

555 Faults & Fixes

'PERFORMANCE EXCELLENCE'

ARMED WITH THE TOOLS

Your '555 Team' approach to '**Faults & Fixes**' is both very simple and highly predictable. Those are both good things in 'Golf' and 'Life'!

You know that we strive to understand 'Scientific Realities' such as '**The Physics Of Rotation**' and '**The Geometry Of The Circle**'. This material always applies.

There are aspects and elements that are 'Consistent' to every swing universally. '**The 555 System**' includes a very comprehensive application and foundation of these.

Whenever we come up against a 'Fault', the 'Fix' relies upon our knowledge of '**The 5 SET-UPS**', '**The 5 ESSENTIAL ELEMENTS**' and '**The Five 555 CONCEPTS**' which we call the '**Problem Solvers**'. Sounds like these three groups of five might be worthwhile noting as we get into yet another 'Faults & Fixes'. Here they are!

'The 5 SET-UPS' ...

1) 'Posture', **2)** 'Grip', **3)** 'Stance', **4)** 'Ball Location' and **5)** 'Alignment'.

'The 5 ESSENTIAL ELEMENTS' ...

1) 'Clubface AIM', **2)** 'Clubhead PATH', **3)** 'Clubhead SPEED', **4)** 'Sweet Spot' and **5)** 'Angle Of Attack'.

'The FIVE 555 PROBLEM SOLVING CONCEPTS' ...

1) 'The Golfing Machine Concept', **2)** 'The Tether Ball Pole Concept', **3)** 'The Balsa Airplane Concept', **4)** 'The Human Ratchet Set Concept' and **5)** 'The Dead Rope Concept'.

Equipped with these '**Three Groups Of Five**', we can tackle any '**Mechanical Golf Issue**' that arises in a logical and realistic manner. '**Faults & Fixes**' will become second nature.

REVERSE 'C' – REVERSE PIVOT

You must certainly understand and respect that **'Steady Head Basic Essential'**. It is no light weight 'Component Behaviour'.

If your 'Head' is moving all over the place, so too will you **'PATH & PLANE'** be very unpredictable and you 'Clubhead PATH' be inconsistent.

Remember, **'The Top Of Your Lower Body Machine' is stabilized by your 'Captain EYES'**. **'The Lower or Bottom Aspect Of Your LBM' is stabilized by 'Loading Your Quads & Glutes'**. 'Large Muscular Stability' plays a very important roll in the overall 'Stability Of The Entire Machine'.

However, this 'Steady Head' does NOT imply or require that your 'Head Be Locked In Place or Position'. This is over done and creates direct 'Error Issues'!

'The Head Is Meant To Float Atop The Properly Positioned Spinal Crankshaft'. This means it must be allowed to 'Move Laterally' as you 'Pivot Slightly To The Brace Post' as you 'Load, Coil and Wind Up The Primary Golf Engine'. (see 'Power Package')

If you make a great 'Back Swing', with all its proper 'Motions', yet 'Lock Your Head In Position', you will produce **'The Ill Fated Reverse Pivot'**. This occurs due to the fact that Your 'Hip Girdle' moves 'Brace Laterally During The Coil'. If the 'Hip Girdle' shifts and the 'Head Does Not' You get the Head Being Closer To The Target Than The Hips', which is the 'Reverse Pivot'.

If you accomplish a 'Reverse Pivot' in the 'Back & Up Swing', you will very likely fall prey to **'The Reverse 'C'** in the 'Down, Out, Forward & Through Swing' as well. This is the condition whereby the 'Head Stays Or LAGS Behind The 'Forward Moving Hip Girdle' in the 'Down & Out Swing'. Your Chest and Chin' are supposed to 'Finish Atop Your Nicely Tall Target Leg'. Way behind is NOT Atop'! This 'Swing Error' will short or medium term 'Injure Your Lumbar Back'! Millions know!

Amazingly yet logically, what we do incorrectly in the 'Back & Up Swing' usually comes home to roost in the 'DOFT Swing' as well.

Avoid these easily avoidable 'Swing Faults'.

The less 'Fixes' you have to accomplish, the better'!

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