

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

HAND PATH

Learn The 4 B's

This is a very important element of your 'Golf Swing'. 'Hand PATH' is generally 'SET-UP' and naturally controlled by your 'Spine Angle' and 'Swing Plane' as long as your 'Brace Leg Drive' is efficient, thus producing all the 'Forward Lever Assembly and Clubhead Motion'. This proper 'Physics & Mechanics' prevents 'Flippy-Handed Actions' that are so damaging to any potential for making sound 'Golf Swings & Shots'.

This '**Hand PATH and PLANE**' comes in three conditions. The '**PLANE**' can be '1) Above Plane, 2) On Plane and 3) Below Plane'. The '**PATH**' can be either 1) 'Inside-Out', 2) 'On Path' or 3) 'Outside-In'. (see 'Ballistic Point On The Ball')(see 'DOFT')(see 'BOSA' & 'BLEA')

If we are '**Tight or Loose In Our Lever Assemblies**', we can also produce another related variety of 'Conditions'. We can be either 1)'Pull', 2)'Neutral' or 3)'Push'. (see 'FAT - THIN')

'**ALIGNMENT**' comes in three varieties as well. They are 1) 'Open', 2) 'Parallel' and 3) 'Closed'. If we are 'ALIGNED' properly, we stand a good chance of delivering the ball as 'Pre-Selected', both 'On Line and On Path'.

If we are '**ALIGNED Too Open**' we may direct the 'Ball Flight Line' slightly 'High Energy Side Of The Target Line'. This condition sometimes induces a slight 'PUSH' to accomplish the 'Pre-Selected or Desired Ball Flight Line'.

If we are '**ALIGNED Too Closed**' we may direct the 'Ball Flight Line' slightly 'Low Energy Side Of The Target Line'. This condition sometimes induces a slight 'PULL' to accomplish the 'Pre-Selected or Desired Ball Flight Line'.

Let me suggest that '**You Get Your ALIGNMENT Precisely Correct**' before you do one more thing towards 'Setting Up or Executing'. 'PSR' is key! One must reduce or eliminate the huge number of 'Variables' in the 'Golf Swing' ('Produce Predictable Constants') in order to improve meaningfully or lastingly. '**Create Constants For Consistent Results**'!

Final Statement! From the 'Top Of Back Swing' ('TOB'), the 'Brace Hand PATH' is a relatively 'Straight Line' from there to the 'Bottom Inside Cheek Of The Ball' ('BIC'). It is drop and down. (see 'DOFT', see 'Turn Drop Turn', see 'PUSH & PINCH', see 'Brace Lever Extensor Action')

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