

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **POSTING** target & brace

There is a terrific '555 Golf Bullet-Proof Drill' called 'Posting'. It will soon be presented to you in 'Video Format' from our 'Video Vault'. You will really enjoy and benefit from our new series of audio visual contributions. We intend to make your learning both easier and more 'FUN' ... both often conspicuously missing and sadly deficient in today's links reality!

For your '555 Team', 'Posting' stemmed from a yesteryear but still vibrantly alive 'Golf Tip' called 'Doing It In The Barrel'! "Doing what?" you ask. 'Setting-Up', 'Taking The Clubhead Away ... Back & Up', followed by a smooth 'Transition' and a nice, balanced 'Down, Out, Forward & Through Swing'. (see 'DOFT')

The 'Barrel Restricts Lateral Movement' such as 'Sway To The Brace Side' and its reflex sibling 'Slide To The Target Side'.

This 'Posting Drill' is an excellent option and requires neither a 'Barrel' nor furtive imagination.

The '555 Team' all carry several pretty much full length steel 'Long Iron Shafts' ('No Clubhead') each painted white. A professional touch of class! When you are properly 'Set-Up' ('Posture, Grip, Stance. Ball Location & Alignment') ... in balance ... stick a perpendicular Shaft in the ground just outside both 'Insteps' ('Arches') towards your 'Heels'.

If you 'Sway or Slide' in either direction, you will contact the 'Posting Sticks'. You do not have to be 'Absolutely Concrete Still'. Your head normally 'Floats Atop Your Spinal Column'. There is a small amount of 'Rotational Load & Store Coil' over the outside 'Brace Heel' during the 'Back & Up Swing'. That enables the gentle 'Bump' in the early 'Dropping DOFT Swing'. It is followed by some rotational slide to the 'Top Of Front Swing'. ('TOF')

Both these proper 'Sway & Slide' 'Laterals' gently contact these 'Limiting Posts'. So, now you know your limits and tendencies!

**"Welcome Aboard!"**  
**"Enjoy The Ride!"**

**SATISFACTION GUARANTEED**

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