

One Minute GOLF TIPS

'WHERE PASSION MEETS PERFORMANCE'

RPM

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

You have all heard about the 'Golf Terms', 'TIMING, TEMPO, RHYTHM, CADENCE, PACE and BALANCE'. **'Timing is RPM'**.

OK! So what the heck does that mean?

The **'Components or Parts and Procedures or Motions'** must be **'MATCHING'** for the 'Parts To all Interact Properly or Cooperatively'. Like in the 'Internal Combustion Engine', you do not want 'Exhaust and Intake Valves' both going up at the same time'. You do not want #3 and #4 Pistons going down at the same time! That causes **'Parts Wrecks'**. Not a happy event!

The same is true in the 'Golf Physics and Mechanics'. You want good 'TIMING' so 'Part and Pieces Are Coordinating and Not Conflicting'. We know that the 'Lower Body Machine' ('LBM') creates all the 'Horizontal Motion' or all the 'Round & Round'. Well the 'Arms, Hands and Clubhead' ('UBM') must go 'R&R' in a relationship that is efficient and not in opposition to the 'Lower Body Machine'. We must have the 'Clubhead traveling at the same 'RPM' around the 'PIVOT HUB' as are the 'Hips & Abdominal Core' ('LBM')(see 'Bicycle Wheel Hub & The Valve Stem').

This means that the **'Controlling Hands'** must be essentially 'Out In Front Of The **Transporting Body**' at all Times'. They must not get too far behind ('LAG') or ahead ('LEAD') of the Hips. 'LAG gets the Shaft and Clubhead Under or Below Plane' while 'LEAD' can get the Shaft and Clubhead Over or Above Plane'. Being 'Off PLANE' induces problems like 'Hooking and Slicing' to mention just two. 'Casting' is a condition which involves being 'Over or Above Plane'. You have heard the term 'Over The Top'. Well that's it! Get 'The Components' together so your 'RPM' is right!

Play well!

"Welcome Aboard!"

"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@[555golf.com](mailto:AskUs@555golf.com)

WebSite: 555golf.com

Telephone: (817) 673-8888

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