

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

SHORT GAME IN A NUT-SHELL

Whatever we undertake in our 'Golf Swings' ('Mental Mechanical'), we must do so with 'Predictable Discipline' ('PSR') or we will NOT be able to repeat the 'Process' when we need it out on course, under pressure ... 'In The Heat Of The Kitchen'.

Putting, to **Chipping**, to **Bump & Run**, to **Knock-Down**, to **Pitching** is a well-known, sensible and practical 'Short Game' progression, which, when understood and applied, will help any and all golfers to improve ... QUICKLY if not immediately!

I have taught and done this myself for decades and can tell you it is not a "Maybe"!

If you learn and use the '**555 Inching Method**', you can efficiently execute the 'Putting Stroke' up to about **19 to 23** feet, like a 'Golfing Machine' depending upon your personal capabilities and personality. ['AskUs'] You must employ a dedicated 'PSR' if you expect to personally bring these words to fruition. It ain't a 'Get Lucky' process.

Once you master the 'Inching Rule', you will learn how to accomplish what your '555 Team' calls the '**Optimal Stroke Length**' ('No Down Thrust' in the 'Secondary Golf Engine') and apply it to your 'Putting' regimen as well. This physical capability will get you out to about **45 to 60** feet on a flat 'Stimp 9-ish' green. ['AskUs ']

So what about the distance in between 23 and 45 feet? It is not a 'No Man's Land' or 'Get Lucky' stroke but must be controlled with some subjective practice time. We have to each learn what 'Brace Hand Travel Distance' ('BHTD') is required to move the ball any distance from the 'Inching' (1-23) to the 'OSL' (45-60) zones. The physical fact is that one must learn how far to 'BHTD' in this 'Central Distance Region'. It is not overly difficult, but requires some 'Smart Time'. **You can do it!**

Remember, so far, we are talking about the 'Putting Procedure'. Having accomplished the 'Inch - OSL' task, it is of enormous value to now take your #7 Iron and make the exact same 'Strokes' with it and all the other shorter clubs ... and not longer!

KNOWN AS CHIPPING!

Keeping It Stupid Simple ... 'A CHIP is a PUTT with a Hop'!

You will soon discover that the very same ‘Stroke Procedure’ with a #8 Iron, rather than the ‘Putter’, produces a ‘HOP’ and thus makes the ‘Ball’ travel a slightly shorter ‘Distance’. The ‘Trajectory’ (‘Altitude Gain’ or ‘Air Time’) consumes ‘Energy’ and thus leaves less for the ‘Ground Time or Roll Out Aspect’ ... **‘Air Time vs. Ground Time’**.

To get the ball to ‘Roll’ (‘Ball Rolling Distance - BRD’) the same with the #8 Iron as with the ‘Putter’, one will have to increase the ‘Stroke Length’ (‘BHTD’) and thus increase the ‘Applied Kinetic Energy’. Thus your ‘Chipping Procedure’ will require slightly more ‘Inching’ (‘Body Clocking’) to get the same ‘Distance’ job done! **We ‘Chip’ ONLY when we cannot roll a ‘Putt’**. To further explain this ‘Trajectory Energy’ requirement, the risky ‘Full Swing Lob Wedge’ makes the ball fly very high but not very far.

So, now we have got from the ‘Address or IMPACT FIX Ball Location’ (see ‘The 5 SET UPS’) out to about ‘60 Feet’ with very little fuss and complexity ... with little or no more than the ‘Force Of Gravity’ using our very simple ‘Putting Stage 1 Procedure’. We have applied ‘No Thrust’ or ‘Secondary Engine Down Force’.

Thus, to get farther from the ‘Address Ball Location’ than say 45-60 feet, we must add ‘Thrust or Brace Shoulder Down Force’ ... not ‘Wrist Cock (Stage 2) or Pivot Pressure (Stage 3)’ as yet! We can produce a very much longer ‘Putting Procedure’ and then the ‘Bump & Run’ with an Iron by doing nothing more than adding ‘Brace Shoulder Down Force’ to what is an already understood and practiced ‘Stage 1 Procedure’, known as the ‘Optimal Stroke Length’ (‘OSL’).

In conclusion, if we desire a ‘Knock Down’ or ‘Punch Shot’, more distance, all we have to do is ‘Increase Our BHTD’ in a practical and correct mechanical manner. Remember, the ‘Knock Down’ and ‘Punch’ shots are **‘Stage 2 & Stage 3 Procedures’**, requiring ‘Wrist Cock & Pivot’ respectively. These two ‘Components’ are primary ‘Energy ALSDR Agents’ as you already well know. (see ‘Components & Procedures’) [‘AskUs’]

Having read this information, you can understand the scientific logic of our saying ... **“I Drive As I Putt”** ... **“There Is A ‘Putt’ In Every ‘Drive”** and **“If You Can Putt You Can Drive”** [‘AskUs’]

Your ‘555 Team’ would like to think that you can accomplish every ‘Procedure’ from ‘Putt’ to ‘Drive’ by primarily ‘Controlling Your BHTD’, especially knowing that the ‘Load - Coil’ is accomplished by the ‘Brace Hand’s’ moving from ‘IMPACT FIX’ to your own personal ‘Top Of Backswing’ (‘TOB’). (see ‘Swing Sequence #5’ and ‘Swing Segment #1B & #1F’)(see ‘The Balsa Airplane Concept’)(see ‘Load - Coil’).

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