

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

THE ROCKING CHAIR SHOULDERS DRILL (Putting & Chipping')

This 'Bullet-Proof Drill' is a 'Stage One Procedure' so it is very useful, if not essential, for both 'Putting and Chipping'. The 'Shoulders Rock Around your Adam's Apple or the Base Of Your Skull' to create 'Forward Motion' in the 'Clubhead'. The predominant 'FEELING' is that you 'Rock Your Brace Shoulder UP in the Back Swing and then let it drop or Rock back DOWN in the Front Swing.

I might add, that when you create adequate 'Brace Hand Movement' it will create 'Wrist Cock' in the Back Swing. Once you do so, you are into the 'Stage Two Procedure'. Even greater movement of this 'Brace Hand' 'Back and Up' will result in 'Winding or Coiling' in the 'Lower Body Machine'. Once this takes place you have transitioned into the 'Stage Three Procedure' which produces the 'Full Swing'. Stage Three Procedures' have both 'Wrist Cock and PIVOT'.

This 'Rocking Chair Shoulders Procedure' requires proper 'SET-UP' as do all 'Procedures'. The '5 SET-UPS' are present. As with every 'Golf Shot Known To Man', the '5 Essential Elements' are always present so be aware of what they are. If you are fuzzy around the knowledge edges, turn to your 'Trusty Tour Guide Index' and search out relevant material. **Always 'One & Through' and 'Heads Or Tails' with some 'Chase'.**

To 'Putt' well with this 'Rocking Chair Shoulders' method of locomotion, you require adequate (liberal) 'Forward Spinal Inclination' in order that the 'Pendulum Action' enables your 'Levers' (Hands and Arms) to clear the body and easily accommodate the 'Motion'. The better they just hang from the 'Shoulder Sockets', the better you will create the 'Pendular Motion'. With this in mind, the optimal 'Spine Angle' would be 'Horizontal to the Ground'. Tough to accomplish so do your best to get more 'Flexible and Stable' in your 'Core' and get 'Comfortably Forward Inclined' so as to promote this 'Rocking Chair Motion'.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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