

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **LOGICAL?**

is a good thing

I am certain we shall agree that 'The Moment Of Impact & Separation' is that 'Golf Moment Of Truth' we often hear about? Am I correct? Knew there was a good chance we would agree!

With this concurrence on the table, once we can establish or determine what the golf strike 'Impact & Separation Conditions' are, as required to accomplish our 'Pre-Determined Outcome', we should be able to make good things happen repeatedly, in 'The Heat Of Battle'.

If we can 'Set-Up' properly in what your '555 Team' refers to as 'Impact Fix', it stands to reason that our 'Back & Up Swing' is or can be the 'Dress Rehearsal' for our 'Down & Out Swing'. The first is 'Passive & Loading', while the second it 'Active & Un-Loading'. (see 'Dynamic')

With this as our mechanical baseline, we shall be able to 'Determine Our Lever Positions'. Under load, ('Kinetic Delivery Speed') they are 'Centripetally Extended' ... longish or 'In Line'. Ones 'Arm Plane Line' and the 'Shaft Plane Line' are relatively the same ... one line from the 'Brace Shoulder to the 'Sweet Spot'. That is how we deliver 'Connected High Energy' from the human body to the 'Butt Of The Ball'. (see 'Bottom Inside Cheek' - BIC' - 'Ballistic Point')

Many people 'Set-Up' with the 'Lever Assemblies' ('Hands, Wrists, Forearms, Elbows, Upper Arms and Shoulder Sockets') substantially hanging from the 'Shoulders' ... with the arms aiming slightly out in front of the 'Foot Line'. There is a considerable 'Wrist Break' or 'Hinge' into the 'Cocked Configuration' which has to change through the strike zone.

If we fire through the 'BIC' in the 'Down Out Forward & Through' swing with our 'Levers Extended In Line With the Shaft', it is 'Logical' that we might start from that condition ... less elements requiring substantial change from 'Address Ready' through 'Impact & Separation'.

Sensible too?

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

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