

# 555 GOLF EDITORIALS

## 'PERFORMANCE EXCELLENCE'

### BASEBALL

#### Home Run Hitters

So how do baseball's big hitters get that stitched 'Ruth-Mantilian' ball across the center field wall with seemingly such ease?

It is with 'Delivered Power' ... with the 'Power Line Delivery Sequence' ... 'Accumulate, Load, Store, Deliver and Release'. (see 'ALSDR')(see 'Clubhead Release' - 'CHR')

These baseball athletes anchor their cleats against the ground, against the 'Big Green Ball' ('Mother Earth') to create 'Coiled Resistance or Pressure' from which to sequentially propel their 'Lower & Upper Body Machines' and that bat.

Quite simply, every step we take is powered from or out of our 'Brace or Back Foot', while thrusting from the ground. 'Time For A Feel' ... stand up right now and take a couple slow motion steps. You will feel the truth. If you were to make them up a steep hill, you would feel even more 'Pivot Pressure or Push' ... 'More Work'.

That is why we refer to the 'Golf Front Swing' as evolving 'From The Ground Up' and 'From The Inside Out'. Learn this reality and you shall be rewarded. Bedrock knowledge for YOU!

The 'Golf Strike' is primarily a 'Pushing Motion' out of the 'Powered Pivot Base or Brace Foot' and not out of the 'Un-Powered Target Foot'. The 'Target Foot' must 'Steer So We Can Clear' our 'Retreating Target Pivoting Hip'. The 'Brace Hip' is advancing and demanding that the 'Front Hip' simultaneously retreats or turns behind the 'Body Line'. (see 'Swap Pockets Drill')

Rotation is like that ... one side of the circle is advancing while the other is retreating.

If you just stand up and make a 'Slow Motion Drill', 'Brace Side Driven' through the 'Impact & Separation Zone', along to the 'Target Side', you shall feel this circular reality!

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

## SATISFACTION GUARANTEED

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