

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

NOT AS SIMPLE AS

one might think

The human anatomy is not as simple as one might think. It is not overly 'Complicated' but it is 'Complex'. Now tie it to our vulnerable and sensitive psyches and you get a more challenging combination! Happy golfers play better than sad golfers!

Let me see if I can make some complexity more simplicity. In doing so, I am not going to get overly 'Scientific, Anatomical or Mechanical'. More broad strokes than fine lines! As we have two legs, we also have two 'Pivot Posts' to consider ... the 'Target' and the 'Brace'. At the 'Top Of Back Swing' we are 'Brace Post Weight & Power Loaded'. At the 'Top Of Front Swing' we are 'Brace Unloaded' or 'Target Post Weight Loaded' and 'Net Power Off-Loaded'. The 'Potential Energy' has been converted to 'Kinetic Energy' and is spent! We are at equilibrium ... 'Exhaled, Balanced, Position & Hold'.

When you 'Take Your Clubhead Away' you properly do so with 'The Bigger Muscles Of The Lower Body Machine' ('LBM' – Feet, Knees, Hips, Trunk & Abdomen, Chest and Shoulders') This is often referred aptly to as 'The One Piece Take-Away'. The 'LBM' creates all the 'Horizontal Round & Round Motion' ... all the action about the 'North South Polar X Axis'. Likewise, the 'Upper Body Machine' ('UBM' – Shoulder Sockets, Upper Arms, Elbows, Forearms, Wrists, Hands and the actual Golf Club') provides all the 'Vertical Motion' about the 'Equatorial Axis'. (see 'Round & Round' and 'Up & Down')

We swing our 'Driver' in an oblate or out of round circle. The center of the 'Back & Up Swing Circle' is made from the 'Target Shoulder Socket' and the 'Pivot Center' is in the region of the 'Target Clavicle'. The 'Swing Circle is NOT purely centered on the 'Sternum or Spinal Column'.

The 'Down & Out Swing Circle' is 'Brace Leg Driven' and that 'Power Delivery Center' is located around the 'Brace Hip & Medial Head Of The Femur' as we 'Leg Drive' off the 'Brace Side'. The DOFT swing is a 'Pushing Motion' and not a pulling motion. (think of a rear wheel drive pick-up truck). From a 'UBM' perspective, ('Target & Brace Lever Assemblies') The 'Bend & Straighten Velocity & Power Move' is 'Pivot and Power Centered' in the region of the 'Brace Elbow'. It is from that point that the 'Brace Lever' is connected to the 'Pivot or Core Engine'. (see 'The Power Slot')

It is for this reason that your '555 Team' suggests that you feel like your 'Sweet Spot' is 'Body Connected to your Brace Foot and Brace Leg Drive'. (see 'The Power Line Delivery Sequence') We hit the ball with our 'Brace Foot' ... out of the ground.

“Welcome Aboard!”

“Enjoy The Ride!”

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