

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

USING A WEAK BRACE GRIP FOR PUTTING

Putting requires exceptionally 'Quiet Hand Wrist Forearm Triangles'. If you get into the habit or have a tendency for any 'Tense, Flip Handed Delivery' you shall not be rewarded. The 'Brace Hand' produces the 'Take-Away' followed by a 'Shoulder Up & Down Motion' which loads and delivers the 'Sweet Spot'. (see 'ALSDR') Your 555 Team refers to this as the 'Rocking Chair Shoulder' whereby the 'Bigger Muscles' have and maintain control.

What is a 'Weak Grip'?

You have two 'Hands', the 'Target or Swinging Hand' and the 'Brace or Hitting Hand'. They have different tasks.

A good 'Putting Target Grip' should be pretty '**Neutral**'. It is not meant to accomplish much if any 'Work'. Its task is to control the 'Clubface Aim', set-up and establish 'Bottom Of Swing Arc' ('BOSA') and to provide the '#4 Pressure Point'. Do not over work your 'Target Lever'.

The 'Putting Brace Grip' is best being on the '**Weak Side**' ... that means being rotated slightly towards the 'Target'. Your 'Thumb' should be slightly more towards the 'Target' than what you are accustomed to with your normal short to mid irons. The 'Brace Thumb – Index V' is weak ... more pointed at the sternum than 'Brace Clavicle'.

A 'Weak Grip' is set-up and executed to do 'Less Work' than a 'Strong Grip'.

In 'Putting', as stated, we need to accomplish very little hand action.

The 'Putting Motion' is about deep pendular back and forth with minimal energy as required.

If you have any questions, simply 'AskUs!'

We are here to help ... 24/7.

**"Welcome Aboard!"
"Enjoy The Ride!"**

SATISFACTION GUARANTEED

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