

THE 555 GOLF ACADEMY

PRIMARY IMPERATIVE: IMPACT & SEPARATION

5 BASIC ESSENTIALS: Stationery Head ('Balance'), Timing, Tempo, Rhythm, Cadence and Pace.

5 ESSENTIAL ELEMENTS: Clubface AIM, Clubhead PATH, Clubhead Speed,
Sweet Spot ('OPA'), Angle Of Attack

5 PRIMARY ABSOLUTES: Flat Target Wrist ('Impact Component')
Clubhead Lag Pressure ('Pivot Component')
Clubshaft On PLANE ('Plane Component')
That 'Little "&" Word ('Timing')
'Breathing Out When Your Hands Are In Motion' ('Human Power')

THE BALL GOES WHERE THE HANDS GO

(Brace Index Finger 'X' – PATH Component)

THE HANDS GET TO THE BALL BEFORE THE CLUBHEAD

(Clubhead Lag Pressure, IMPACT FIX – Pivot Component)

SECONDARY ABSOLUTES:

- 1) 'Clubface AIM' as Pre-Selected
- 2) 'Clubhead PATH' as Pre-Selected
- 3) 'Clubhead Speed' as Required (F/S LTF/S)
- 4) 'Optimal IMPACT Area' ('OPA') or 'Sweet Spot'
- 5) 'Angle Of Attack'

- 6) **POSTURE** CHIN Tallish, Matador Proud, Forward
Inclination with Spinal Aft-Tilt
- 7) **GRIP** Properly designed and functional
- 8) **STANCE** Proper Foot AIM and Width
- 9) **BALL LOCATION** Optimal, Clavicle
- 10) **ALIGNMENT** 5 Axes properly 'Set-Up' to support and
promote facilitated Pre-Selected 'PIVOT or Rotation'.

- 11) Proper '**Tempo, Timing, Rhythm, Cadence and Pace**'

- 12) Controlled **PIVOT**, i) Brace Side/Post
ii) Target Side/Post
'Proper Spinal Inclination and Aft-Tilt'

- 13) Longish Levers (**EXTENSION**) swinging under that
Tallish CHIN with the Matador Proud 'FEELING'

- 14) Hands and Arms 'FEELING' **DEEP FLAT WIDE**
(Brace Lever Extensor Action or Down & Out Force)

- 15) **EYE-HAND** co-ordination
'See The Ball Come Off The Clubface' ('Balance & Precise Coordination')

- 16) Balanced / Controlled **BREATHING (4 B's)**
Rhythmic Balanced Tension & Relaxation
(paired and co-operative Tetanus / Tonus)
Exhaling While Clubhead is in MOTION

- 17) Swing the Clubhead (geometrically) on Plane, Up & Down, 'Along the Target Line' to the Pin, Follow and Finish relaxed. (breathing out) Looking Directly Intensely at the Pin (target). FEEL like you are 'Rolling the Clubhead' like a big wheel, right down the centre of the fairway road dead at the hole.
- 18) **'Clubhead in the proper ORBIT, ON PATH and ON PLANE'**
- 19) 'Knee Flex and Sit-Down' (Turn Shoulder/Hips Level)
- 20) **'Brace Toe Pressure'** Stimulates B/F Pre-Load
- 21) **'Brace Foot Pre-Load'** Activates B/L Drive
- 22) **'Brace Leg Drive'** Powers the PIVOT (LBM)

'THE BRACE SIDE DOES THE WORK'

The 'Target Swinging Side' controls 'Clubface Aim', 'Bottom Of Swing Arc', Clubhead Path' and 'Club Shaft Plane'.

- 23) Stable Flexed Brace Knee (Base of PIVOT or Coil)
- 24) Stable 'Spinal Crankshaft or PIVOT'
(resultant of the Stable Flexed Brace Knee)
- 25) **Pre-SHOT ROUTINE**
- 26) **Post-SHOT ROUTINE** Evaluate Ball Flight related to your Pre-Selected Components & Procedures
- 27) **'COMPRESSION AND LINE OF COMPRESSION'**
- 28) **TAKE DEAD AIM** If you have nowhere to go, 'QUARTER', you will go nowhere!
- 30) **VISUALIZATION** **Proper State Of Mind**
- 30) Play in the 'Present Tense'
- 31) Practise in the 'Training Mentality'
Play in the 'Trusting Mentality'
- 32) **'YOU'** are the best and most important piece of equipment that you own. **'Be The Best You Can Be'!**

Sounds like a 'Tall Order'! Well it is not as **'Burdensome'** as one might think when some basic rules and Procedures are understood, adopted and applied 'Consistently'! The '5 CONTROLS' will be big help!

"Welcome Aboard!"
"Enjoy The Ride!"

PERFORMANCE EXCELLENCE