

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

STANCE, ALIGNMENT & RELEASE

You know about the **'5 SET-UPS'** and the **'5 ESSENTIAL ELEMENTS'**. They are truly foundation items upon which you must 'Get A Grip!' **"JUST DO IT!"**

'STANCE' has three conditions: 1) Open, 2) Square and 3) Closed. Under this topic of 'Stance', you know that the 'Open-ness or Closed-ness' of the 'Feet' ('Foot Axis Relationship or Position To The Hips Axis or Body-Foot and Target Line') is also very important. If you have a 'Closed Target Foot or Toe', this 'Stance Item' directly opposes **'Release Of Stored or Coiled Pivot Energy'**. When your 'Brace Foot and Brace Leg Drive' pressures the 'Legs, Hips, Trunk & Abdomen, Chest and Shoulders Rotationally Target-ward' and you have a 'Square to Closed Target Foot', you produce a 'Target Foot Block' or what your '555 TEAM' refers to as a **'Closed Target Foot Gate'**. During the process of 'Rotating Away From The Coil' ('Un-Coiling, Un-Winding or Un-Loading'), you cannot fully and easily 'Clear Your Hips' and 'Lower Body Machine' due to the fact that your 'Target Foot' is 'Blocking Your Motion'. You cannot walk through a gate that is closed! Many good golfers 'Spin or Slide Their Target Foot' through 'Separation'.

When you are 'Closed Aligned', you tend to 'Run Into Your Own Body' and thus cannot 'Deliver and Release' your 'Golf Components' that desire or required such release. **'Time For A Feel!'** Stand up, close your 'Target Foot / Toe To The Blocked Configuration' and make a smooth 'Golf Swing' to an imaginary target. Your 'Lower Body Machine' got stuck and could not 'Deliver and Release'. Now you know!

So we can clearly see the fact that **'The Target Foot Block Opposes Release'**.

'ALIGNMENT' functions very much along the same parameters as 'Stance'. 'Alignment' has three conditions: 1) Open, 2) Parallel and 3) Closed. When you are 'Parallel Aligned', your '5 Alignment Axes' are parallel to your 'Target Line'. In other words, the barrel of your gun is aimed or pointed in the same direction as your 'Target Line'. Most smooth, well organized, properly mechanical or disciplined swings simply 'Load and Un-Load The Pivot or Primary Golf Engine'. You do not have to 'Force Pivot Pressure to Release'. Just like the **'Balsa Airplane'**, once you have 'Wound Up The Rubber Band', you just 'Let IT Go'. If the 'Fuselage or Longitudinal Axis' is in the correct 'Alignment', the airplane will fly in the direction you 'Pre-Selected'. Simple enough?

We 'Physically and Mechanically' want to **'Swing Down The Body Foot Line'**. That is the 'Natural Release Line'.

When you are **‘Closed Aligned’**, your ‘Release Line or Axis’ is actually towards the ‘Low Energy Side Of The Target Line’. When you are ‘Closed’ and make a very ‘Neutral Swing’, you should naturally ‘Deliver The Ball’ ‘Down Your Body Foot Line’. Thus, if you are ‘Closed Aligned’, your actual ‘Target Line’ will be on your ‘Hip – Shoulder Line’ or even more towards or behind your ‘Back’. To get ‘Delivery & Release Of The Golf Ball’ ‘On Your Pre-Selected Target Line’, you will have to create curvature and either ‘PULL or PULL HOOK The Ball’ to your desired ‘Target’. The ‘Closed Aligned Release’ is not ‘Down The Pre-Selected Line’ (‘Low Energy Side Of Target Line’).

Improper ‘Alignment’ is NOT the most efficient or most reliable method by which to ‘Fire Little White Objects At Tall Sticks In The Ground With Flags Atop’!

It is always better to be slightly **‘Open In Alignment’** than in any other ‘Configuration’. Even ‘Parallel’ really can tend to a twitch of the ‘Pulls’, especially if you ‘Hold Your Breath’ during the **‘Delivery & Release Intervals’** of your swing.

Remember, once you have ‘Accumulated, Loaded, Stored’ your ‘Pivot Coil Potential Energy’, all you really have to do to ‘Deliver and Release’ it is to ‘Let IT Go’! Don’t oppose its natural ‘Delivery and Release’ in any manner. (see ‘ALS DR’)

So, a **‘Closed Alignment’** is a **‘Hold Onner, Puller or Flip Generator’**. This ‘SET-UP’ (‘Components’) tends to produce ‘Pushes’, ‘Pulls’, ‘Blocks’ and ‘Draw – Hooks’ which are unnatural ‘Procedures’.

‘Open Alignment’ is a **‘Releaser’**. Where you ‘Align or Aim’ your ‘Golf Body Machine or Gun’, the ‘Ball Flies’ ... ‘Dead Stick’! (‘Natural Free-Wheeling Procedures’)

That is a very good thing!

“Welcome Aboard!”

“Enjoy The Ride!”

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