

# 555 GOLF ACADEMY

**'PERFORMANCE EXCELLENCE'**

## OCULAR RELEASE

(**'Ocular Bail Out'**)

We all know **'The 5 SET-UPS'** and **'The 5 EXECUTIONS'** of the **'555 Golf Trio'**, so we know that, to execute a good 'Golf Shot', we need 'Swinging Motion, Hands, **EYES**, Ball and Pin' (see 'The 5 EXECUTIONS').

We must strive **'To See The Ball Come Off The AIMED Clubface'**. Our **'Ocular Acuity'** sets the stage and directly affects and even controls the quality of our performance. If we see dynamic objects well, we can track and interact with them more effectively than if we do not. **"That Is Why We Play 'Golf' In The Daytime!"**

You will recall that **'Our Eyes Gather About 80% to 90% Of All The Outside Event Data That Must Be Processed By The Brain In Order To Accomplish A Solid Golf Shot'**. That being the case, we should give sight its due respect? Great golfers see things very clearly and acutely. That is why they can hit targets so consistently and precisely. **'Ocular Acuity'** is right dead centre in the **'Path To The Bank'** and **'Happiness'**!

So the 'Eyes' are either focused on the **'Bottom Inside Cheek Of The Ball'** ('BIC') or not! Engaged or disengaged! Right? We are either gathering data or we are not. We are either focused or not! We are happy with our golf strikes or we are not!

Your '555 TEAM' often speaks of the term **"RELEASE"**. We know the dynamic reality of the **'ALSDR Concept'** ... **'Accumulate, Load, Store, Deliver and Release'**. (see 'ALSDR' – 'Power Line Sequence') If one pulls back a 'Bow & Arrow', that simple process 'Loads The Bow and String That Holds The Arrow'. Thus, in the 'Loaded Stage' we have **'Accumulated, Loaded and Stored Potential Energy'**. We have come to a state of **'Readiness To Do Work'** ... The process of going 'Kinetic'!

All we have to do to **'Deliver & Release'** the 'Potential Energy' ('Passive') into its 'Kinetic, Dynamic or Active State' is to 'Release The Arrow and String'. We do not have to force this 'Release'. In fact, the optimal 'Release' is the smoothest gentlest process ... **'Let Go While Smoothly Breathing Out'**. **The 'Golf Swing' is the same!**

The purpose of **'Loading The Bow & Arrow'** is to release it so that the device can 'Do Work' of a useful form! Win tournaments and feed the family ... perhaps!

The purpose of **'Loading The Human Golfing Machine'** is also for the purpose of doing useful 'Work'. We want to strike a 'Little White Ball Dead Stick'. Simple as that!

In the process of **'Loading The Golf Body Machine'** we 'Load The Pivot' ('LBM') which is actually 'Loaded By The Hands & Arms'. ('UBM - Lever Assemblies'). It is our 'EYES', combined with 'Knowledge' that really enable this **'Total Machine Loading'**.

If we 'Load The Entire Body Machine' properly sequentially, we should then 'Un-Load' it roughly in the reverse sequence. (see **'From The Ground Up – From The Inside Out'**)

If we **'Un-Load Any Component Too Early or Too Late'**, we then get out of sequence or coordination (see 'Procedure - RPM'). That causes **'Timing and Rhythm Errors'**, which generally directly affects the quality of the performance and 'Ball Flight'. We cannot create quality 'Compression' and 'Line Of Compression' if we are uncoordinated.

The **'Captain EYES'** are in command of coordination. Use them well!

The moment that one looks away from the 'BIC' of the Ball, the **'Ocular Data'** ceases being gathered and thus the brain loses its rational input into the 'Golfing Machine Process'. We go onto a form of **'Mutinous Random Auto Pilot'**. That is not good!

Looking away from the 'BIC' is a process called **'Ocular Release'** and is very similar to 'Pivot, Hand & Clubhead Release'. Looking away from the 'BIC Of The Ball' prematurely is called **'Ocular Bail-Out'**. This premature loss of focus causes us to physically 'Bail-Out Of The Shot' early as well. (see 'Tether Ball Pole' instability). 'Ocular Bail-Out' causes 'Premature or Faulty Pivot, Hand & Clubhead Release'. This 'Early Release' tends to let the ball go to the 'Low Energy Side Of The Target Line'. (see **'Block, Push and Leak'**) The 'Ocular Error' causes cumulative sympathetic errors.

The 'Ocular Bail-Out' also tends to cause 'IMPACT Errors' such as **'Fat Thin, Heel and Toe'**. (see 'Tether Ball Pole' and 'Target Lever Dead Rope') The reason for this tendency is that 'Ocular Bail-Out', unsteady 'EYES' causes an 'Unsteady Head' which creates an 'Unsteady Pivot'. When the 'Pivot' ('Top Of The Tether Ball Pole') is moving, it is nearly impossible to produce a steady shot with predictable 'Ball Flight'.

If one **'Holds On'** through the 'IMPACT & SEPARATION Duration', 'Release' is prohibited or delayed as well. This 'Hold On' generally causes the **'Pulls or Flip Handed Release'** whereby the outcome 'Ball Flight' tends to be to the 'High Energy Side Of The Target Line'. (see 'RPM' and 'Wrist Hinge Errors')

So you can now see that the poor use of the **'Captain EYES'** results in a whole sequence of negative events and results. **'See The Ball Come Off The AIMED Clubface'!**

## **SATISFACTION GUARANTEED**

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