

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!”

POWER LEAKAGE or SHORTAGE

Your '**Primary POWER Source**' is your Brace Toe Pre-LOAD, which stimulates your 'Brace Leg Drive', which 'Turns Your Hips' ('PIVOT'), which 'Turns Your Lagging Shoulders, then Arms, Hands and Golf Club through 'IMPACT & SEPARATION Zone' and all the way to and through the 'Target PIN'.

This 'Power Leakage is a Connection or Drive Line and Compression Issue' in its simplest form.

If you have '**POWER Leakage or Shortage**' you must find it from the Brace Side Resistance and PUSH. PERIOD! (see 'Fitness')

Your 'Brace Knee Flex' is of primary consideration.

Some 'Brace Toe Pre-LOAD' or Pressure is necessary to activate or stimulate the 'Brace Leg Drive'.

In order to be 'Consistent' in both or either 'DISTANCE' and/or 'DIRECTION', you must get 'Control Of Your Brace Side', your 'GRIP', the '**5 SET-UPS**' and the 'Imperatives and Absolutes'.

You must have a '**FLAT TARGET WRIST**' throughout the entire 'Swinging MOTION', but especially at the 'Moment of Separation'. You must have '**Clubhead Lag Pressure**'. You must have a '**Clubshaft ON PLANE**'. These are three elements absolutely necessary for 'Ball Control'.

These enable '**Compression and Line of Compression**', and that is what Golf is made of.

JUST BEFORE WE DEPART:

(Depart this subject of 'Power Leakage')

I have asked you the questions, "What is the 'Absolute Motion of the Lower Body Machine?'" and "What is the 'Absolute Motion of the Upper Body machine?'" and you know the answer to both questions by now right?

We just spoke about that '**Brace Toe Pre-LOAD, Brace Foot Pressure and Brace Leg Drive**', all three of which contribute to the 'Lower Body Machine's 'Round and Round' Motion. The Rotational or 'PIVOTAL' aspect of the overall 'ENERGY RELEASE' makes the Golf Club and Golf Ball go. This is, as you know, 'Motion in the Horizontal Plane', thus 'R&R'. If you do not accomplish efficient 'R&R' you will experience 'Power Loss or Leakage' as we sometimes call it. Loss of 'Maximized or Optimal DISTANCE'!

Knowing what you know, the other 'Motion', the one of the **'Upper Body Machine'**, the **'Up & Down'** (U&D) is also an 'Energy Generator or Contributor'. So, just as we can get 'Leakage' in the 'R&R' we can also experience 'Leakage' in the U&D'. If we do not accomplish relatively full 'Brace Lever Extensor Action' (full extension or full straightness in the bending lever at the Brace Elbow and Brace Wrist Hinges or primary 'Articulating Joints', full 'Brace Lever Down Force', (the opposite of the 'Bent Condition of the Brace Elbow at the Top Of Back Swing, 'TOB') we will experience a 'Loss of Power or Compression' in the IMPACT of the Golf Ball. This is what I also call 'Loss Of PINCH'. You know those 4 P's which are the very useful **'PUSH, PINCH, PULMONARY AND PIN'**.

When we do not accomplish full 'Down Force' in the 'Bottom Half of the Forward Swing Circle' (Swing Segment 2F and 3F), our Brace Radius will not naturally rotate around the more stable Ulnar bone in the 'Brace Forearm'. This directly precludes the Brace Hand's coming back to 'Square' and thus also simultaneously precludes the Back of the Target Hand's doing so as well. They are both clasp onto the same Club handle I would hope. So far I have seen very few people swing two Golf Clubs at the same time!

The 'Back of the Target Hand' controls what? Right! Well done! The 'Clubface AIM'. If we allow 'Leakage or Failure of Adequate Brace Lever Down Force', we shall cause the Ball to come off the Clubface while it is still in the open condition. If your Ball 'Separates from the Clubface' before the Clubface is Square to the 'Intended Ball Flight Line' you will produce 'Spin Rate Around the Vertical Axis' towards the 'Low ENERGY Side of the Target or Ball Flight Line'. This means 'Fade or Slice'..... 'Leakage'!

So we can have **'Power Loss or Leakage'** both in the 'Lower and Upper Body Machines', in the 'R&R' and in the 'U&D'. Understanding this simple material will go a very long way towards you stopping this 'Leakage' problem.

"Welcome Aboard!"
"Enjoy The Ride!"

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