

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **SLOW MOTION DRILLS**

How might we learn to drive a vehicle most efficiently ... at 15 miles per hour on a desolate country road or at 100 miles per hour on a congested, pressurized freeway? Pretty obvious risk based answer, right?

We learn more effectively when events or motions come to us at slower speeds. We have all seen 'Digital Video Swing Evaluations'. If we can see things in 'Slow Motion' we can learn more about the motion's basics. If we can make 'Slow Motion Moves' properly, we can feel them more effectively. That is a learning asset that '555 Golf' has perfected.

'Motor Skills' ('Movement Discipline') are mastered optimally at slower speeds.

Wise golf teachers help their students learn 'Slow To Quick' and 'Small To Large'. This means that we are well advised to work on our 'Putting & Chipping' before we advance to 'Bump & Run and Knock Down Shots'. These are factually and simply progressions of the 'Shorter Versions'. Have you read 'The 555 Natural Progression Of The Golf Swing - a new paradigm'?

'A Chip Is A Putt With A Hop' created by the factory 'Loft' and more 'Clubhead Speed' than a 'Putt' via making a slightly 'Longer Swing'. If we make an even bigger 'Back & Up Clubhead Travel Distance' ('Take-Away'), we shall make more 'Clubhead Speed' and logically more 'Distance'. Thus, the 'Bump & Run' is a 'Chip' with a slightly longer swing. If we carry this logical, scientifically correct progression, to the next level, we shall accomplish the 'Knock-Down' and then the 'Punch Shot'. It is about swing length and 'Load-Coil' control.

As we progress, as our 'Swing Length' increases, (see 'Brace Hand Travel Distance' - 'BHTD') we shall efficiently end up at the 'Full Swing Driver' traveling unexpected distances and directions with relative ease!

Your '555 Team' often practises 'Slow Motion Drills' with the 'Driver'. **"I Drive As I Putt!"**

**"Welcome Aboard!"**  
**"Enjoy The Ride!"**

**SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

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