

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **PIVOT POINTS**

**golf mechanics 101**

It is always a struggle for golfers, and any thinker for that matter, to 'Keep It Stupid Simple'. That is necessary so we simple folk can keep up! Hey, when this 'Mature Country Gentleman Golf Teacher' started his golf journey, he heard the term "Inside-Out" from his not so efficient golf instructor. The image that conjured up was a pair of socks with the fuzzy side out! It took some time and a third party to realize what the second party meant.

Let us discuss the 'Brace Elbow At Impact Fix'. It needs to be 'In The Power Slot'. That position is in contact with your 'Brace Lower Rib Cage and Hip'. We call this 'Connected To The Horizontal or Round & Round Engine' ... your 'Core'. If you have a 'Disconnected or Flying Elbow' at the time of 'Impact & Separation', you shall lose 'Force & Control'. (see 'Power Leaks') Your 'Ball Flight', 'Distance & Direction' shall be compromised. It will degenerate along with your score. Remember, the 'Brace Lever Assembly' is the 'Bend & Straighten Accumulator'. It monitors and accomplishes the 'Lion's Share' of the acceleration and velocity.

What about your 'Target Elbow Through The Impact & Separation Zone'? There is no 'Power Slot' in that component. It is about 'Control & Release'. Its three functions are 1) Clubface Aim Control, 2) Bottom Of Swing Arc ('BOSA') control and 3) providing the #4 Pressure Point, important in this lever assemblies being connected to the 'Lower Body Machine - Horizontal or Round & Round Engine'. ("AskUs!")

In the 'Down, Out, Forward & Through Segment' ('DOFT'), in the 'Chase Follow & Finish', the 'Target Pivot Point Joints' are the 'Shoulder Socket, the 'Target Elbow' and the 'Target Wrist Hinge'. Unlike the 'Brace Elbow', there being 'No Power Slot', one does not want to strive to keep that 'Target Elbow - Primary Articulating Joint' connected to the 'Trunk Abdomen & Hip'.

If you do so, you shall tend towards a case of 'The Pulls' or 'Go High Energy Side Of Target Line'. (see 'Deficient Release') The 'Target Elbow' must be moving away from the 'Core Engine' during the 'Chase Follow Finish, Clearing Phase'.

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

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