

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!”

POSTURE

This single word is really about the condition of the 'Tether Ball Pole'.

This simple term is really about getting your '**Lower Body Machine**' ('LBM') (Feet, Knees, Hips, Trunk or Abdomen, Chest and Shoulders') ready to go to 'Work'. It also enables the 'Upper Body Machine' ('UBM') ('Hands, Wrists and Fore, Elbows and Upper Arms') to function properly which is generally around the 'LBM Spinal Column'.

Remember, your 'LBM' creates exclusively the '**Round & Round or Horizontal Motion**', while the 'UBM' produces all the '**Up & Down or Vertical Motion**' in the 'Golfing Body Machine'. Very simple but very powerful knowledge. Grasp it!

Posture is about '**Creating Space or Clearance Between Your Hip Sockets And The Sternum**' so you can 'Pivot or Rotate'. 'Kyphosis' or 'Curvature Of The Spine' does not promote rotation. 'Chin Downish' produces 'Kyphosis'. 'Posture' is thus equally about setting your 'CHIN Tallish' atop of that 'Spinal Tether Ball Pole'. Again, remember, a curved or bend spine does not like to 'Rotate freely. Feel Long and Up Bodied!

In this topic we must briefly mention the 'Legs and Feet' but they are covered in the '5 SET-UPS' area of 'STANCE and ALIGNMENT'. I personally feel that the position or bend of the 'Knee Flex' and the 'Angle Of The Insertion of the Femur into the Acetabulum or Hip Socket' ('**Forward Inclination**') are really very influential on consistent 'POSTURE'. One must have a slight 'Knee Flex' and 'Forward Inclination' in order to be 'Athletic Address Ready' and then to perform solid rotational 'Motions' to accomplish '**IMPACT FIX**' followed naturally by 'IMPACT & SEPARATION'.

Proper 'SET-UP' is about 'Loading The Quads & Glutes' for 'Stability'. One is well served 'Setting-Up' '**DEEP DEEP SEE!**' This means 'Deep Seated', Deep Lever Extension and really acutely functioning 'Captain EYES'. Get this right and enjoy!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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