

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

HINGE PIVOT & HOLD

My talented friend, Rick Smith of Matrix Golf, and I had a recent conversation concerning 'The Pitch Shot'. Remember, it is quite simply a larger version of the 'Chip or Bump & Run' procedure. Also never lose sight of the fact that 'A Chip Is A Putt With A Hop' created by the delivered 'Loft'.

Golf is, in its simplest form, just various pretty clearly defined 'Putts', even all the way to your 'Full Swing Driver'. (see 'Procedures or Protocols')(see 'The 5 Essential Elements')

We have only three 'Stages' to our swings. The Stage 1 is 'No Wrist Cock & No Pivot'. ('Putting & Small Chips') The Stage 2 is 'Wrist Cock and No Pivot'. ('Larger Chips and smallish Bump & Runs'). The Stage 3 is 'Wrist Cock & Pivot' or coil and its resultant 'Brace Leg Drive' or what your '555 Team' refers to as 'Pivot Pressure'.

Now knowing this, let us look at the 'Pitch Procedure'.

In its simplest form, it is a smooth, sweeping, 'One Piece Take-Away' powered by a 'Brace Handed Motive Force'. It is important to understand that the 'Hinge' is naturally accomplished and NOT 'Manipulated'. (see 'PUITA') We do not generally 'Make A Hinge' but more enable and allow it to happen due to 'Clubhead Mass Momentum'. When the body stops its 'Coil Pivot' the 'Clubhead' will continue on its 'Back & Up Swing Trip' for just a moment longer and farther. This accomplishes or sets 'Wrist Cock' ... what we have called the "Hinge".

The 'Brace Hand Range of Motion or Travel Distance' creates the 'Pivot or Coil'. (see 'LBM Loads')(see 'The Balsa Airplane Concept')

Interestingly, the 'Chase Follow Finish Height or 'Delivery Clocking' is very similar to the 'Back & Up Swing', height of 'Hands & Clubhead'. The 'Chase Follow Finish' actually tends to be slightly higher, bigger or longer, due to 'Pivot Pressure' and applied 'Core Energy'. (see 'ALSDR')

The 'Pivot' or 'Big Body Rubber Band' is wound up by the 'Brace Hand' in the 'Turn & Lift Segment'. (see 'The Balsa Airplane Concept'). Reciprocally, the 'Lower Body Machine' ('LBM'), 'Power Of The Pivot Engine' drive or fires the 'Upper Body Machine' ('UBM') through the 'DOFT' segment. (see 'From The Ground Up' and 'From The Inside Out')

"Welcome Aboard!"

"Enjoy The Ride!"

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