

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

PHYSICS & GEOMETRY 5 PRIMARY ABSOLUTES

- 1) 'Flat Target Wrist'. ('Impact Component')
- 2) 'Clubhead Lag Pressure' ('Pivot Component')
- 3) 'Clubshaft On Plane' ('Plane Component')
- 4) 'The Ball Goes Where The Hands Go' ('Hand Path Component')
- 5) 'The Hands Get To The Ball Before The Clubhead' ('Pivot Component' . 'LAG')

If one learns and fully understand these '5 Primary Absolutes', the 'Journey' is well under way!

One must grasp the '**The Physics Of Rotation**' and '**The Geometry Of The Circle**'. All motion is a matter of some 'Physics'. In order to make a 'Golf Swing' we must get 'Physical'! The 'Primary Engine Of The Swing' is rotational physiology as well as the 'Bend & Straighten' of the 'Brace Lever Assembly'. The 'Lower Body Machine' is a stable rotary device. So, now we are talking about 'Circular Motion'. The 'Clubhead Sings' in a 'Circular PATH & PLANE' as well. That means we are into 'The Geometry Of The Circle', with all its 'Diameter, Radius, Chords, Tangents' and especially involving 'Inertia and Centrifugal Forces'. (see 'Angular Momentum')

'Natural Laws' abide and preside at all times. Newton has a hand in this silliness, like it or not! Don't swim upstream. Get out of the flow and walk on the shore when appropriate!

Build on basics!

"Welcome Aboard!"

"Enjoy The Ride!"

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