

# **555 Faults & Fixes**

## **‘PERFORMANCE EXCELLENCE’**

### **ARMED WITH THE TOOLS**

Your ‘555 Team’ approach to **‘Faults & Fixes’** is both very simple and highly predictable. Those are both good things in ‘Golf’ and ‘Life’!

You know that we strive to understand ‘Scientific Realities’ such as **‘The Physics Of Rotation’** and **‘The Geometry Of The Circle’**. This material always applies.

There are aspects and elements that are ‘Consistent’ to every swing universally. **‘The 555 System’** includes a very comprehensive application and foundation of these.

Whenever we come up against a ‘Fault’, the ‘Fix’ relies upon our knowledge of **‘The 5 SET-UPS’**, **‘The 5 ESSENTIAL ELEMENTS’** and **‘The Five 555 CONCEPTS’** which we call the **‘Problem Solvers’**. Sounds like these three groups of five might be worthwhile noting as we get into yet another ‘Faults & Fixes’. Here they are!

#### **‘The 5 SET-UPS’ ...**

**1)** ‘Posture’, **2)** ‘Grip’, **3)** ‘Stance’, **4)** ‘Ball Location’ and **5)** ‘Alignment’.

#### **‘The 5 ESSENTIAL ELEMENTS’ ...**

**1)** ‘Clubface AIM’, **2)** ‘Clubhead PATH’, **3)** ‘Clubhead SPEED’, **4)** ‘Sweet Spot’ and **5)** ‘Angle Of Attack’.

#### **‘The FIVE 555 PROBLEM SOLVING CONCEPTS’ ...**

**1)** ‘The Golfing Machine Concept’, **2)** ‘The Tether Ball Pole Concept’, **3)** ‘The Balsa Airplane Concept’, **4)** ‘The Human Ratchet Set Concept’ and **5)** ‘The Dead Rope Concept’.

Equipped with these **‘Three Groups Of Five’**, we can tackle any **‘Mechanical Golf Issue’** that arises in a logical and realistic manner. **‘Faults & Fixes’** will become second nature.

**“Welcome Aboard!”**

**“Enjoy The Ride!”**

## **POOR BUNKER WORK**

Perhaps the dominant factor in 'Extricating One Self From The Bunker', or not, is **'FEAR'**! ('Outcome Golf') This very simple 'Procedure', the only one where the 'Clubface' seldom contacts the 'Ball', should not drum up so much 'Anxiety'. But it often does, so what are we going to do about it?

It is my hard-earned opinion that the key reason for the anxiety is that **'People Just Simply Do Not Spend Enough Time On The Beach'** and just experimenting as to what is required to get out of there in one swing! Anyone who spends the time to hit 50 golf balls out of a bunker, will at least have lost most of the 'Fear'. That person will also very likely discover some good **'Mechanical Requirements'** on his or her own.

The better approach is to latch onto a savvy old teaching professional and say **"Show Me How To Get Out Of The Place"**!

Amazingly, the 'Swinging Motion' is not all that different than a regular 'Pitching, Approach, Sand or Lob Wedge Procedure'. ('PASL')

If you 'SET-UP' exactly the same as in longer grass, you would succeed!

A potential difference is that your **'Footing or STANCE'** requires a little special attention, especially if the sand is 'Soft & Fluffy'. You need to 'Squirm or Set Your Feet' to prevent slippage or settlement during the swing. You squirm to get firmer footing.

Start off making 'Bunker Swings' 'Square To Square' .. meaning that **'You Do NOT Open the 'Clubface AIM' And 'You Do NOT Open Your Alignment'**. Keep it as simple as you can. The 'Sand Wedge' has both 'BOUNCE' (+-12 to 15 degrees) and adequate 'LOFT' built into it to get the job done. Only if you want and need more 'LOFT' than the factory provides, should you **'Open The Clubface AIM' and 'Adjust Your Alignment To Match'**.

In fact, if you require 60 degrees of 'Loft' to get a steep 'Launch Angle Of Attack', use your 'Lob Wedge' and do so 'Square To Square'.

When you finally decide to go **'OPEN OPEN'**, you 'MUST' still 'Swing Down Your Body Line' and NOT try to manufacture or force getting the 'Ball' out of the 'Bunker'. The 'Swinging Motion' is still very 'Rhythmic', 'Smooth' and 'Balanced'.

Remember to **'Keep The LOWER BODY MACHINE ('LBM') Relatively Quiet'**.

Also, one of the most useful 'Procedural Goals' in 'Bunker Work' is to strive to 'Take ½ Inch Of Sand Out From Below The South Pole OF The Ball'. I do not like the technique of marking the ground 2", 3" 4" or 5" behind the ball and then striving to take out the marks. To me there is only one place to look at or envision a 'Golf Ball' and that is 'BIC'. ('Bottom Inside Cheek')

I also like the **'FEELING GOAL'** of **'Thumping The Sand Behind The Ball'**, swinging 'DOFT', while striving to **'Splash A Handful Of Sand Out Of The Bunker Right At The Target'** or close. When the 'Sand' leaves the bunker, the "Ball" goes as well.

You must have a precise 'Optical or Mental Ball Flight Image' as to what is expected to happen. You must know precisely where the 'Cup' resides. You must **'See The Ball Come Off The AIMED Clubface'** and NOT get overly anxious to see it fly or land. Once you have our 'SET-UP Procedures' or 'Pre Shot Routine' accomplished, there is little else required of you except to make the 'Swing'. That means **'Completing The Swing'**.

'Do NOT Hit At the Ball', but still 'Swing Through The Ball', 'Relaxing' and 'Breathing Out'.

You must 'Feel' like you swing very much right **'Down To The Bottom Of Swing Arc'** or **'Down To The Very End Of That Target Dead Rope'**. (see 'The Target Dead Rope Concept')

Know as much as you can about 'D.O.F.T.' which is an acronym for 'Down Out Forward & Through'. This is how you make your 'Bunker Procedure'.

This is how you make all 'Procedures'!

**'You Never Swing Up Hill At Your Ball'**.

**The 'Swinging Motion' is always 'DOFT'!**

You make 'Golf Balls' experience great 'Trajectories' by 'DOFT'.

**You 'Swing Down To Create Compression and Proper Line Of Compression'.**

This is how it is 'Off The Beach'!

Now you know **'The Rest Of The Story'!**

'Well Done!'

## **SATISFACTION GUARANTEED**

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