

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

Q & A

LOWER BODY MACHINE ESSENTIALS

Graham:

Quick but important follow-up thought! (the initial contact is below – perhaps read it first)

If you do not master your 'Lower Body Machine' actions ('Feet, Knees, Hips, Abdomen & Trunk, Chest & Shoulders') you shall tend to be 'Arms Over Legs' with chronic, unpredictable 'Ball Flight Curvature' ... mostly 'Leaky or Swipecy Fade – Slice Golf' (the cousin to 'Pulley Golf') ... unless you manipulate your 'Ball Flight Shape Outcome'.

You do not want to get into this bad habit. You will never know where your ball is going! We call it 'Get Lucky Golf'. No happiness in this technique based on weak motions!

Your delivery ('Down & Out Swing') needs to be on an 'Inside Out Club Head Path' and be generated 'From The Ground Up'. The 'Back & Up Swing' is logically the opposite.

What is your normal 'Ball Flight Shape' ... Short Irons, Mid Irons and Long Shafted Clubs?

How well are you scoring and where?

My 'Players' know and master this material early or pack their bags!

I shall explain if you like?

You and I are conveniently located.

KF



Karl Fischer, CIMTP

Graham:

Thanks for your enquiry.

I am impressed by your reference to “Lower Body Work”!

I get 60 to 120 e-mails a day ... half ‘GOLF’ and half ‘FLY’ ... two of my three ‘Passions’!
Your knowing the term ‘Lower Body Machine’ (‘LBM’) is rare! Good for you! Perhaps you will one day tell me where you learned it?

You shall thus know what the ‘Upper Body Machine’ (‘UBM’) is as well? Give you a clue? ...
‘Shoulder Sockets, Upper Arms, Elbows, Forearms, Wrists and Hands – plus ‘The Golf Club’. It is part of the ‘Target Lever Assembly’ that ‘Swings’. The ‘Brace Lever Assembly’ produces the ‘Hit’. We need to meet and share a cup of coffee! I’ll buy!

Let’s talk about what your ‘555 Team’ refers to as ‘The Bend & Straighten Drill’ (‘UBM Topic’) ... most interesting indeed.

Our 'Lower Body Machine' performance is perhaps more about 'Set-Up' than 'Execution'. It is simpler yet perhaps more important than most golfers envision. Thus we must ‘Set-Up For Success’ and ‘Execute’ more ‘Subconsciously than Consciously’! Something to think about?

Interestingly, we actually have a programme called 'Setting Up For Success'. You will find this of practical and tangible interest. Never leave home without it! Loyal foot soldier support!

We improve this client 'Lower Body' aspect all the time ... in fact with virtually every student. It is not an option if you want to be a proficient and happy golfer who can score!

Tell me about your 'Short Game' please?

We have lots to discuss.

Feel free to give me a call.

Dr. Karl
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“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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