

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

3 LEVER, SINGLE ACTION

Importance Of The Brace Lever

The 'Target Lever Assembly' is comprised of the 'Primary Lever' ('The Hand, Wrist & Arm') and of the 'Secondary Lever', which is the actual 'Golf Club'. Your 'Target Wrist' is a fulcrum or hinge. The 'Target Lever' performs ONLY three functions 1) Controls the 'Clubhead and Clubface', 2) Establishes the 'Bottom Of Swing Arc' ('BOSA') and 3) provides the '#4 Pressure Point' ('Connection to the Body' – 'Biceps to Pec').

The 'Brace Lever Assembly' is comprised of the 'Hand, Wrist, Forearm, Elbow, Upper Arm and Shoulder Socket'. It produces the majority of the 'Clubhead Velocity' through 'Accumulation and Release Of Energy'. (see 'Hammering A Nail')

This 'Accumulation, Load, Store, Delivery and Release' ('ALSDR') sequence makes 'Things Golf' happen. (see 'Impact & Separation')(see 'Compression & Line Of Compression')

At the 'Bottom Of Swing Arc' this 'Lever' is extended or straight ... 'No Energy Accumulation'. The 'Three Articulating Joints' are 'In Line'.

When these 'Joints' are 'Bent' ('Flexed') they are in fact 'Loaded or Armed' ... ready to do work! They 'Load' sequentially 1 2 3 and then 'Un-Load' reflexively 1 2 3.

We know the '3 Levers' ('Wrist (3), Elbow (2) & Shoulder Joint (1)'). Their 'Single Action' is simply and smoothly to 'BEND' ('Load') and then to 'STRAIGHTEN' ('Release and Do Work', which is a 'Force thru a Distance'. The more the 'Mass Energy' or 'Velocity', the greater will be the 'Work')(see 'Foot Pounds Of Force').

At 'Impact Fix & Impact' the 'Brace Knee, Brace Hip and Brace Elbow' are 'In Line'. Stand up and test this truth. You will 'Feel The Reality'.

Key, yet simple information for YOU!

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