

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **HARD CORE BASICS**

heart beat things you need to do

This is really common advice your '555 Team' gives to throngs of curious students either suffering from or headed for frustration ... an epidemic outcome!

Learn 'The 5 Set-Ups', 'The 5 Executions', 'The 5 Controls', and 'The 5 Essential Elements'. These are anchor elements and not soft options.

Remember, your 'Set-Up' is 'Static or Passive'. You have not started your swing, so relax and focus on getting ready. Deep breathing and powerfully relaxed.

'Address Ready' ('Tap Tap Tap') is NOT our task at hand. 'Address Ready' is NOT about 'Dynamic or Active' tasking. It is far too neutral to be practically motion useful.

Your '555 Team' focuses on 'Impact Fix' which has all the 'Working Components' in place. Getting into the 'Configuration' necessary for 'Doing Work' is the key objective!

Once we are 'Set Up For Success', all we have to do next is to 'Sweep The Sole Of The Clubhead Across The Grass, 'Low & Slow ... Deep Flat & Wide' with 'One Smooth Move Back & Up' to the 'Top Of Back Swing' ('TOB') where we must say our 'Keystone Timing "&" Word', followed by a 'Gravitational Dropping Motion' that is 'Pivot Thrust' ('see 'Brace Leg Drive') forward into the 'On Plane' 'Down & Out' segment.

Upon 'Set-Up' we can effect a really efficient 'Golf Core Swing' by simply 'Turning Our Brace Shoulder Back & Up' (see 'Dress Rehearsal') followed by its 'Reflexive Down & Out', with adequate 'Three Point Target' focus. If you can 'Chase' through the 'Intermediate Target' ('Ground Point 10-15 inches in front of the ball, on the 'Target Or Ball Flight Line', then 'Follow - Finish' to the 'Top Of The Front Swing' ('TOF'), you shall be happy!

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

**SATISFACTION GUARANTEED**

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