

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

RPM

Wow! A simple golf term! So now what does it mean ... simply put?

Time for a mental picture and an effective analogy ...

Picture a standard **'Bicycle Wheel and Tire'** held by the axel in your **'Target Hand'**.

Point the **'Tire Valve Stem'** at your **'Sternum or Chest'**. Draw an **'X On The Hub'** directly in line with your **'Sternum and the 'Valve Stem'**. So now we have **'Sternum, Stem & Hub'**. Simple picture?

Now, gently rotate the **'Wheel & Tire'**. The **'Valve Stem'** always faces the **'X'** on the **'Hub'** ... always. The **'Stem'** and the **'Hub'** always rotate at the same **'RPM'**. The **'Valve Stem'** turns as slowly or as quickly as the **'Hub'**.

Here's the gig! Picture your **'Spinal Column'** as the **'Hub'** of your **'Big Rolling Human Golf Wheel'**. Visualize your **'Hands' ('Grip')** as the **'Valve Stem'**. When your hands are in the **'Bottom half Of The Swing Circle'**, your **'Grip'** should always be in front of your **'Hub Hips & Chest'**.

Getting a little more accurate, I picture a **'Laser Light'** shooting out of the **'Golf Club Grip But Hole'** pointing at my **'Target Hip'** while my hands are in the **'Bottom half Of The Swing Circle'**. This guarantees **'RPM'** and no **'Flip or Block Handed Delivery'**, which directly affects the **'Ball Flight Line and Direction'**. (see **'Slow Motion Drills'**)

'Golf' is about **'Quiet Triangles'** being transported by a controlled **'Body Machine Pivot'**.

Now you've got **'IT'** too!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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24/7