

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

PULLING YOUR TRAILER down the road

I just listened to a highly respected and involved golf instructor via a video presentation. He talked about an analogy that we are better off 'Pulling or Dragging' our small utility trailer down the road than we are 'Pushing It Down The Road'. You can visualize it's being out in front of your head lights and not looking at your tail lights! We have to guide it with reverse mechanics or it will jack knife as we have experienced backing it into our driveway. Pretty tricky! We cannot efficiently 'Push String Uphill'. Better to 'Pull It Uphill'. Fully agreed?

He related this vehicular analogy to our 'Golf Swing'. It was his firm opinion that we 'Pulled' the 'Clubhead Through The Impact & Separation Zone' as opposed to our 'Pushing'. I tentatively and partially agree, but we must look at what is happening overall and not get caught isolating anomalies.

Let us revisit the 'Pick-Up Truck' pulling the utility trailer down the road. What is the 'Power Source'? Let us look at 'The Action and Reaction' ... at the 'Cause & Effect'. In order to evaluate and 'Master Golf Basics' ('MGB') we must understand 'Power Sources'.

This 2 wheel drive pick-up truck provides propulsion from its rear wheels. They 'Push'. The front axle only 'Steers'.

Back to the 'Golfing Lower Body Machine' ('LBM' – Feet, Legs, Hips, Trunk, Chest, Shoulders & Head'). The rear wheel drive or 'Brace Leg' provides the 'Push Power or Propulsion'. This 'Force' travels or translates from the 'Brace Foot' up the leg to the 'Core Pelvis' ('Hips'), driving the 'Target Hip Socket' back or aft ('Clearing'). In doing so, the 'Abdominal Trunk Chest Core' also moves 'Target-ward Aft'. This rotational movement is 'Drag Linked' to the 'Target Lever Assembly'. So it is true that the 'Target Arm & Hand' is dragged by the body, but that is NOT the primary 'Power Source'.

The 'Brace Leg Drive' is this 'Primary Power Source'. We refer to it as 'Pivot Pressure'.

The 'LBM' produces all of the 'Horizontal Motion ... all of the 'Round & Round'. The 'Upper Body Machine' ('UBM' – Hands & Arms) creates exclusively all the 'Vertical or Up & Down Motion'.

Incidentally, we properly refer to the 'Target Lever Assembly' as the 'Drag Link' and to the 'Brace Lever Assembly' as the 'Push Link'. The 'Target Lever Swings' while the 'Brace Lever Hits'.

The 'Primary Power Source' is the 'Push Link'. It 'Pushes' the 'Target Lever' 'Horizontally Back & Up' out of the way! We call this 'Clearing' or 'Deliver & Release'. Now you know the rest of the story! Science rules!

“Welcome Aboard!”
“Enjoy The Ride!”

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