

One Minute Golf Tips

'WHERE PASSION MEETS PERFORMANCE'

BODY CLOCKING

More smart procedures from your '555 Team'!

You will remember what 'The Optimal Stroke Length' ('OSL') is. If not go back and review that procedure in the 'One Minute Golf Tips'.

The 'OSL' accomplishes a take-away of your 'Brace Hand' to about your **'Brace Thigh' or 'Brace Pocket'**. This 'Stroke Length' produces a known energy and distance involving 'Air Time and Ground Time' combination called a 'Net Delivery'. (see 'Flight & Roll Out')

This 'Thigh or Pocket Clock' is a 'Bump & Run Procedure'. It is your bread and butter. Learn it meticulously so you can accomplish it in 'The Heat of Battle'!

If we want more 'Distance', we require more 'Stroke Length' which adds more 'Load, Coil and Winder' of the 'lower Body Machine' ... thus more 'Energy Release'. ('Storing Pivot Energy' – see 'Accumulate. Load, Store, Deliver & Release' ... 'ALSDR')

To accomplish a 'Knock Down Shot' we may need to accomplish a 'Take Away' to the **'Hip Body Clock'**. (see 'The Short Game Grid') It may require more. This is the magic of the '555 Golf System'. We accomplish what we need to get done in order to be happy!

To accomplish a 'Punch Shot' we may need to accomplish a 'Back & Up Swing' to the **'Lower Rib Cage' or 'Arm Pit'**.

The 5th 'Body Clock' is the **'Brace Shoulder'**. This is a scientifically correct definition of a 'Full Swing'!

So, are you 'Over Swinging' like the golf multitudes?

What is now referred to as the 'Abbreviated Swing' is really the smart full swing!

Enjoy!

"Welcome Aboard!"
"Enjoy The Ride!"

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