

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

THE SIT DOWN MOVE

In Your 'Back & Up Swing'

'Set-Up' properly using all you '555 Golf Procedures and Skills'. You will have a little 'Knee Flex' that was acquired with your 'Plunking Move'.

This 'Plunking' is in and of itself a bit if a 'Sit Down'. You will feel this truth as soon as you 'Set-Up' properly 'Chin Tallsh' and release your knees.

Additionally, when you 'Trigger' your 'Sweeping Back & Up Swing', you will feel your 'Posterior - Butt' lowering slightly as you rotate or coil into the 'Top Of Back Swing'. ('TOB') This is what 'The 555 Team' aptly refers to as your 'Sit Down Move'.

"How and why does it happen?" you ask. Great questions deserve solid answers!

If you were to take a 18 inch piece of insulated electrical wire attached to the bottom of a wooden dowel, the top end would be 18 inches above the base of the dowel. If you were to wrap the 'Insulated Electrical Wire' tightly around the dowel, (starting from the base and wrapping up) the top end of the wire would eventually get progressive closer to the base of the dowel.

The rotating or coiling motion effectively shortens the distance of your 'Head and Butt' to the ground or your 'Heels'. (see 'Base Of The Coil' or 'Lower Body Machine') In the 'Back & Up Swing', we actually rotate around onto our 'Brace Heel'.

It is 'Time For A Feel'. Take your trusty #8 Iron and make a 'Slow Motion Drill' 'Back & Up Swing'. When you achieve the 'TOB', feel the gently increased 'Knee Flex or Load' along with your 'Weight Having Been Transferred To Your Brace Heel'.

Now you know "The Rest Of The Story!"

Knowledge matters!

"Welcome Aboard!"

"Enjoy The Ride!"

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