

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

MAINTAIN YOUR QUIET LEVER TRIANGLES SHOULDER ONLY STROKE PROCEDURE

This groups of experienced '555 GOLF' teachers looks at the golf swing taking on ONLY two basic forms ... 1) **The PUSH Basic** and 2) **The PUNCH Basic**.

The first premise is that we make a 'Triangular Shape' with out 'Hands, Wrists, Forearms, Elbows, Upper Arm and Shoulder Sockets' ('Lever Assemblies') when we 'Putt and Chip'.

This 'Triangle' does NOT change its shape at any time in a 'Putting and Small Chipping Action'! (**'Stage One Procedure'** – No Wrist Cock and No Pivot') However, when we move the 'Brace Hand' farther into a bigger 'Chipping Motion', we induce some 'Wrist Cocking Action'. At this point in time & space or 'Swing Progression', we grow into what your '555 TEAM' calls the **'Stage Two Procedure'**. That entails 'Wrist Cock' but NO Pivot' or 'Lower Body Action' as a result of 'Coil' 'Load' or 'Wind'. The 'Hips Do Not Rotate' in either 'Stage One or Stage Two Procedures'! ('Virtually No 'X' Factor')

Keep It Stupid Simple! I fully understand that you may be seeing new terms, but the meaning is very simple. Learn the terms!

The **'Push Basic'** involves the **'Secondary Golf Engine'** only, (see 'Rocking Chair Shoulders') which again means there is no 'PIVOT' and its naturally resulting 'Brace Leg Drive'. There is no 'Pivot Pressure' creating any 'Lower Body Machine Horizontal or Round & Round Motion' in any 'Component Of The Golfing Machine'.

This **'PUSH Basic Procedure'** involves a 'Brace Hand Take-Away' (to a certain 'Brace Hand Travel Distance' 'BHTD' 'Inching') to a 'Less Than Full Swing' 'Range Of Motion' ('ROM'). The 'BHTD' causes the 'Clubhead' to move 'Back & Up'. This elevates the 'Brace Shoudler', which 'Loads The Machine' (see 'Stage One' – No Wrist Cock and No Pivot and 'Stage Two' Wrist Cock but No Pivot).

'There Is NO PIVOT Loading, Winding or Coiling' in the 'PUSH Basic Procedure'. The ONLY 'Loading Motion' is the 'Elevating Of The Brace Shoulder' very much like lifting a brick vertically to the top of a building and then releasing it to gravitationally fall to the ground while gaining speed.

There is another straightforward manner of adding more **'Energy'** to the brick than just 'Gravitational Energy'. One can 'Apply 'Down Force' or 'Downward Thrust'. This 'Transfer Of Muscular Energy' accelerates the 'Velocity' of the brick causing it to 'Impact The Ground' with more 'Force' than had it been simply elevated and released.

The **'Less Than Full Golf Swing'** is very similar to this process. We do not take our 'Brace Hand' all the way to the 'Coiled Top Of Back Swing' ('TOB') and thus, do NOT 'Fully Load, Wind or Coil' the **'Lower Body Machine'** ('LBM'). When we make a 'Full Swing Procedure', we do reach the 'TOB' and thus induce 'Full Load Coil'. (see 'ALSDR')

When the **'Lower Body Machine'** is loaded in this 'Less Than Full Swing Brace Hand and Brace Shoulder' manner, it is naturally 'Un-Loaded' in the opposite and proportionate manner and 'Motion'. 'Newtonian Physics' at its simplest!

Thus, the entire 'Back & Front Swing' is comprised of 'Brace Hand Back & Up' ('Elevating and Loading the Brace Shoudler'), 'PAUSE At The Top' ('TOB' "Trigger Words – 1 & Thru or Chase") followed by the 'Down & Out Swing' whereby the 'Brace Shoudler' drops or returns to and THROUGH its original 'SET-UP' ('Address Ready' or 'IMPACT FIX' positions). The 'Ball' gets in the way of the 'Accelerating Clubhead' and, via 'Transfer Of Energy', is energized and moves away in a direction 'Square To The AIMED Clubface' and relevant to the 'Clubhead PATH', 'Clubhead SPEED', 'Sweet Spot' and 'Angle Of Attack'. (See 'The 5 ESSENTIAL ELEMENTS')

A very good way to describe the 'Golf Swing' is that it is a 'Back & Up Hand Motion' followed naturally by a 'Balanced' 'Down & Out Motion'. Rather a mirror image!

Again, when we do NOT 'Load, Wind or Coil' our 'Lower Body Machine' ('LBM') soft tissue, we do not create any 'Rotary Coil or Horizontal Engine' and the 'PUSH Basic Motion' is thus about **'Up & Down Brace Shoulder Action'**. Again we call this the **'SECONDARY GOLF ENGINE'**.

We call the 'Coiling Lower Body Machine' the **'PRIMARY GOLF ENGINE'**. This 'Loads The LBM Soft Tissues', which enables the resultant 'Delivery & Release' of the 'Potential Energy' into the form of 'Kinetic or Useful Energy'.

The **'PUNCH Basic Procedure'** is really a magical progression of the **'PUSH Basic'**! We just move the 'Brace Hand' farther like a **'Balsa Airplane Propeller'** and wind the rubber band! The farther one moves the 'Brace Hand Travel Distance' the more one winds up the **'LBM Human Rubber Band'** until it comfortably 'Accumulates, Load & Stores Optimal Energy'. This 'Full Coil' having been accomplished, the reverse process 'Delivery & Release', can happen naturally! Hence we arrive at the 'Mnemonic' 'ALSDR'. ('Accumulate, Load, Store, Delivery and Release')

The **'PUNCH Basic Stroke Procedure'** involves 'Brace Leg Drive'.

The **'Shoulder Only Stroke Procedure'** ('Stage One') is another way of describing our 'Putting and Short Chipping Motions'. This is a proper physical function.

The **'Arm Only Stroke'**, with 'No Brace Shoulder Movement' would be an improper 'Stroke Pattern' as you would have to change the 'Set-UP Shape Of Your Triangle'.

There is no 'Mechanical Stroke' that stands up to the consistency of the 'Shoulder Only Stroke Pattern'. A 'Wrist Only Stroke Pattern' is a 'Manipulated Procedure'. Maintaining any semblance of 'Consistent Clubface AIM and Clubhead PATH' is a dream not coming true any time soon! Big numbers!

The **'PUSH Basic Stroke Is A Brace Hand or Lever Only Stroke'** that uses a 'Pushing Motion' to 'Power' the controlled 'Clubhead'. The 'Brace Hand & Elbow' acts as a 'Horizontal Piston' while the 'Brace Forefinger' traces a straight line at the 'Base Of The Swing Plane'. (see 'Three Lever Single Action')(see 'Bend & Straighten')

The 'Brace Shoulder' moves and it is thus considered to be a part of the **'Power Package'** (see 'ALSDR')(see 'Homer Kelley .. The Golfing Machine') The 'Lower Body Machine' ('LBM' 'Pivot') is best kept quiet or as steady as possible. Remember, we are 'Stage One' and perhaps 'Stage Two' which have or involve No Pivot'!

In the 'Stage Two Procedure' the 'Brace Arm' **'BENDS & STRAIGHTENS'** thus creating 'The PUSH Basic Motion'. This draws or traces that 'Baseline Of Plane Line' ('Brace Finger and Clubhead') all the way to the point where 'BOTH The Brace and Target Arms Are STRAIGHT Or Fully Extended' ('Bottom Of Swing Arc' or 'BOSA').

This 'Motion' would have the 'Putter Head' traveling 'Down, Out, Forward & Thru' (see 'DOFT') to the low point, 'Bottom Of Swing Arc' ('BOSA'), which is about opposite the 'Target Shoulder'. (see 'Ball Location')(see 'Swing Sequence #8a').

The **'Shoulder Only Stroke Pattern'** utilizes the turning of the shoulders on an 'Incline or Tilted Plane'. As with all strokes 'The Hands Educate or Guide The Pivot' ('Lever Assemblies' guide the 'Lower Body Machine') so tracing a 'Straight Plane Line', moving the putter head along a plane board ('Zero Angle – Baseboard Molding Drill') or using a curved device ('Putting Arc'), will teach the shoulders to move on an 'Incline Plane'. The 'Brace Shoulder' must move 'On Plane' in order to keep the 'Putter Head Moving On Plane' during the 'Shoulder Only Stroke'.

The **'Shoulder Only Stroke Pattern'** moves the 'Thoracic Spinal Region' and not the 'Lumbar or Cerebral Spinal Column' ('Rocking Shoulder Action Only').

Thus, the low point for the 'Shoulder Only Stroke Pattern' and low point for the 'Brace Hand & Arm Stroke Pattern' ('Flip Handed Delivery' or 'Throw Away Delivery') are quite different.

How does this relate to **'BALL LOCATION'**? Is the ball position the same for both stroke types?

Your '555 TEAM' believes 'Ball Location' MUST change when the 'Stroke Pattern' and 'Mechanics' change.

In the learned opinion of 'The TEAM', 'Ball Location' should be just after the 'Bottom Of Swing Arc' ('BOSA') in the 'Putting Procedure' so that we strike the 'Ball' on the 'Up Swing' imparting 'Over or Top Spin'.

It is the learned opinion of your '555 TEAM' that, in the 'Full Swing or Stage Three Procedure or Swing', the 'Ball Location' must slightly before the 'BOSA'. One achieves 'Pivot Release' first; 'IMPACT & SEPARATION' second and 'BOSA' last.

The 'Optimal Pivot or Leg Driven Procedure' involves 'LBM Rotary Motion' ('Turn Brace Re-Turn Target') which requires the 'Ball To Be Forward Of Sternum' so that the 'Un-Loading Coil or Primary Golf Engine' has the 'Ball Naturally In The Way Of The Speeding AIMED Clubhead'.

Good 'Mechanically Sound Golfers' "SET-UP" and 'Maintain Their Lever Assembly Triangles' so as to avoid 'Clubhead Throw-Away' and the 'Flip Handed Release' that never protects an 'IMPACT FIX Aimed Clubface'.

"Welcome Aboard!"

"Enjoy The Ride!"

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24/7