

One Minute Golf Tips

'WHERE PASSION MEETS PERFORMANCE'

BEND & STRAIGHTEN

When we are in the 'Set-Up Mode', we extend our 'Lever Assemblies' ('Hands, Wrists and Forearm Triangles') to a gently 'Pushed Down' feeling. We still 'Hover The Sole Of The Clubhead' about an inch to an inch and a half above the grass.

"Are you kidding? I do not want to top the darn ball!"

Not kidding!

We also set up the ball slightly on the toe of the club. Why? Our 'Soft Tissue' stretches or elongates under load. The strike applies 'Centripetal Force' which creates stretch. We must plan for that event and reality. Few do and wonder why they hit 'Fat' so often.

When we are 'Extended' at 'BOSA' ('Impact Fix or during the Strike'), straight arms, we shall be 'Bent At The Shoulder Joint or Hinge', 'Bent At The Brace Elbow' at the 'Top Of Back Swing' ('TOB') as well as having applied 'Wrist Cock'.

All this 'Bending' must reflex at the 'BOSA'.

Hence the name of the very special 'Bullet-Proof Drill' above.

Enjoy!

"Welcome Aboard!"
"Enjoy The Ride!"

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