

# 555 GOLF EDITORIALS

## 'PERFORMANCE EXCELLENCE'

### POSTURE

This 'Set-Up' component is a primary consideration.

Without your 'Spinal Crankshaft's' being in a proper configuration, you shall be hard-pressed to execute any of your 'Golf Swings' properly. You will certainly struggle with 'Balance' and 'Delivered Power'. (see 'Stage 3 Procedure' – 'Wrist Cock & Pivot')

How might we get this 'Posture' in place?

Stand '**Chin & Chest Tallish**' ... what your '555 Team' refers to as 'Matador Proud'.

We must 'Create Space' between our 'Hip Sockets' and our 'Sternum' ... 'Abdominal Length or Trunk Space'. This establishes our 'Spinal Column' in a relatively straight line so it can 'Rotate' as designed.

Now, you can 'Coil Load' and 'Un-Coil or Un-Load' ... 'Wind to the Brace Side' and 'Un-Wind to the Target Side'.

With our efficient 'Posture' established, we can accomplish our 'ALSDR' ('Accumulate, Load Store, Deliver & Release' – The 'Power Line Delivery Sequence')

It is a great help to 'See The Ball Acutely'. (see 'Heads or Tails Drill') This process keeps our 'Human Head' stable so we can swing our 'Golf Club Head' 'On Path & Plane'. ('Stable')

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

### SATISFACTION GUARANTEED

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