

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

TRIGGER FINGER

The #3 Pressure Point

How we '**Place Our Hands On The Golf Club**' is critical to short and long term success!

How we than '**Execute The Swing**' with those '**Educated Hands**' is also very important!

'The Hands Best Act As Relatively Passive Clamps That More Hold On Than Create'!

Remember, all the 'Horizontal or Round & Round Motion Of The Clubhead' is created by the '**Lower Body Machine**' ('LBM'). Distance is primarily generated by the 'Rotating', 'Coiling and Un-Coiling Body'. This '**Tether Ball Pole**' must be stable and resistive to properly and efficiently 'SUPPORT and TRANSPORT' the '**Upper Body Machine**' ('UBM') or 'Lever Assemblies' of which the 'Golf Club' is a 'Secondary Components or Lever'. The 'UBM' creates exclusively the 'Vertical or Up & Down' Motion' and NO 'Round & Round'!

'The Target Hand CONTROLS The Clubface AIM' and contributes greatly to 'Clubhead PATH & PLANE'. Again, '**Rotational Stability**' is imperative!

The entire '**Target Lever Assembly Sets-up And Maintains The Swing Radius**' as well as the '**#4 Pressure Point**', which is created when the 'Un-Winding or Advancing LBM' presses the 'Chest and Pectoralis Muscles' against the 'Target Biceps'.

'The Brace Hand Monitors Velocity And Magically Takes The Clubhead LAG Out'. When this Clubhead falls behind the 'LEADING LBM', it must catch up through the 'IMPACT & SEPARATION Zone'. This is one of the 'Brace Hand's Primary Tasks'.

Neither of the two 'Hands' are overly '**Fisty**'! They are extended or elongated towards the 'Index Finger and Thumb'. The 'Target Index Finger' is especially extended to the extent that there is a small '**GAP Between The Index And Middle Finger**'. Your '555 TEAM' calls this the 'Trigger Finger'. This 'Extended Index Finger; is very sensitive to the 'Spatial Position Of The Clubhead' in relation to the 'Target Hip or Body Machine'. The extended 'Trigger Finger' has more leverage and can apply more 'LAG Pressure' in order to help the 'Clubhead and UBM Catching Up' process to occur at precisely the right instant. (see 'Timing or RPM')

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7