

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **ALL AT ONCE! R U KIDDING?**

If we can grasp the fundamentals, 'The Foundational Components, Elements and Characteristics Of Golf', we shall certainly better understand our own golf swings and, shortly thereafter, improve deliberately and thus permanently. How about that as an opportunity ... "Fixing Your Swing On The Fly?" This process is a decision based on 'Desire, Honesty and an Open Mind'! There is no other way to the honey pot!

"All At Once?" you ask. Have been summarizing these core items on a regular basis for decades ... but never on one short page! Let's see if we can come up with a sane, uncomplicated attempt that includes the 'Primary Items' and their 'Range or Scope of Function'? Be 'Ocularly Acute' and 'Breathe Properly'!

### The 5 Set-Ups

- 1) Posture ... Optimal 'CHIN Tallish' with space between our Hip Sockets & Sternum
- 2) Grip ... 'Weak Neutral Strong'
- 3) Stance ... 'Narrow Neutral Wide' with each foot 'Open Square Closed' ('Putting is the Basis')
- 4) Ball Location ... 'Forward Neutral Aft' ('Neutral Is Our Putting Ball Location')('BOSA')
- 5) Alignment ... 'Open Parallel Closed' (Line directly from the ball to the target is called 'The Target Line'. The 'Body or Foot Line' is parallel and closer than the 'Target Line'. Use 'Ground Sticks' so you are certain of the physics and mechanics. No system means no improvement! You will struggle with your 'Ball Flight' if you have no evaluation method ... '555 Golf System'!

### The 5 Essential Elements

- 1) Clubface AIM ... 'Initial Ball Flight' is 'Square To Clubface' ('Launch')
- 2) Clubhead PATH ... creates 'Secondary Spin Rate and Ball Flight Curvature'
- 3) Clubhead SPEED ... creates 'Distance and Spin Rate' ... 'Energy Transfer'
- 4) Sweet Spot ... 'Quality Of Energy Transfer' ('Center Of Mass')('Compression & L.O.C.')
- 5) Angle Of Attack ... creates 'Y Axis Spin Rate' ('Trajectory')

### Personal Characteristics

- 1) 'Slow Neutral Fast' ... ('Directly Proportional To Trust & Tension' – 'Grip Pressure')
- 2) 'Tempo, Timing, Rhythm, Cadence and Pace' ... ('How Musical Are We'? Good Golf Is!)
- 3) 'Relaxed Neutral Tense' ('Process vs. Outcome')('Breathing Skills' – 'Trust The 555 System')
- 4) 'Confident Comfortable Consistent' ... ('How much pressure can we withstand? Bring 'IT' On!)
- 5) 'Fear Neutral Trusting' ... ('The Quality Of Our Very Beings')

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

**SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

24/7