

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

LEARNING BACKWARDS

Perhaps not often, but sometimes doing the opposite to the norm is the most efficient and effective path to wander down? Meandering with purpose may be a better term?

Rather than to learn your swing from start to stop, why not give it a go from stop to start?

Go to your 'Balanced Chase, Follow-Finish'. Hold that position ('Swing Sequence #10 – Swing Segment #4F') for a moment. This is where you want be after making a great pass at the 'Little White Ball'. Remember, a good 'Follow-Finish' is the result of a good 'Set-Up' and swing!

So, being there, 'Top Of Front Swing' ('TOF'), let us see if we can reproduce the 'Clubhead Journey'?

Start from the 'TOF', drop and flow smoothly through 'The Impact & Separation Zone' traveling all the way 'Back & Up' to the 'Top Of Back Swing' ('TOB').

Now hold that position, ('Swing Sequence #5 – Swing Segment #1B - 1F') for a 5 count.

Then repeat the 'Clubhead Trip' to your 'TOF', 'Hold' for a 5 count and do it all over again until you 'Remember The Feel'.

Don't forget that 'Tempo, Timing & Rhythm Are King' when it comes to 'Balance'! Always "Swing In Balance"! This produces 'Ball Flight Control' and happiness!

These are part of your '555 Slow Motion Drills'.

Become aware!

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

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7