

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

LEAD & LAG

Most people understand the terms 'Lead & Lag' when describing 'Lead A Horse' and 'Lagging Behind'. The meaning is similar when describing 'Golf Mechanics'.

When the 'Golfing Machine Body' ('Lower ('LBM') & Upper ('UBM') Body Machines') is at rest or '**Static & Passive**', such as at the '**Address Ready Position**', the 'Clubhead, Hands, Wrists, Arms, Shoulders and the Entire Body' are all relatively '**Neutral MATCHING**'. All the 'Components are in a relative 'Square RPM' condition.

When we go to '**IMPACT FIX**' the same 'Relative Neutral MATCHING' condition exists. All that we have accomplished that is different in this 'IMPACT FIX' is to 'Set-Up' the 'Components' in a '**Pre-Supposed Impact Position**'. We are imitating the way we might want to be at the 'Moment Of SEPARATION'. A very good thing to do!

In this 'Configuration', we are slightly '**Forward Pressed In The Hands & Arms**'. Remember, your '555 Team' has told you that a 'Primary Absolute' is the physical fact that '**Your Hands Get To The Ball Before Your Clubhead**'. This prevents 'Throw Away' and other 'Flip-Handed Errors' that directly erode accuracy.

If the 'Lower Body Machine', 'Brace Leg Driving Action', is the 'Primary Engine' that produces all the 'Round & Round' or 'Horizontal Motion', then this 'PUSH Action' causes the 'Thighs', 'Hip Girdle' and 'Abdominal Trunk' to move before the 'Lever Assemblies' and 'Clubhead'. '**The Handle Of The Whip Moves Long Before The Tip Of The Whip Cracks**'. The 'Handle Is The Leading Component'!

In the properly executed 'Golf Swing', the '**Driving Lower Body Machine Motion**' '**LEADS**' ('Occurs Earlier Than') the '**Upper Body Machine LAGGING Motion**'. The 'UBM' 'LAGS or TRAILS' .. does its work later than the 'LBM' 'Components' that are closer to the ground where the 'Brace or Resistance' occurs. The 'Flail Head Lags'!

Think 'RPM'! The bicycle valve stem always faces the same spot on the rim. The only 'Interval' when there is 'NO LEAD or LAG' between the 'LBM' and the 'IBM' is at 'Static Address Ready' and again at the 'Dynamic Bottom Of Swing Arc' ('BOSA') when both 'Levers Are Fully Extended' and at high speed. (see 'T/Lever Drag Link')

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