

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

FOR YOUR EYES ONLY **The Captain Of The Golf Ship**

A very good client and an absolute stranger both asked me today how to either accomplish their 'Take-Away Trigger' or how to control their 'Take-Away Pace'. Here is my answer.

This is about the timing of a solo athletic event that has no outside, third party or external timing device. The time aspect comes from within your own being. Your 'Captain Eyes' gather 90% of the brains data and they run the 'Golf Ship' from the bridge. (see 'Eye Hand Coordination')

We have a professionally designed 'Pre Shot Routine' ... **'The 8 Step Putting Pre Shot Routine'** ('PSR') that also satisfies other procedures ... all of them! Your 'Driver' utilizes '4 of the 8' steps.

During your 'Routine' you address the ball, 'Measure To The Ball', to establish 'Lever Extension' and in order to precisely locate the 'Bottom Of Swing Arc' ('BOSA'), 'Bottom Inside Cheek' of the ball ('BIC') with the 'Sweet Spot'. **'Take A Nice Deep Breath and Let It Out!'**

Regardless of what club and how far you want to strike the ball, you always 'Locate & Visualize' your 'Three Target System' ... 1) 'The **F**ar Target' – flag stick in the ground, real or imagined, 2) 'The **I**ntermediate Target' – point 10 to 15 inches in front of the ball on the 'Target or Initial Ball Flight Line' and 3) 'The **B**allistic Point' – 'BIC'. You sequentially observe them in this far to near sequence. Remember, this is a 'System' with firm 'Check Lists' designed to help you have more FUN! If you are not having as much FUN as you anticipated, you might finally decide to abide by what actually works like a charm ... repeatedly? It's 'System & Methods'.

Sequentially means 'F-I-B'. 'Take Another Nice Deep Breath Looking At Your Far Target' ... may be the flagstick 'Chipping Circle' or cup in 'Putting'. Let the air out slowly. Your 'Captain Eyes' will be traveling 'Far to Intermediate to BIC'. When you get to the 'BIC' ... at the same pace as your 'Captain Eyes' are moving, 'Trigger Your Take-Away'. You see, now your 'Brain has given up 'Control' of an often difficult decision that blocks or prevents the conscious signal. Golf can and is all too often 'Anxiety or Fear Ridden'! 'Letting 'IT' Happen' is not all that easy at times of stress. Now you can relax and go!

Use your magically powerful and flexible '555 System & Methods'.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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