

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

IF YOU CAN'T

If you can't let the air out of your lungs ('Expel or Release Pulmonary Pressure'), you will not be able to let the dog out! ('Create Power and Rip Your Driver')

Athletes of all disciplines are disciplined breathers. Think of the 'Winter Olympics Biathlon'. These people are acutely trained in breathing! Lose your controlled smoothness and you are done!

In order to 'Release the Lower Body Machine Pivot Load or Coil', we must 'Breathe' properly. This also means that, if our hands are in motion, we shall be 'Breathing Out'. (see 'Upper Body Machine') You will also remember that, if our hands are in motion, our 'Captain Eyes' are not. (see 'Heads or Tails Drill') Additionally, if our hands are in motion, we must know to what extent. (see 'Body Clocking') Quiet Triangles' serve our golf needs best! Thus, we must have an "&" as well as a place to say it! (see 'The Transition Word' – Tempo, Timing & Rhythm, Cadence & Pace')

This 'Smallest Word In The Game Of Golf' is no small detail that can be ignored. If you do so it shall be at your own peril! Your 'TOB Stop Point' must be under absolute predetermined control. (see 'Body Clocking')(see 'Optimal Stroke Length')(see 'Inching In Putting')

If we do not release the 'Lungs and Body', we shall also struggle to find the 'Bottom Of Swing Arc' ('BOSA') or release the 'Hands & Clubhead'. Aspiring to control 'Ball Flight' in this deficient, problematic manner is an exercise in 'Frustration and Futility'.

If you "Can't" control your breathing, then make specific plans to convert that to a "Can".

It is your parade and happiness!

Enjoy!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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