

# 555 GOLF EDITORIALS

## 'PERFORMANCE EXCELLENCE'

### PRIMARY SET-UP FAULTS

**'BACKGROUND'** Remember this please? Your body wants to be comfortable in both 'Set-Up & Execution'. Thus, your body wants to be 'In Balance' during all phases of the golf swing, 'Static or Kinetic'. If we do anything that is contrary to this 'Natural Rule', our bodies shall, when in motion, make compensations or adjustments to correct any 'Imbalance'.

Let us look at 'Posture', that is our 'CHIN Tallish' condition, ground to the top of our heads. (see 'Lower Body Machine' – 'Core' – 'Feet, Knees, Hips, Abdomen or Trunk, Chest, Shoulders, neck and Head')

There is a tendency to think of our 'Lower Body Machine' ('LBM') as being below the hip axis and the 'Upper Body Machine' ('UBM') as being above the hip axis. We actually look at the 'Abdomen, Trunk and Chest' are part of the 'Lower Body Machine'. The 'Core' is 'LBM' ... top of our heads to the spikes in our shoes. The 'Distal or Radial Components' ('Lever Assemblies' ... 'Shoulder Sockets, Upper Arms, Elbows, Forearms, Wrists, Hands and the Golf Club') make up the 'UBM'.

**'SITUATION'** Let's now think about the 'Lower Body Machine's' ('LBM') being ready to make a golf strike. What must we do to get and stay 'In Balance'? If you stand comfortably 'CHIN Tallish', with your 'Knees Locked', you shall be stacked above your arches and ankle bones. How will we know if we are 'In Balance'? We will be comfortable. If we stand 'Too Chin Tallish' ('Knees Locked and Chest Too Pushed Up') or 'Too Seated' ('Knees too Flexed'), we shall automatically fix that 'Imbalance' as soon as we become 'Active or Dynamic'. As the 'Clubhead' and all the connected parts get moving, when we are 'Too Tallish' we shall settle or get more seated. If we are 'Too Seated', we shall get taller. **'Comfortable'**

Now consider 'The Tether Ball Pole Concept'. When the 'Rope & Ball' are in motion ('Under Tension') they are in their longest condition. (see 'Extended Lever Assemblies'). As long as this is true, when the 'Core or Spine Angle' ('Forward Inclination') changes position, we get a 'Sweet Spot' augmentation. If we are 'Set-Up' perfectly ('5 Set-Ups'), this augmentation will cause 'Impact Errors'. (see 'Fat Thin') Too tall causes 'Settle and Fat'. Too Seated results in 'Vertical Adjustments' and 'Thin'. Other non-optimal lateral abnormalities can also occur. (see 'Aft & Forward Tilt') Note that, when we alter 'Inclination or Tilt', we change our 'Chin Tallish Position' and our 'Core or Eye' relationship to the 'Ballistic Point'. Move your personal head and you shall move the 'Clubhead'.

'Tilt' ('Lateral Weight Distribution') causes the same range of 'Chin Position Abnormalities' and the resultant 'Fat Thin Ball Striking Errors' occur. (see 'Instability, Variability or Inconsistency').

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

### SATISFACTION GUARANTEED

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

24/7