

# **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 SOURCE ISSUES LEAKAGE

## PRIMARY ENGINE SECONDARY ENGINE

A 'Power Source' is a 'Storage Of Energy' which can be available to 'DO WORK' when required or not.

The 'Golf Body Machine' is comprised of two aspects ... 1) 'The Lower Body Machine' ('LBM') which exclusively produces all the 'Horizontal Motion', all the 'Round & Round'. ( see 'PUSH')

The 'Golf Swing' is primarily a 'Round & Round Motion'. The 'Primary Engine' for the 'Golf Full Swing' is the 'Rotary Motion of the 'LBM'. That means 'Coiling, Loading and Winding' of the Human Rubber Band' for the purpose of 'Un-Winding and doing 'WORK'.

The second aspect is the 2) 'Upper Body Machine' ('UBM') that produces all the 'Vertical Motion' or all the 'Up & Down'. (see 'PINCH')

Remember, **'There Are ONLY Two Swing In Your Bag'!** They are the 'Full Swing' and the 'Less Than Full Swing'. **'There Are Also ONLY Two Stroke Procedures'**. They are the 'PUSH Basic' ('Putting & Chipping') and the 'PUNCH Basic' whereby you employ your 'LBM Pivot', 'Legs and Hips' to 'DO WORK'.

The **'STAGE ONE PROCEDURE'**, which is 'Putting & Small Chipping', involves **'No Wrist Cock & No Pivot'**. Your 'Range Of Motion' ('ROM') is minimal and the 'Accumulation and Application Of Energy Is Minimal' as well.

**'The SECONDARY ENGINE Provides All The Energy & Power In This Stage One Procedure'**. The 'Secondary Engine' is your **'Rocking Chair Shoulders'**. The 'Lower Body Machine' ('LBM') does NOT contribute! If you CANNOT 'Change The Shape Of Your Lever Triangles' from 'Take-Away' through to 'Follow Finish', you must accomplish 'Power Delivery and Release' in some other fashion and by some other method than the 'Flip-Handed Delivery'. This other method is by 'Rocking Your Shoulders'.

When you 'Extend The Range Of Motion ('ROM') Of Your 'Brace Hand Travel Distance' ('BHTD') you necessarily induce 'Wrist Hinge Action' ('Wrist Cock'). This progresses you into the **'STAGE TWO PROCEDURE' ('Wrist Cock and No Pivot')**.

When you 'Extend The 'ROM' Of Your 'BHTD' even farther from 'IMPACT FIX', all the way up to your 'Brace Shoulder' ('Definition Of A Full Swing'), you induce 'LBM Load, Coil or Wind'. This progresses you into the **'STAGE THREE PROCEDURE'** whereby you **'Load' and utilize 'Wrist Cock & Pivot'**.

**'The PRIMARY ENGINE of the Golf Swing Is This 'Winding and Un-Winding Of Your Lower Body Machine Human Rubber Band'**. When you want to strike a 'Golf Ball' prodigious distances with your 'Driver', you must call upon your 'Powerful 'Leg, Hip, Abdomen and Trunk Muscles' to 'Accumulate, Load and Store' the 'Potential Energy' required to accomplish the 'Stage Three Procedure'. Once this 'Back & Up Swing' is properly completed, the 'Front or Down & Out Swing' is really quite naturally a **'Reverse Process'**. Hereby you 'Deliver & Release' the 'Potential Energy' in its sister state we call 'Kinetic Energy' or 'Energy In Motion'.

So, you now have a 'Grip' on the two distinct **'Power Sources'** that are available to help you make efficient 'Golf Stroke Procedures'. Amazingly there are ONLY Two!

If you do NOT now utilize either of these 'Two Power Sources' in the manner described, you will fall prey to 'Swing Errors' and need some of this **'555 Golf Faults & Fixes'!** We write them just for you! Enjoy!

“Worth The Trip!”

“Will Make Up Your Endless Destinationless Journey!”

“Glad To Have You Aboard!”

**“Well Done!”**

**“Welcome Aboard!”**

**“Enjoy The Ride!”**

## **SATISFACTION GUARANTEED**

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24/7