

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

LIES

ground conditions - level or not

We always have something in common with our golf balls ... not being hard headed! We are both resting, standing or sitting on the ground!

There are only five primary 'Lies' ... 1) Flat, 2) Up Hill, 3) Down Hill, 4) Side Hill with the ball above our feet and 5) Side Hill with the ball below our feet. Of course we can have combinations of the above. i.e. "Down Hill With The Ball Below Our Feet"

Let's firstly talk about standing on and hitting off of perfectly flat ground. Simple and easily understood is a good place to start.

Ground level ... 'The 5 Alignment Axes' ('Feet, Knees, Hips, Shoulders & Ears,') level. Our 'Brace Shoulder' will generally be slightly lower than our 'Target Shoulder' due to the fact that we are generally 'Brace Hand Low'.

Thus our 'Shoulders' will be roughly matching the slope of the ground ... what we refer to as 'Level - Level'. We naturally swing along our 'Foot or Body Line'. We must swing along the ground to effect a quality sweeping and pinching shot. This is a good 'Set-Up' situation that invites a natural execution.

What happens if we are standing on an 'Up Hill Lie' with our 'Shoulders Level' ... not parallel to the ground? 'Level Shoulders' will swing 'Level' to themselves and will NOT follow the 'Up Hill Foot Slope'. (see 'Fulcrum & Pendulum') We will swing level to our 'Shoulders' and thus 'Stick The Club Into The Up Hill Ground'. You can figure out the other combinations.

So what do we need to do? Is there a rule? Yes! '**Match Your Shoulders To The Slope**' and then '**Swing Along the Slope**'. Your 'Foot Loading' may be unusual, but generally disregard it. Want a 'Rule Of Thumb' ('ROT')? Step down the hill and leg drive up the hill through the strike. 'Knee Flex' is key. Do not over-swing. Say your little "&" word for tempo and timing!

"Welcome Aboard!"

"Enjoy The Ride!"

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