'The 5 Essential Elements')(see 'Impact Zone Dynamics')(see 'Quiet Triangles')(see 'Compression & Line Of Compression')
- 18) Undertake to get a solid grasp on your 'Putting Procedure' with a definitive focus on 'Pre Shot Routine'. ('PSR') Remember, 'All Putts Are Dead Straight'. Mother Nature breaks!
- 19) Expand your 'Stroke Repertoire' to then progressively include 'Chipping', 'Bump & Run', 'Punch' and 'Pitching'. (see 'Less Than Full Swing') 'Pitching' can be a 'Less Than Full Swing', but is generally a 'Full Swing Procedure'. This means it achieves a 'Fully Coiled Top Of Back Swing. (see 'TOB')(see 'Swing Sequence #5')
- 20) Master 'Bunker Work' ('Grass & Sand'), 'Specialty Shots' and 'Unusual Lies'.
- 21) Under 'Procedure Mastery', and with reference to the fact that there are ONLY 'Two Swing In Your Bag', you shall soon be able to hit every club in your bag (except the 'Putter') with the same 'Full Swing' and thus get very predictable results ... 'Tee To Green'. Then you can make one 'Putt' and call it a completed hole!
- 22) Know that 'Every Shot In Golf Is Just Joining Two Points In Three Dimensional Space ... Along A Straight Line ... "A To B"'. We know that 'Ball Flight Includes Curves' (Fade & Draw), but strive to overcome them! If you were to master 'Zero Side Spin Rate', to hit straight balls only, you may be boring or bored, but you shall unavoidably be a 'Winner'!
- 23) Learn now to 'Do The Math' and to master 'The Pitching Wedge Rule'. Plan ahead!
- 24) The 'Ultimate Objective' on a Par 3 is making a 'Hole In One'! Learn that 'All Golf Holes Are Just PAR 3's or combination thereof. A PAR 3 is simply a 'Hole In One'! A PAR 4 is '2 Holes In One'! A PAR 5 is '3 Holes In One'!
- 25) There are many '555 Golf Skill Drills' that have been carefully designed and proven to help you along the way. They are all FREE to 'Locker Room Members' ('LRM'). Access and use them!
- 26) An ultimate '555 Golf Resource' is the fact that all 'LRM's have their very own 'Certified Master Teaching Professional' ('CMTP'). This privilege is worth more than the cost of membership! Take advantage of this relationship soon! Don't go 'IT' alone!

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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