

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

HIP PATH

You may or may not know what the 'Hand Path' is? If you do, great! If you do not, read more of your '555 Material' or contact your very own **'Certified Personal 555 Master Teaching Professional'** at your leisure. If you want to know the answer quickly, contact us with a sense of urgency!

Knowing the 'Hand Path' will help you to understand the 'Hip Path' more readily. The 'Hand Path' is totally an **'Upper Body Machine'** 'Component & Procedure'. The 'Hip Path' belongs exclusively to the **'Lower Body Machine'** ('LBM').

The 'LBM' produces all the 'Horizontal Motion' or 'Round & Round'. If you want to move the 'Clubhead Towards The Target' you will properly accomplish this physical feat with your 'LBM' and not the 'UBM'.

Your 'Hips' are an integral part of your 'LBM'.

This being the case, if your 'LBM' produces all the 'Horizontal Energy and Motion', then the 'Hip Motion' or 'Hip Path' will very likely be 'Horizontally' in the direction of the 'Target'.

The 'Hip Path', or 'Direction Of Motion', is, indeed, 'Round & Round' in the direct **'Horizontal Direction, Straight Line To The Target'**.

So, when you are making the 'Horizontal, R&R Forward Motion Of The Lower Body Machine', 'Un-Coiling or Un-Winding' of the 'Turned, Coiled or Wound Pivot', feel like you are **'Re-Turning To The Target Side'** ('Coiling is Turning To The Brace Side') with level-ish Hips and Shoulders. Feel like you are generating the 'Power & Speed' of the 'Clubhead' primarily with your 'Un-Coiling Re-Turning Hips' and not your 'Hands, Wrists and Arms'!

So now you know the 'Rest Of The Hip Path Story'!

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