

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

ISOLATE THE PARTS DRILLS

THE BRACE HANDED SWING

You already know that your '555 Team' teaches and preaches that 'The Brace Hand & Lever Assembly Provides The Power Of The Swing'. The 'Brace Lever' is the '**Hitting Lever**'. It delivers 'The Blow'.

The 'Target Lever' is the '**Swinging Lever**'. It establishes and control the 'Swinging Motion' ... the 'Bottom Of Swing Arc' ('BOSA'). The 'Target Hand' ('Lever') controls the 'Clubface AIM'. The 'Target Lever' provides 'The #4 Pressure Point', whereby the 'Target Bicep' is 'Pushed' rotationally towards the 'Target' by the 'Brace Leg Driven Target Pectoral or Chest Muscles'. (see, 'The LBM provides all the 'Round & Round')

Note that the 'Lower Body Machine' ('LBM'), in the 'Front or DOFT Swing' (see 'Down, Out, Forward & Through') Un-Coils, Un-Winds or Un-Loads' in a 'Target-ward' direction. In this process, the 'Rotational Motion' of the 'Trunk, Abdomen & Chest' actually 'Pushes Or Thrust' the 'Target Arm' towards the 'Target' as well.

We mentioned that the 'Brace Lever Assembly' provides the 'Hit' and really controls this 'Energy Storage and Release'. (see, 'ALSDR')(see 'Bend & Straighten').

Thus, a great '**Isolate The Parts Drill**' is to make a small, 'Putter Like Take Away' with the 'Brace Hand', getting bigger and longer each trip, until you actually complete the 'Back & Up Swing', all the way to your 'Top Of Back Swing' ('TOB'). When your Brace Hand' comes to a natural 'Stop At This TOB', you shall be in a perfect position ... 'On PATH and On PLANE'. Your '555 Team' calls this position 'Being Top Slotted'.

Remember this 'Feel'! It will serve you well!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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