

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **NEVER SHANK AGAIN ... EVER!**

Let this demon be gone once and for all! Remember a shank is a 'Heel Shot' ... the opposite to a 'Toe Shot'. If you can 'Draw-Hook' and 'Fade-Slice', you can hit a straight ball.

To hit a ball off the hozel, one must make that error happen. Our clubs never swing themselves unassisted! Shanks are about the Indian and seldom the bow and arrow!

The causes are usually a combination of circumstances. 1) You 'Set-Up' too close to the ball. (see 'Ball Location') 2) You reach in during the 'Down Out Forward & Through' swing. (see 'Hand Position') 3) You increase your 'Forward Inclination' in the 'Down & Out'. (see 'Posture', 'Change In Knee Flex, Head Position and Pivot Position') 4) 'Errant Clubhead Path' (see 'Outside In' or 'Casting') 5) 'Errant Shaft Plane' (see 'Below Plane' or 'Pushing')

Let me give you a reliable think? If you are a 'Stable Swinger' and tend to 'Shank' occasionally, alter your 'Set-Up' so that your 'Ball Location' is slightly on the toe. Few golfers know that their 'Lever Assemblies' ('Hands, Wrists and Arms') actually elongate or stretch between 3/4" to 1 1/2" when under centripetal load in the 'DOFT' segment. It is the old bucket of water on a 4 foot rope experiment. The rope gets longer and tighter! (see 'Bottom Of Swing Arc' - 'BOSA')

If you are shanking try the 'Step Back Drill'. 'Set-Up' normally and, just before you trigger your 'Back & Up', step your 'Brace Foot' back about 6 inches ... 'Closed Alignment' ... 'Draw Hook Configuration'. This will prevent your 'Brace Shoulder from 'Casting or Moving The Hozel Forward' towards the 'Target Line and Ball' during 'Down & Out' swing. Relax your grip!

Work on 'Less Than Full Swings' ('Bottom Half Of The Swing Circle' 'Punch Shots') until you get a more comfortable, 'On Sweet Spot' strike. (see 'Inside-Out Draw Path')

Adapt to your 'Impact Fix Set-Up'. It is a magical 'Pre Shot Routine'. ('PSR')

**"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