

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

PRIMARY PIVOT ERRORS

We are all 'Golfing Machines' of a sort. We have a 'Lower Body Machine' ('LBM' - Feet, Knees, Hips, Abdomen & Trunk, Chest, Shoulders and Head) as well as an 'Upper Body Machine' ('UBM' - 'Shoulder Sockets, Upper Arms, Elbows, Forearms, Wrists, Hand and the actual Golf Club')

The 'LBM' creates all the 'Horizontal or Round & Round Motion'. (see 'Turn & Lift' or 'Back & Up' followed reflexively by 'Down & Out')

The 'UBM' creates all the 'Vertical or Up & Down Motion'. (see 'Turn & Lift' or 'Back & Up' followed reflexively by 'Down & Out')

Primary 'LBM Errors' include 'Lateral Movement' ('Sway & Slide') as well as its producing any 'Vertical Movement'. 'Lateral Movement' violates the 'Rotary Motion Exclusivity' of the 'LBM'. There is slight movement to the 'Brace Side' in the 'Back & Up Swing', but it is accomplished by simply rotating into the 'Load Coil'. When we rotate our 'Brace Hip' and 'Brace Shoulder' 'Back & Up', we naturally accomplish 'Weight Shift or Transfer' to the 'Brace Side & Aft'. This motion is beneficial, but a simple 'Sway Slide' is not.

'Vertical Movement' as in your Head's getting taller in the 'Back & Up Swing', is a 'Primary Pivot Error'. (see 'The Stable Head') It is caused by a change in 'Knee Flex'. (see 'The Base Of Pivot') If you straighten the knees, your head shall elevate. Also, if you alter your 'Spinal Forward Inclination', 'Transferring Weight Towards Your Heels', you shall also get taller. This is 'Vertical Motion' and that violates the 'LBM Round & Round Only Rule'.

At the 'Top Of Back Swing' ('TOB') you should feel a slight 'Sit Down'. This is due to our initial 'Set-Up' with adequate 'Knee Flex' to accomplish athleticism. Notice that your 'Weight Migrates Towards Your Brace Heel At TOB' due to simple rotational mechanics. As we rotate the 'Brace Shoulder Back & Up', there is naturally concurrent 'Weight Shift Back & Up' ... towards the 'Brace Heel'.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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