

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

HOW TO WRIST COCK

vertical wrist hinge motion

We know that our 'Brace Wrist' hinges on three (3) 'Motion Planes' and on three axes or wrist pins (see 'Door Hinge') ... 1) 'Vertically' about the 'Horizontal or Equatorial Axis' ('CLU' – 'Cocked, Level & Un-Cocked'), 2) 'Horizontally' about the 'Vertical or North South Polar Axis' ('BFB' – 'Bent, Flat & Bowed') and 3) 'Rotationally' about the 'Longitudinal Axis' ('TVR' – 'Turned, Vertical & Rolled'). (see 'Forearm – Radius and Ulna')

Thus we have 9 specific 'Positions' with an unlimited number of variables.

Let us simply look at 'ONE' ... 1) 'Vertical Action' around the 'Horizontal Wrist Hinge Pin or Axis'. The three primary and common 'Positions' are 'CLU' – 'Cocked, Level and Un-Cocked'.

The '555 Team' has a very simple question for you! **"How Do You Accomplish Your 'Wrist Cocked Position' At The 'Top Of Back Swing'?"** ('TOB')

There are three options ... 1) Muscular Mechanical ('Actively'), 2) 'Passively' and 3) the first two combined. (see 'Target Hand Controls The Clubface')(see 'Quiet Triangles')

You want a 'Muscularly Stable Wrist Universal Joint' (on the 'firm side' with ideal 'Impact Fix' components), but you do NOT generally want to accomplish the 'Cocked Position' actively.

This being the case, how do we accomplish 'Wrist Cock' at 'TOB'?

When we create slight to moderate 'Clubhead Mass Momentum' on the way to the 'TOB' ('Not Quick' and without that "&" word), the actual 'Energy and Momentum' developed in the 'Club Shaft and Clubhead' will want to keep going after the 'Body Parts' have stopped against the 'Load - Coil'. This 'Inertia' will passively 'Set Your Wrist Hinge'. No conscious effort! Try it!

"Welcome Aboard!"
"Enjoy The Ride!"

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