

One Minute GOLF TIPS

'WHERE PASSION MEETS PERFORMANCE'

DON'T FORCE YOUR SHOTS

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

This '555 Golf Academy Tip' is a core consideration. So many nice folks try to hit the ball so hard and really 'Force Their Shots'. This produces **'TENSION', 'The Number One Killer Of A Good Golf Swing'**.

Are 'Tight Muscles' fast or slow? If you can answer this question, you are well on your way to the realization of core truths about the 'Golf Swing' that will put you in good stead for the rest of your career, even if is just **'Having Fun Chasing The Little White Ball With The Stick Through The Rolling Heather Covered Hills'!**

Tight muscles are Slow! A slower 'Clubhead Speed' produces less 'Distance' and tends to impart **'Component and Procedural Errors'** that induce **'Bad Spin Rates'** which suck! You know, curving leaky 'Ball Flight' with poor 'Ground Roll' when it happens! Ugly stuff!

"So now what do I do? I'm a tightie"! The first challenge is to 'Reduce Your Grip Pressure'. So where does it come from? Think **'Softer Gentler Hands'** that will magically tighten just when required through the 'IMPACT and SEPARATION Zone'. Hold onto the 'Golf Club Handle' with your 'Helper Fingers' (the little ones) and 'Release the Problematical Pincher Finger Pressure' (Thumb and Index Fingers). Stop squeezing the 'Life Out Of A Good Grip'! Relax your Hands and Lungs! **'Breathe Out When Your Clubhead Is In Motion'**.

I know it is very 'Clicheed' but **'Relax and Let Your Clubs and Legs Do The Work'**. **'Give Those Hands and The Upper Body Machine A Day Off'!**

Play well!

"Welcome Aboard!"

"Enjoy The Ride!"

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