

One Minute Golf Tips

'WHERE PASSION MEETS PERFORMANCE'

HOVER and ball a little on the toe

In neutral compression and extension, the 'Hands, Wrists and Arms' are neutral in length.

When under 'Load', exposed to 'Centripetal Force', the 'Soft Tissues get longer or elongate. Just physiological truth.

Thus the 'Active Lever Load Length' is 1.0 to 1.5 inches longer than when not under load ... 'Passive Length'.

For these reasons start or 'Set-Up' with about a 1.0 inch 'Hover' and set the ball a little on the toe.

The visual message to your brain is 'You Had Better Get Down To That BOSA'. It is a good message as 'Extension Creates Power', 'Clubhead Speed' and 'Distance'.

"Inch by Inch, It's a Cinch!"

"Welcome Aboard!"
"Enjoy The Ride!"

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24/7