

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **CORE OR PIVOT SPEED**

To increase your 'Clubhead Speed', you must stabilize your 'Core' ('Lower Body Machine – 'LBM') and then simply increase your 'Pivot Speed' (see 'Round & Round')(see 'Pivot Pressure')(see 'Lower Body Lead Speed' vs. Upper Body Lag Speed).

You may already be familiar with 'Coiling Brace Side' and 'Un-Coiling Target Side'? If not, you shall soon be smarter!

By focusing on 'Load Winding' from your 'Brace Hand' inward, your 'Shoulders' actually 'Wind-Up' the 'Hips'. (see 'From The Top Down [LOADING] and From The Ground Up' [UNLOADING])

In a way, during the 'Down Swing' ('DOFT') the 'Lever Assemblies' ('Hands, Arms and Clubhead') are going along for the ride! ...but you must clearly understand the 'Bend & Straighten Concept'.

It is interesting to consider a 'Tour Player Driver Clubhead Speed' of 125 miles per hour ... not at all unusual! That is pretty swift! Do you know what the 'Core Speed' is during that 'Un-Load Procedure'? It is in the neighbourhood of 2 mile per hour! The average 'Bloke' may be around one mile per hour!

You might benefit by focusing on your 'Core or Pivot Speed' during your 'Late Back & Up Swing' followed by your 'Down & Out Swing'. A good strong 'Coil' and 'Brace Leg Drive' is the right place to be paying attention to!

By the way, it is logical and easy to focus on the 'Big Slow Moving Hips' ('LBM') that it is to keep track of the behaviour of a 125 mile per hour 'Clubhead'. Keep it simple!

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

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