

# 555 GOLF EDITORIALS

## 'PERFORMANCE EXCELLENCE'

### HIPS & SHOULDERS

#### 2 of the 5 Alignment Axes

The three 'Primary Positions' in golf are 1) 'Set-Up' or better known as 'Impact Fix', 2) 'Top Of Back & Up Swing' ('TOB') and 3) 'Impact & Separation and 'Bottom Of Swing Arc'. ('BOSA')

You know that your '555 Team' breaks the 'Bach & Up and Down & Out Swings' into '11 Swing Sequences'. SS #1 is the 'Impact Fix' or where you take it away from, SS #5 is the 'TOB', SS #8 is the 'Impact & Separation Point', while SS #10 is 'Top Of Front Swing' ('TOF' ... 'Target Post') and SS #11 is the 'Bounce Back', which you may or may not employ.

At SS #1 your Hips and Shoulders are austensibly 'Parallel to the Target or Body Line'.  
At SS #5 your Hips are 'Coiled / Closed' approximately 45 degrees, depending on the individual.  
At SS #5 your Shoulders are 'Coiled / Closed' approximately 90 degrees.

At SS #8 your Hips are 'Un-Coiled / Open' approximately 35 degrees, depending upon the individual. ('Hips' are  $45+35=80$  degrees – 'Total ROM')

At SS #8 your Shoulders are 'Un-Coiled / Open' approximately 25 degrees, still 'LAGGING' behind the 'LEADING' hips. ('Shoulders' are  $90+25=115$  degrees – 'Total ROM')

At SS #10 (see 'Chase Follow **Finish**' – 'Club Behind Your Back'), your 'Hips are 'Open' approximately 90-110 degree, while your 'Shoulders' are 'Open' approximately 130-150 degrees. Notice that your 'Target Foot' is flared 45-60 degrees. Thus your 'Pivot Release' of the 'Hops & Shoulders' is 45-60 degrees greater than with the 'Square Brace Foot' ('No Flare') at the 'Top Of Back Swing'. ('TOB' ... 'Brace Post' ... 'Weight Aft Tilted')

At SS #11 (see 'Bounce Back'), your 'Hips and Shoulders are Square To The Target' ... neutral and fully 'Released'.

Note that there is a small amount of 'Forward or Lateral Motion' ('Turn & Slide') created by the 'Target-ward Rotation' towards the 'Target Hip'. ('Weight Forward Tilted' atop of the femur)

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

### SATISFACTION GUARANTEED

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