

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

'POWER OF THE BRACE SIDE'

There has been a lot said over the years of the importance of the 'Target Side', of the 'Resistive Target Lever'. It is clearly the '**Moveable Side**'. We technicians understand the scientific functions of the 'Target Side' and it simply is not as functionally important as that of the 'Brace Side'. The 'Brace Side' is clearly the '**Resistive Power Side**'.

The 'Target Lever' has but three distinct functions; 1)To establish and maintain 'Swing Radius', 2)To control the 'Clubface AIM' and 3)To provide the #4 Pressure Point by which the 'Rotating Chest ('Pecs') presses against the 'Target Lever Biceps' and causes it to move in the direction of the pressure. ('Newtonian LAW')

Over emphasis on the 'Target Side' is often the 'Cause' of the 'Reverse PIVOT' and an 'Unsteady Head', which '**Makes Golf Neigh Unto Impossible!**'

Just study 'Baseball, Tennis, Racquetball, Boxing, Walking' and many more physical disciplines and you will soon get a better 'Grip' on 'Things Golf'!

Your 'Brace Side' provides both 'Brace Resistance' and the 'Power or Propulsion' in all these 'Motion Events'.

Your 'Brace Side' is always 'DRIVING or PROPELLING' while the 'Target Side' is always 'CLEARING' or getting out of the way. '**STEER SO YOU CAN CLEAR!**'

Again, the 'Target Lever' provides two things: 1) It establishes and maintains 'SWING RADIUS' and 2) It provides the '#4 Pressure Point' which is the 'Rotary Chest or Pecs Pressure (LBM) against the 'Target Lever Biceps' (UBM) which moves or drags the 'Target Lever' 'LAGGING' through the 'Ballistic Collision', 'IMPACT & SEPARATION Interval'. Remember, the 'Motion Aiming Point' of the 'Hips' ('LBM' 'R&R', 'Horizontal Motion') is the 'Target' while the 'Motion Aiming Point' of the 'Brace Hand' ('UBM' 'U&D', 'Vertical Motion') is the 'Butt Of The Ball'. The 'Thrust Line or Delivery Path Of The Brace Hand Is TOB to Butt Of The Ball'.

The '**Brace Lever Triggers The Take-Away**'. When you 'Brace Hand Controls the Take-Away', you do not have to 'Lateral' and thus are not exposed to the risk of 'Fumbling' between players or 'Components'.

The '**Brace Lever Creates And Controls The Timing Of The Entire Swing Event**'.

The '**Brace Lever WINDS, LOADS and COILS The Lower Body Machine**'.

The **‘Brace Hand Travel Distance’** (‘BHTD’) is directly proportional and in control of the amount of this ‘WINDING, LOADING and COILING’. It controls the ‘Distance Your Ball Flies’. The farther you move your ‘Brace Hand’ the more ‘Energy’ you ‘Accumulate, Load, Store, Deliver and Release’.

The **‘Brace Hand Raises And Lowers The Lever Assemblies’** (including the ‘Golf Club’). Once raised it smoothly ‘Drops Gravitationally’ and then the ‘Triceps Extensor Action Thrusts the ‘Levers Down Forced’ back to the Butt Of The Ball’. That produces the ‘PINCH’ which matches the ‘PUSH’ (R&R) of the ‘Lower Body Machine Engine’.

The ‘Brace Lever’, and especially the ‘Brace Hand’, **‘Monitors Velocity’** or the ‘Lower Body LEAD and Upper Body LAG’. Of course, the ‘Upper Body Machine’ can also ‘LEAD’ but in ‘Physical Error’. It is known as ‘Casting and Over The Tops’.

The **‘Brace Side Provides Propulsion’** (LBM) exclusively in the ‘Horizontal Plane’.

The ‘Upper Body Machine’ (UBM) provides all the ‘Vertical Motion’.

The **‘Brace Side Provides The Resistance or Brace Against The Earth’**. (‘Newtonian Action and Reaction LAW’)

The ‘Components and Procedures’ must always ‘MATCH’.

The ‘Component Pressures’ must always ‘MATCH’.

The ‘Upper Body Components or Parts’ must have relative and proper ‘RPM’ to the ‘Spinal Hub’ (LBM) just as the Tread Valve Stem and Spokes of the wheel have to the ‘Hub’. All the ‘Parts go ‘Round & Round’ at the same ‘Timing or RPM’.

Your **‘AFT-TILT To The Brace Side Directly Controls Swing PLANE’** and contributes to your ‘Swing PATH’ as well.

This **‘AFT-TILT Moves Weight Distribution To The Brace Side’** so it can contribute to the ‘Power Delivery and Release’. Remember that simple sequence? Your Hands Control The Golf Club’. Get your ‘Weight Behind The Hands’. Then get you ‘Power Behind Your Weight’. That is simple truth which you need to understand soon.

Remember the 4 B’s. ‘Brace Hand, Brace Shoulder, Brace Foot and BREATHE’. **This ‘Brace Side Dominant Sequence’ makes ongoing sense for all golfers.**

Don leave home without this ‘STUFF’!

Best of luck!

‘SATISFACTION GUARANTEED’

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