

# One Minute Golf Tips

**'WHERE PASSION MEETS PERFORMANCE'**

## ONLY THREE SWING STAGES

As your golf swing gets longer, from 'Putting Through Full Swing', it passes through or achieves three simply defined 'Stages' logically called 'Stage 1, Stage 2 and Stage 3'.

The two physical functions or components therein are 1) 'Wrist Cock' ('Vertical or Up & Down Motion' on the X North South Polar Axis accomplished by the 'Lever Assemblies' – Hands, Wrists, Arms and Golf Club) [see 'Upper Body Machine' – 'UBM'] and 2) 'Pivot' ('Horizontal or Round & Round Motion' on the Y Equatorial Axis accomplished by the 'Spinal Core or Body') [see 'Lower Body Machine' – 'LBM']

Stage 1 ... 'Putting & Small Chipping' involves '**No Wrist Cock and No Pivot**'. There are only 'Passive or Quiet Triangles' being transported or moved by the 'Brace Shoulder' that functions 'Back & Up' reflexively by the 'Down & Out'.

Stage 2 ... 'Larger Chipping and Bump & Run' involves '**Wrist Cock and No Pivot**'. There is no 'Lower Body Machine' power or thrust generation.

Stage 3 ... 'Knock Down, Punch Shots, Pitch and Full Swing' involve both '**Wrist Cock & Pivot**'. There is 'Leg Driven Power and Thrust' applied to the stroke procedure.

Notice that as your swing grows in length, it rather automatically increases the 'Lower Body Machine 'Load, Coil or Winde' which accomplishes more 'Work, Clubhead Speed and thus Distance'. (see 'The Balsa Airplane Concept')

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

## **SATISFACTION GUARANTEED**

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24/7