

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

OPTIMAL STROKE LENGTH

Putting, Chipping, Bump & Run

There are a lot of **'555 Facets To The Golf Diamond In The Rough'** or any finer form of refinement. When you are in the class of the more advanced golfer, this **'Optimal Stroke Length'** ('OSL') shall become ever more meaningful. **'Peak Performance'** requires peak understanding and precise execution ... 'Knowledge & Practice'! You have to earn the right to excel! Our name on trophies is no accident!

This 'Knowledge' started within the 'Putting Stroke Procedure' (see 'I Drive As I Putt') and evolved into 'Wisdom' ('Knowledge Applied') that transcended across the **'Stage Boundaries'** into the Chipping and Full Swing Realms' (see 'Staging Your Swing'). The '555 Premise' that "We Drive As We Putt!" gives powerful credence to this 'Optimal Stroke Length' facet!

'Time For A Feel'! Start with your very comfortable and average '12 Foot Dead Flat Putting Procedure'. Pay particular attention to your **'Brace Hand Travel Distance'** ('BHTD' - 'Inching'), which directly controls the 'Distance Your Putter Blade Moves Away From The Ball and The Delivery Energy'. To make this '12 Foot Putt' time after time, you will have to make the same 'Stroke Length'. 'Consistency' is the byproduct of a repeatable 'Pre-Shot Routine' and 'EXECUTION' or 'Predictable Motions'!

Your **'One Inch Putting Rule'**, using the 'Brace Foot As The Stroke Length Ruler', applies to about a maximum of 14 to 17 feet depending on personal variables and 'Stimp'. After that we have to add **'Secondary Engine Force or Dropping Brace Shoulder Energy'** (see 'Rocking Chair Shoulders – Secondary Engine') which smoothly pressures the 'Brace Lever Assembly and Clubhead Through The Ball' ('Chase') with more 'Clubhead SPEED' ('Kinetic Energy'), thus, producing more 'Distance' ('BRD').

"So, what do I do after that '14 to 17 Foot Range'?" you ask. Great question!

Let us reach out a bit, expand our conceptual horizons, to find the answer. A question, if you don't mind? **"How far can you 'Take Away' or move your 'Brace Hand' aft in a comfortable 'Putting Stroke' before you 'Start To Get Out Of Balance'?"** ('Into Wrist Cock & Pivot Loading') When you really over-reach this 'Back Swing', you may tend to 'Sway To The Brace Side' and soon feel yourself to be 'Leaning Aft'. Your 'Upper Body Machine Mass' and 'Weight Distribution' ('WD') will shift outside your 'Brace Foot'. You will 'Feel Out Of Balance' and make strokes that evidence these flaws.

Make some **'Putting - Stage One Swings'** from the '14 to 17 Foot Range Of Motion'. Then increase them to your 'Optimal Stroke Length' ... 'Before Wrist Cock'. Load this 'OSL' mechanics and feel into your 'Brain Motion Macro'. **'Remember The Feel'!** Your future depends on this move! (see 'Physics & Mechanics' enables 'Geometry & Feel' and NOT the reverse!)

Once you have become aware of this personal 'OSL', ('Balanced Stage One BHTD'), 'SET-UP' ('Putting Protocols' - 'The 5 SET-UPS' - 'The 5 ESSENTIAL ELEMENTS') make a real 'OSL Putting Procedure' on a 'Dead Flat Green'. Make another and another! When you are in a comfortable zone, your '**Ball Rolling Distance**' ('BRD') will be very close to the same for every 'Optimal Stroke Length Putting Procedure'. (see 'Body Clocking' - 'Thigh & Hip Clocks' are key herein for 'OSL')

Now '**Pace The Results**' so you have some accurate 'Quantification'. How far was it? Mine is '55 Feet – Stimp 9'! That is my 'Optimal Stroke Distance' that is reliably created with my 'Optimal Stroke Length' or controlled 'Brace Hand Travel Distance' ('BHTD').

Look what practical skill we have now accomplished for you ... for us! I know that '**My OSL Produces 55 Feet On A Dead Flat Dance Floor @ Stimp 9!**' How amazing is that? Well, I now know that, any time I have about a '55 Foot Putt' I can faithfully, without 'FEAR', make it happen! If it is a '50 Footer', my 'Stroke Length' is less. If it is a '60 Footer' I must add a little 'Brace Shoulder Down Force' ('Secondary Engine').

A key ingredient and discipline is that we MUST NOT utilize any 'Flip Handed Delivery'. We MUST utilize 'Quiet Hand Wrist Forearm Triangles', along with a 'Quiet LBM' ... always!

Importantly, even if I want to make a '100 Foot Putt', '**MY OSL NEVER CHANGES!**' It never gets longer. Stays quiet! After all, it is 'Optimal'! Any 'Distance' in excess of our 'OSL' is created exclusively by our 'Rocking Chair Shoulders'. (see 'Secondary Engine' - 'Down Force')

'A Chip Is A Putt With A Hop!'

More amazingly, I now know that when I have about a '45 Foot Chip', with my #8 Iron in my hand, the same 'OSL', the same 'Putting Stroke Procedure', will propel my 'Golf Ball' that precise 'Distance' ('BRD'). Why a slightly shorter 'Distance'? The '**HOP**' produces slightly more 'Trajectory & Altitude', which require a little more 'Energy'.

If we desire a 'Pre-Selected Distance' greater than our 'Optimal Stroke Distance' (45 Feet for me), then we must add 'Brace Shoulder Down Force' and thus 'Delivered Clubhead Energy' to the 'Butt Of The Little White Ball'. How far can we go? 100 feet or more! An extended 'Chip' produces a 'Bump & Run'. Taken the next step, the extended 'B&R' becomes the 'Knock Down'.

Relate this now to the exclusive '555 Body Clocking Method'.

More than sensible and beyond initial belief!

“Welcome Aboard!”

“Enjoy The Ride!”

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