

# 555 GOLF ACADEMY

**'PERFORMANCE EXCELLENCE'**

## **PUSH & DRAG LINK**

We all know about the 'Golf Body Machine' with its two distinct 'Aspects, 1) **'The Lower Body Machine'** ('LBM') and 2) **'The Upper Body Machine'** ('UBM'). Remember, to simplify our studies, it also has the important **'Target & Brace Sides'** with those very important simple '5 SET-UPS and Essential Elements' to guide us along our 'Golf Ways'.

The **'LBM'** creates all the **'Horizontal Motion'** or what your '555 TEAM' calls the 'Round & Round'. It is the primary contributor to 'Clubhead Speed' and thus 'Distance'. (**'PUSH'**)

The **'UBM'** creates all the **'Vertical Motion'** or what your '555 TEAM' calls the 'Up & Down Motion'. (**'PINCH'**)

It is important that the **'Components & Procedures'** **'MATCH'** in order that we might accomplish our 'Pre-Selected Tasks'. We do NOT select a 'Putting SET-UP' and then call for our caddie to pull our 'Driver'! That wouldn't 'MATCH'!

When we speak of this 'MATCHING', we also mean that when the 'LBM' produces a certain amount of 'Pivot Pressure' ('PUSH'), then the 'UBM' 'Down Force' ('PINCH') must 'Match' so as to get the 'Aimed Clubface' 'Squarely Back To The Butt Of The Ball At The Optimal Time'. Believe it or not, that is why we speak of the word **'Timing'** in golf! (see 'RPM')

**'PUSH & PINCH MUST MATCH'!**

**'Round & Round' and 'Up & Down' 'MSUT MATCH'!**

OK, let's get to **'PUSH & DRAG LINKS'**.

The 'Brace Side', like the back wheels on a '2 Wheel Drive Pick Up Truck', provides the 'Propulsion or Drive'. The 'Body Components' on the 'Brace Side' likewise provide the 'Propulsion In The Golf Swing'. Thus the **'Brace Lever Assembly'** ('Brace Hand, Wrist, Forearm, Elbow, Upper Arm and Shoulder') provides the 'PUSH' and is appropriately called the **'PUSH LINK'**!

**Your 'Grip' ('2 Hands') 'CONTROLS' the 'Golf Club'.**

**The 'Target Grip Controls The Clubface AIM'.**

**'The Brace Hand Monitors The Velocity'** ('Rate Of Closure Clubface To Ball') and thus 'Takes The LAG Out'. The 'Muscular Power' ('Down Force' or 'Triceps Extensor Action') of the 'Brace Lever Assembly' ensures that the 'Clubhead Gets Back Down To The Butt Of The Ball' (see 'Full Extensor Action')(see 'Bend & Straighten Drill') at the precise instant required. (see 'RPM and Timing') There is a 'Brace Handed Function' called **'The #3 Pressure Point'**

(‘Brace Index Finger #2 Joint Pressing Against The Grip’) that is essential. The ‘#3 Pressure Point’ directly provides the ‘Down Force’ to the actual ‘Grip’ and ‘Drives The Clubhead Down To The ‘Ballistic Point Of The Passively Waiting Ball’.

The ‘Target Side’, like the front end accomplishes other specific tasks that are closely related but separate and cooperative.

### **‘The Target Foot Steers Our LBM Can Clear’.**

The ‘Brace Leg Drive’, after the ‘Coil and Load is produced (see ‘ALS DR’), provides ‘Brace or Resistance’ and thus enables propulsion of the ‘Legs, Thighs, Hips, Trunk or Abdomen, Chest and Shoulders’ in their ‘Round & Round Trip’. **‘The Brace Foot Anchors The Front Swing’.**

Remember, that the **‘Target Shoulder’**, in fact both Shoulders, from the ‘Top Of Back Swing’ (‘TOB’) are released and driven ‘Target-ward’ by the ‘Un-Coiled and Releasing LBM’. As the ‘Brace Side Drives The Hips’ out of the way, they in turn, as all the mentioned ‘LBM Components are connected, drive the ‘Target Shoulder’ out of the way as well (‘Around & Aft’).

The **‘Target Lever Assembly’** (‘Target Hand, Wrist, Forearm, Elbow, Upper Arm and Shoulder’) is obviously attached to the Target Shoulder’. As the ‘Target Shoulder’ is driven ‘Around & Aft’ this ‘Motion’ ‘DRAGS or PULLS’ the ‘Target Lever Assembly’ with it. Thus the ‘Target Lever Assembly’ is aptly called the **‘DRAG LINK’**.

**‘The #4 Pressure Point’** is where the advancing ‘Lower Body Machine’ (‘Chest & Pectoral Muscles’) meets and ‘Drives’ the ‘Target Biceps’ out of the way of the ‘Clearing LBM’. We can understand that the ‘Brace Leg Drive’ ‘Powers’ this event.

The ‘Target Shoulder’ advances or moves out of the way ahead of the ‘Target Lever Assembly’. At the same time, when the ‘Target Shoulder’ is driven out of the way, via the ‘Rotational Trunk Abdomen and Chest, its movement ‘Target-ward’ ‘LEADS’ the ‘LAGGING’ ‘Target Lever Assembly’. This is specifically a **‘PULLING or DRAGGING MOTION’**, hence the term ‘Drag Link’.

So we now know that the **‘Golf Club Is Both PUSHED & DRAGGED Target-ward’**. We also know that the ‘Primary Power Source’ or ‘Primary Engine’ for this ‘Motion and Action’ is the result of the ‘LBM Round & Round’ combined with the ‘UBM Up & Down’.

This ‘Knowledge’ will help you gain ‘Understanding’ of the ‘Golf Swing’. When applied, you will also gain positive ‘Experience’, which will soon produce ‘Wisdom’ and more ‘Pleasure’!

**“Welcome Aboard!” “Enjoy The Ride!”**

## **SATISFACTION GUARANTEED**

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