

One Minute Golf Tips

'WHERE PASSION MEETS PERFORMANCE'

THAT LITTLE "&" WORD

We all need to know where and when we reach the 'Top Of Back & Up Swing'. ('TOB') If not, we tend to get 'Quick' and our 'Tempo, Timing and Rhythm' go to pot.

The 'Lower Body Machine' ('LBM') contains 'The Big Slow-Moving Truck Muscles'. ('The Pivot Engine') They need adequate 'Lead' time to properly sequence with those faster 'Upper Body Machine' small muscle parts like the 'Hands, Wrists and Forearms' that 'Lag' or 'Follow'.

Most 'Weekend Golfers and Hackers' tend to be 'Arms Over Legs' or 'UBM' actions beating the 'LBM' actions. This invites 'Pull', 'Cast', 'Over The Top', 'Cut', 'Fade' and 'Slice'. Who does not know those demons? Leaky, swipecy and nasty critters seldom with any 'Ball Flight Control'!

Your '555 Team' do not think that the "&" word is optional!

Remember, it is your poison and parade!

"Welcome Aboard!"
"Enjoy The Ride!"

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