

# 555 GOLF ACADEMY

**'PERFORMANCE EXCELLENCE'**

## **ONLY 2 SWINGS IN YOUR BAG 2 STROKE PROCEDURES**

How simple is that?

There are only **'Two Swings In Your Bag'** and there are only **'Two Stroke Procedures'** that you have to know!

The **'Two Swings In Your Bag'** are the **'Full Swing'** and the **'Less Than Full Swing'**. If you can make a consistent 'Full Swing' ('Bottom Top Bottom') with every club in your bag (sans 'Putter'), you can play golf ... right up to the 'Short Stuff'!

The **'Two Stroke Procedures'** are the **'PUSH BASIC'** as in 'Putting and short 'Chipping and Bump & Run'. (see 'Quiet Triangles') In this procedure, your **'Secondary Golf Engine'** provides the 'Motive Force'. This engine is your 'Rocking Chair Shoulders'. There is 'No Wrist Cock and No Pivot'. (see 'Stage One Procedure') When you actually increase your 'Brace Hand Travel Distance' ('BHTD') to accomplish a bigger 'Chip or B&R', you naturally achieve some 'Wrist Cock' and more 'ALSDR', which is 'Energy Management'. There is 'No Pivot'. (see 'Stage Two Procedure')

The 'Stage Three Stroke Procedure' is the **'PUNCH BASIC'** as in the 'Pitch, Punch, Knockdown and Full Swing'. In this procedure, you have 'Wind and Load' or 'Lower Body Machine ('LBM') Rotation or Coil' that is your **'Primary Golf Engine'**. There is 'Wrist Cock' and 'Pivot'. You have 'Body Energy' and 'Leg Drive'.

This 'LBM' engine produces **'ALL THE HORIZONTAL MOTION'**. ('Round & Round')

The 'UBM' engine produces **'ALL THE VERTICAL MOTION'**. ('Up & Down')

How simple is that!

**"Welcome Aboard!"  
"Enjoy The Ride!"**

**SATISFACTION GUARANTEED**

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