

# 555 GOLF ACADEMY

**'PERFORMANCE EXCELLENCE'**

## **NINE PRESSURE POINTS**

**The Entire Golf Body Machine**

### **UPPER BODY MACHINE PRESSURE (4 Points)**

- 1) 'Brace Heel Pad' to the 'Golf Grip (**'Horizontal Pressure'**) with 'Brace Thumb Pad ('Drum Stick') applied to the 'Target Thumb Arch' (**'Vertical Pressure'**). 'Motive Force'. (see 'Hold The Penney Drill') (see 'The Bend & Straighten Drill' – 'Velocity Generator' – 'BOSA' creator)
- 2) 'Target Three Little Fingers and Heel Pad' applied to the 'Golf Grip' ('The Primary Swing Lever') (see 'The Dead Rope Concept') This '#2 Pressure Point' more just 'Holds On' rather than to strictly apply 'Force' in either a 'Horizontal or Vertical Direction'. (see 'Bottom of Swing Arc' ['BOSA'], Control of the 'AIMED Club Face' and '#4 Pressure Point' = 'Primary Lever Assembly Tasks')
- 3) 'Brace Index Finger' ... '1/2 Digit Joint' applied to the 'Golf Grip'. (**'Horizontal Pressure'**) (see 'Trigger Finger')
- 4) 'Target Biceps to Lateral Chest & Pectoral Muscles'. (**'Horizontal Pressure'** of the 'Rotational Body Core against the 'Upper Target Lever Assembly')

### **LOWER BODY MACHINE PRESSURE (5 Points)**

- 5) 'Brace Toe Pressure',
- 6) 'Brace Foot Pre-Load' and
- 7) 'Brace Leg Drive'
- 8) 'Pulmonary Pressure' ('Breathing Our during the 'Power Stroke Interval' ... 'Exhausting' out of the 'Lung Furnace' ... 'Exchanging CO2, Moisture and Impurities for fresh O2)
- 9) 'Ocular Pressure' (as minor as this 'Muscular Pressure' may seem, it is 'Huge'. The bulk of the 'Brain Crunch Data' comes from your active 'Captain EYES')

So now you fortunately know more truth about your amazing 'Golf Body Machine'.

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

## **SATISFACTION GUARANTEED**

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