

# 555 GOLF ACADEMY

## 'WHERE PASSION MEETS PERFORMANCE'

### PUTTING

Perhaps I can provide you with the summary first? Give you the distilled nectar and let you add the mixer?

Putting is some very minimal, well-understood 'Mechanics' the must suit the 'Athlete' but do so with some 'Science' in mind. You must have a 'System' so you don't flounder and waffle about the process. Then you add a huge dose of 'Attitude'. Your 'Brain Chemistry' must be very alive and well. Your thoughts must be extremely 'Positive' such that you believe you could not miss. You must have a really tested and trusted '**Five Step Routine**' every single time you step onto the 'Dance Floor'. You must practice and become an expert at '**Reading Greens**'. You must strive, as outlandish as it might sound, '**To Become One With Mother Nature**', to harmonize with 'Her' so she allows you to manage the 'Elements'. You must ardently fight off the urge to slip into the '**Outcome State Of Mind**' where you unavoidably experience 'Anxiety, Doubts and Fear'. This will surely overshadow your opportunity. If you can stay in the '**Present Tense**', you have a fighting chance to learn to exercise what your '555 TEAM' calls '**Process Golf**', just making the 'Motions'.

You have a great 'Grip' on suitable, '**Physically and Mechanically Sound Habits**' that enable your 'Executing' each stroke via the 'Subconscious'. Here you shall feel no Fear. In this place you shall live by '**Process Golf**' and not embrace the urge to fall into the 'Outcome' vortex. The '**Training Mentality**' shall remain on the 'Practice Green' and you shall then go into battle in the '**Playing and Trusting Mentality**'. By doing so, when the going gets tough, the tough shall get going! The more pressure that is placed on your 'Putting and Chipping Strokes', the better you shall perform! Thus you shall profit from the 'Fruits Of Your Labours'.

Of this your '555 TEAM' is sure!

This 'Shortest Stroke' in the Game of GOLF is by far the '**EASIEST**' and you DO NOT have to be an athlete to make it happen 'Like a Pro'.

## 'ALL PUTTS ARE DEAD STRAIGHT'!

PUTTING is simply '**DISTANCE and DIRECTION**'. Distance or Weight, the Energy in the Stroke, Control of the Length of the Back Swing, is the more difficult of the two to master and accomplish.

PUTTING requires 'SET-UP' under the reliable influence of the '**5 CONTROLS**' and '**5 Essential Elements**' as usual.

**'READING THE GREEN'** is absolutely necessary. You must read the 'Ball Rolling Line' (BRL) both **'Down The Line'** (DTL) and **'Across The Line'** (ATL) in order to thoroughly understand the **'BREAK'** or profile of the green which will directly effect the Ball's rolling behaviour. 'DTL' is viewed from '5 Paces' behind the Ball, with the Ball directly between your Chest and the Cup. 'ATL' is viewed standing on the **'LOW SIDE'** of the 'Ball Rolling Line', 'EQUIDISTANT' from the Ball and Cup. Stand at the 'Top of the Triangle' in order to see whether the 'Ball will be Rolling Uphill or Downhill'. Remember, this is 'Energy Control or Management Time'! You will get answers to the question 'How Hard Do I Stroke the Ball?' Don't miss small details. This PUTTING is a matter of 1/4 inches.

During the process of 'Reading the Green', ensure you determine how many feet (paces) it is from the Ball to the Cup. This directly effects your calculation of the 'Stroke Energy'. The **'ONE INCH RULE'** applies in Putts that are within about fifteen feet. You should make Putts within this 'Range' using a 'Pendular Stroke' and NOT employ much, if any, Stroke Thrust. The Basic Action is one of 'Rocking Shoulders', not 'Flipping Hands'. **'TRUST YOUR READS' and 'TRUST YOURSELF'!**

PUTTING then has its own very specific and special 'Procedure' that is simple and reliable. It is summarized with one word;

## **Pre-SHOT ROUTINE**

**B**lade (C/F AIM for Direction)  
**E**yes (Sweet Spot, Centre of MASS)  
**S**tance & **S**houlders (C/H PATH)  
**T**ouch (Brush Strokes For Distance)  
**( 'BHTD' )**

PUTTING, like all 'Golf Strokes' requires some 'Dress Rehearsals' or 'Practice Strokes'. Always make **'THREE BRUSH STROKES'** and then **'PAINT THE PICTURE'**. This 'Procedure' insures that you not only 'FEEL the Energy' but also that you 'FEEL the Resistance of the Grass' (in the case of Chipping). You can see how these 'ROUTINES' are more universal than perhaps expected. The 'Three Brush Strokes or Practice Strokes' also allow the Arms / Levers to Relax which is beneficial, even essential, in the PUTTING Procedure. Soft Hands, Elbows and Arms Swinging, 'Rocking Chair MOTION', from stable 'Relaxed Shoulders'! (see 'Secondary Engine')

Make sure that your **'ELBOWS AND FOREARMS ARE LEVEL'** or your 'Shoulder Arms and Hands Triangles' will not be stable. You might 'FEEL' that your 'Target Elbow' is sticking out towards the 'Ball Rolling Line' just a little. That is good! Like you have a headlight in your 'Elbow Shining On The Cup' is a great feel! It tends to fall back or be tucked in for a lot of golfers. Your 'Lever Components' must be able to 'Track The BRL' using 'Shoulder Motion'. There are many other 'Procedures' that will work, but we are talking now about 'Reliability'!

'PUTTING' is a very delicate Stroke that must be made **'BREATHING OUT'** and NOT either 'Holding Your Breath or Breathing In'. 'Absolute Relaxation' with a 'Steady Head and Focused Eyes' is essential. **'Count 1 & THRU'** to promote or create a sound 'Cadence' which is 'Balance In Timing and RHYTHM'. These are your very useful 'Trigger Words'.

## THE PROCESS:

With all the 'Data Gathered', **'B.E.S.T.'** is accomplished; **'Blade Square to the Ball Rolling Line' and 3/8" Off The Grass** ('Light'), **'Ball Centered directly in front of the Sweet Spot of the Blade'**, **'EYES over or slightly inside and behind the Ball'**, **'Stance / Feet Parallel to the Blade'**, **'Shoulders Parallel to the Ball Rolling Line'** with **'Ball Location Forward'** to promote **'Top Spin'**. Then **'PROPER TOUCH or WEIGHT'**.

With all the 'SET-UP Procedures' (above) accomplished, 'Blade Set directly behind the Ball Squarely AIMED down the Ball Rolling Line, you must now take 'One Final Look Down the Ball Rolling Line' (Down the Centre of the Ball Rolling Road) **'BALL TO CUP AND THEN CUP TO BALL'**. So one of your final 'Pre-Shot Routines' is to look 'DTL and UTL'. You will be best-served to do so quite 'Slowly' and, on the return trip' take the 'Putter Blade Away from The Ball' with your 'Shoulder Triangle' , at the same 'Pace' that your Eyes are moving back 'Cup to BALL' (UTL). Brace Shoulder smoothly Up and then Brace Shoulder smoothly Down with a little 'Chase'. This will make your Stroke both 'Smooth and Gentle'. Get the 'Blade Light' or 'Off The Ground' as well so your first move is not a 'Pick Up Take Away'! Do NOT 'Mouse-Trap' or 'Snatch' the Putter Blade away from the Ball as that will throw it off or 'Out Of Orbit' only millimeters off the launch pad! Wobbly!

It works well to 'Take the Blade Away' with the Target Shoulder and Lever, while returning it with the 'Brace Shoulder' in a **'Rocking Shoulder Action'** and NOT with the Hands. The Hands are far too capricious or unsteady. In the front 'ROCKING ACTION', your Brace Shoulder will FEEL and actually travel **'Down and Under your Tallish CHIN'** ('On Plane') (**'Baseboard Molding Drill'**). Those '5 CONTROLS' are always in play!

Do NOT take your EYES off the Ball Location. **'SEE THE BALL COME OFF THE CLUBFACE'** and avoid looking or 'Following It's Rolling Action Down The Ball Rolling Line' To The Cup'. Remember, if you turn or 'Rotate your Eyes', you will likely 'Rotate your Ears' (Axis). Then you will likely 'Rotate your Shoulders' and Pull the Putt 'Off Line' or be forced to 'Manipulate Your Stroke With The Hands'. You will NOT like the results of this Stroke Error or 'Interference with or Interruption of the Pendular Swinging Motion'.

**'HEADS OR TAILS'** is essential. Pretend there is one thin dime of Mr. Lincoln under your 'Ball'. When the 'Blade' takes the Ball away, make sure you can call it! This is 'Ocular Control'. **'Captain EYES IN CONTROL'** and sending data! No other options!

**'SEE THE BALL'** and **'FEEL THE PIN'**. (Mental Picture in the Mind's EYE) 'FEEL the Target-Pin' with your 'Mind's Eye' so you can 'SEE THE BALL' with your 'Baby Blues'! There is no other way or you will 'Take That Look' and be called a 'PEEKER'! Not a good reputation to have on course.

**'LISTEN FOR THE BALL'S GOING INTO THE CUP'**. Do not 'TURN YOUR EYES' for if you do, you will 'Turn Your Ears and Shoulders' too! If the Ball goes to the 'Bottom of the Jar', the crowd will 'Put You On Notice' with their applause!

**'The Captain EYES Do Not Move  
Until Your Hands Have Stopped Moving!'**

## IN A NUTSHELL:

'Survey the Green' thoroughly (DTL, ATL, Low Side Crouched Down, UTL, DTL)  
'Pace Your Putts and Chips'. **'KNOW YOUR DISTANCE'**.  
'FEEL The ENERGY' looking at the Cup. (TICK TOCKS 5 Paces Back)  
'**VISUALIZE**' (Mental Picture) 'See The Ball and Feel The Target'  
'5 ESSENTIAL ELEMENTS' are key  
'Pre-Shot Routine' is never out of style!  
**'B.E.S.T.'** (**'Dress Rehearsal'**, Three Brush Strokes then Paint The Picture)  
'Be The **B.E.S.T.** Putter You Can Be'  
**'One Inch Rule'** (Gravitational Putts shorter than about 15 feet)  
'Brace Hand Travel Distance' (**'BHTD'**) produces 'Distance'.  
'**CHASE**' If your back stroke is 8" then your 'Thru Stroke' is 9"  
'One & Thru' Trigger Words always!  
'Brace Deltoid Pressure' produces the 'Distance' outside 15 feet.  
'Three Brush Strokes' which must be absolutely repeated in the Process  
**'B.E.S.T.'** Set-Up Sweet-Spot on Butt of Ball (**'Curtain Up'**)  
'One Slow Look Down the Ball Rolling Road and Back' 'FEEL-ing the Cup'  
**'PAINT THE PICTURE'** (Physical Picture, 'JUST DO IT NOW!')  
'See the Ball' and 'Smoothly Stroke' at same pace EYES are moving  
'**LISTEN**' and don't look (don't Rotate Eyes, Ears, or Shoulders)  
'No Outcome Golf'  
'Trust Your Process'

Interestingly, '**CHIPPING**' follows the same 'Procedures'. Chips are just 'Putting Strokes' with an 'Aft Ball Location', perhaps weight forward and using a different, more lofted 'Tool'. **A 'CHIP IS A PUTT WITH A HOP'!** How many 'Putters' do you have in your bag? "6 or 7"! Remember your '**Target Lever DEAD ROPE**' so you can manage 'Precise Swing Radius With Reliable Impact & Separation'. '**One & Through**' ... always! Feel the Cup so your 'Captain Eyes' can focus 100% on the 'Object Ball'. Be The Ball!

Absolute Trust!  
Present Tense!  
No Outcome!  
Confidence!  
Courage!  
Have fun!  
Play well!

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