

# **555 GOLF ACADEMY**

## **'WHERE PASSION MEETS PERFORMANCE'**

### **PUTTING DRILLS**

#### **ISOLATE THE PARTS**

We all know that the 'Stage One Putting Stroke' requires 'No Wrist Cock' and 'No Pivot'. This means that your 'Lower Body Machine' ('LBM' – Feet, Legs, Hips, Abdomen & Trunk, Chest, Shoulders and Head') is very still.

I was just practising my 'Putting' ('Rare Occasion') and got some 'LBM Motion' ... somewhere? It was so subtle that I could not put my finger on it right away. Had no second set of eyes to help me out!

So we did it the 'Old Fashioned Way'. We 'Isolated The Parts'. I suspected that my 'Captain EYES' were peeking! They may have been a little. I made them get up on the bridge and be 'Captain'! That stabilized the 'Top Of My Tether Ball Pole'.

I felt that my 'Hands' might have been a tiny bit overly active ... a little 'Flip Handed'. I focused on my '#3 Pressure Point' ('Target Thumb Nail Contacting My Brace Thumb' from the very 'Talk-Away' to the absolute 'Follow Finish'.

The final 'Isolate The Parts' test I did was the one! I felt suspicious that I had a little movement in my 'Knees & Hips'? ('LRM' – Sway and/or Slide'), Needed to dispel or discover! The way you do this is to 'Set-Up' with a 'Narrow Stance' and establish 'Locked Knees' ... 'Stiff Legged'. Now you cannot move!

That was it! I struck the ball with more authority ... 'Square and Hotter', with improved 'Timing In The Arc'. (see 'DOFT') It went a little too far. I just 'Inched' it back! Now I knew what to stabilize and could take small corrective measures.

You can see that, with a scientific basis, we can determine and direct our own destiny!

**“Welcome Aboard!”**

**“Enjoy The Ride!”**

### **SATISFACTION GUARANTEED**

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