

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

PLACE YOUR BETS

wise wagers are good things

If you have been around 'The 555 Team' for long, you have heard us discuss the 'Golf Body Machine'. You will know that it is comprised of the 'Lower Body Machine' ('LBM – Feet, Knees, Hips, Abdomen, Chest and Shoulders') as well as 'The Upper Body Machine' ('UBM – Shoulder Sockets, Upper Arms, Elbows, Forearms, Wrists, Hands and the actual 'Golf Club')

This anatomical mechanical approach is a very sound way to envision what your body is doing. If it sounds complex at first, stay with us. You shall enjoy the intellectually successful ride!

Think ' $X+Y=R$ ' (the 'X Axis', plus the 'Y Axis' = the 'Resultant Force Line or what we commonly refer to as 'The Swing Plane')

The 'LBM' functions around the 'X or Horizontal Motion Axis'. Envision it as the 'Earth's North South Polar Axis' just like a gyroscope. Thinking of a simple 'Door Hinge' helps. The 'LBM' creates exclusively the 'Round & Round Motion'. The 'LBM' goes only 'Round & Round'. (see 'Pivot Engine')

The 'UBM' functions around the 'Y or Vertical Motion Axis'. Envision it as the 'Equatorial Axis'. The 'UBM' creates exclusively the 'Up & Down Motion'. The 'UBM' goes only 'Up & Down'.

Again, if you combine the 'LBM' ('X Axis') with the 'UBM' ('Y Axis') you will get that 'Resultant Force Line or Motion Vector'. 'Up & Down' plus 'Round & Round' equals 'Swing Plane'.

If you can grasp the fact that this is the 'Swing Plane' ('Clubhead Path and Club Shaft Plane', so important to your golf happiness, you shall be blessed. Don't bail out on us in this primary knowledge!

Armed with this understanding, you shall soon feel your 'Brace Hand Take Away' making one smooth sweeping motion 'Back & Up' to the 'Top Of Your Back Swing' ('TOB'), where you might feel like you have your 'Brace Thumb Stuck In Your Brace Ear' ... where you say that magic little "&" word.

One smooth, 'Brace Hand Driven or Controlled Back & Up' logically invites one smooth, 'Leg Driven' or 'Pivot Driven' 'Down, Out, Forward & Through'. ('DOFT')(see 'The Balsa Airplane Concept')

"Welcome Aboard!"

"Enjoy The Ride!"

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