

# One Minute GOLF TIPS

**'WHERE PASSION MEETS PERFORMANCE'**

## TRIGGER WORD SEQUENCE

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

This 'TRIGGER WORD SEQUENCE' is an original '555 Golf Team' phrase. It says exactly what we want it to say and tells you a very important message or provides you with explicit and variable instruction.

My personal favourite 'Trigger Word Sequence' is **'ONE & THRU, PIN'**. This simple group of words put 'Things Golf' into a 'Timing, Tempo, Rhythm, Cadence, Pace and Balance'. This is no slight accomplishment for four little 'Three Letter Words' (almost) which, when properly used, will prevent those other less-sociable four letter words!

There are things called 'Key Words' which again do precisely what they say they are to do. Help us to 'KEY ON' specific aspects or functions. We know the 'Ball Is Struck' only in the 'Bottom Half Of The Swing Circle' where the 'Clubhead' is 'ADVANCING'. When the 'Clubhead is in the Top Half Of The Circle', it is 'RETREATING' or traveling in the wrong or opposite direction of the Target. This is very important! No point in stepping on the throttle while going the wrong way! This is the stuff that 'Over The Top and Casting' are made of!

The word **'ONE'** is the 'Take-Away Trigger' and it even reminds us that this process is quite 'One Piece'. The very little **'AND'** word tell us precisely when our 'Clubhead Reaches the Top Of Back Swing' (TOB). Direction change is about to happen. The **'THRU'** word tells us the process and timing for the 'Clubheads IMPACT and SEPARATION Interval'. The **'PIN'** word reminds us to 'Track Down The Line' with the 'Ink Spots or the 'X' and to remember that **'THE BALL GOES WHERE THE HANDS GO'**! How much more important can it get?

Play well!

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

## **SATISFACTION GUARANTEED**

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24/7