

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

IT DOES NOT HELP

'Clubhead Speed' in your 'Back & Up Swing' does NOT help your 'Clubhead Speed' in your 'Down & Out or Front Swing'. (see 'Down Out Forward & Through' 'DOFT') The actual 'Back Swing Velocity' does NOT accumulate and contribute to the 'Front Swing'.

With any marked direction change, as in backing your car out of the garage, we must come to an absolute stop before you shift into a low initial forward gear. A 'Stop At The Top' is most certainly a 'Pause At The Top of our Back & Up Swings'.

Make sure you say the 'Little "&" Word' at the 'Top Of Back Swing' ('TOB'). This ultra simple tiny task will ensure that you have good 'Tempo, Timing and Rhythm' in all your golf motions. Has anyone told you that "You were really quick!" Well, the "&" word fixes that! Pretty cheap and highly practical fix, right?

Make your 'Take Away' is 'Soft & Brace Handed', 'Sweeping, Low & Slow ... Deep Flat & Wide'. Set-Up with good extension and maintain it all the way to the 'TOB', but certainly to the 'Shaft Horizontal' and then the 'Target Lever Horizontal' positions. (see 'Swing Sequence #3 and #4' ... #5 is your 'Top Of Back Swing')(see 'The 11 Swing Sequences')

Make sure you are 'Seeing The Ball Come Off The Aimed Clubface'. 'Ocular Acuity Is King!' Remember that your EYES are the 'Captain Of The Ship'. What you see you can hit! Don't worry about 'Staying Down' through the strike. If you keep seeing the 'Bottom Inside Cheek Of The Ball' ('BIC') you will be very stable, successful and happy.

Make sure, that 'You Are Breathing Out If Your Hands Are In Motion'. This is just simple 'Athletic Physiology'. A lot of golfers think this is silliness. They are wrong minded!

Don't leave home without this really good 'STUFF'!

**"Welcome Aboard!"
"Enjoy The Ride!"**

SATISFACTION GUARANTEED

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