

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

PUTTING & DRIVING

both ends of the spectrum

It is accurate to say that 'Golf Is Simply About Distance & Direction'. But there are shades of gray in such pronouncements.

With years of teaching this amazing game, full of twists and turns, excitement and depression, success and failure, we have come to discover that the 'Putting Challenge' is 'Weight or Distance', while the 'Driving' (and iron play) allusive feature is 'Direction'. We must keep that darned ball out in front of us, in the 'Short Stuff'! Strive to become a 'Reflex Golfer'!

We cut and slice very few putts. The general golfing community can't say the same about their 'Big Sticks'. The rough, bush and woods, are full of 'Long Drivers'.

The baseline problem with 'Long-Shafted Curvature' is trying to hit too hard. This creates 'Tension In Your Fingers, Hands, Wrists, Forearms, Elbows, Upper Arms and Shoulders', which is 'The #1 Killer Of A Good Swing'. Tension causes your 'Clubhead Path & Plane' to start unraveling. If your 'Brace Shoulder' moves before your 'Brace Hip', the train wreck is under way. The 'Upper Body Machine' ('UBM' - 'Lever Assemblies') must 'LAG' behind or trail the 'Lower Body Machine' ('LBM' - 'Feet, Knees, Hips, Abdomen and Chest, Shoulders, Neck and Head' - 'Core Components'). 'Big Muscles LEAD' and 'Small Muscles LAG'.

The 'Front or Down & Out Swing' happens 'From The Ground Up' and 'From The Inside Out'. To make this 'Power Line Sequence' happen, we must have some 'Brace Toe Pressure', 'Brace Foot Pre-Load' and then 'Brace Leg Drive'. The base ball pitcher throws off his or her 'Brace Foot'. In fact, the batter hits off the same foot ... 'From The Ground Up' and "From The Inside Out" ... so the 'LBM' 'Leads' and the 'UBM' 'Lags'.

Hope this simplicity helps you grow in your game!

"Welcome Aboard!"

"Enjoy The Ride!"

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