

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **POSTURE & AFT TILT**

Firstly, 'Aft Tilt' is a natural configuration. It is caused by the fact that your 'Brace Hand' is placed on the golf club handle below the 'Target Hand'. Thus, your 'Spinal Column or Axis' is tilted toward the 'Low Hand'. Your 'Brace Shoulder' will be below your 'Target Shoulder'.

This being the case, there is what we refer to as 'Compression' on the 'Brace Side' (see 'Lateral Muscles and Rib Cage') and its counterpart 'De-Compression' or 'Elongation' on the 'Target Side'. Remember, the human 'Musculo-Skeletal System' tends to create natural balance.

When you are 'Rotated and Coiled' to the 'Top Of Your Back Swing' ('TOB') you will be able to quite readily feel this 'Compression'. We also properly refer to it as 'Weight Distribution'.

Looking at this more closely and perhaps 'In Slow Motion', one can easily see that the 'Down Out Forward & Through' ('DOFT') transition 'Un-Loads The Coiled Engine' while transferring the 'Body Mass' from 'The Brace Side' to 'The Target Side'. We properly refer to this as the 'Release Move'. The 'TOB Wound Muscular Rubber Band' releases its 'Tension - Coil - Energy' through the 'Bottom Of Swing Arc' ('BOSA'), through the 'Bottom Half Of The Swing Circle' where the 'WORK' takes place, where the 'Clubhead Mass' is actually advancing on the target. Remember, in the top half it is retreating ... going the wrong way to do meaningful 'WORK'. (see 'Compression & Line Of Compression') You must delay the 'HIT' until you are in the 'Bottom Half Of The Swing Circle'. If not you shall be 'Casting' and 'Cutting' with unhappy outcomes ... 'Big Numbers'.

The opposite is true about the 'Top Of Front Swing'. ('TOF') The 'Brace Side' shall be 'Un-Loaded' or 'Decompressed'. Our 'Weight Distribution' shall be shifted towards the 'Target Foot and Side' of our 'Rotary Lower Body Machine' ('LBM'). Remember, the 'LBM' exclusively creates all the 'Horizontal or Round & Round' motion, while the 'Upper Body Machine' ('UBM' – 'Lever Assemblies') produces all the 'Vertical or Up & Down' motion. (see 'Resultant Force Line Or Ballistic Vector'. This is your 'Swing Plane & Clubhead Path'.)

**“Welcome Aboard!”  
“Enjoy The Ride!”**

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