

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

BRACE FOOT SQUARE

Golf is a very personal matter. It is both delicate and powerful. It is sensitive touch and moments of sledgehammer. The are **'Constants & Variables'**, but I want to tell you, one should focus seriously on the proven 'Constants' as those 'Variables just keep coming at us endlessly. Steady physical performance is well-served by being orderly. The carefully devised '5 SET-UPS', the '5 Essential Elements' and a sound 'Pre-Shot Routine' ('PSR') are not optional. The 'Four Step Routine' isn't either.

There is 'Constant Controversy' over how one places those **'Feet Relative To Ones Hip Axis'**. How 'Wide' and 'Pointing In What Direction' 'How Much'. This is **'STANCE'**.

Here is the rule for **'Full Swing Or Any Stage Three'** ('Pivot') Procedure' that will serve you well all your 'Golf Years', including the very mature ones. This applies to super seniors! **'STEER SO YOU CAN CLEAR!'**

'OPEN' means turned in the direction of Rotation, Thrust or Motion'. **'SQUARE'** means at 90 degrees to the 'Thrust Line'. **'CLOSED'** means turned away from the direction of Rotation, Thrust or Motion'. Thus, when the 'Right Hander' has his 'Brace Foot Turned To The Right', **'IT IS CLOSED and OPPOSES THE DESIRED MOTION!'** We must understand simple 'Golf Mechanics'! We must 'Set-Up For Success'!

There is a lot of talk about **'Super Seniors'** and those who are 'Physically Un-Fit' turning their 'Brace Foot CLOSED' to help their physical deficiency. **"It will help you to turn more to the 'Brace Side"**. This is true! But you delay your 'Coil, Wind or Load' by the same number of degrees that you 'CLOSE Your Brace Foot'. **'Lack Of Coil Is A Primary Killer Of A Good Golf Swing!'** and NOT how far you can 'Turn and Re-Turn'. ('No Coil - No Engine') The most efficient 'Brace Foot Position is 'Square To Slightly OPEN'. **'Open means turned towards the Direction Of Rotation to Thrust'**.

The 'Target Foot' must be turned 'Open To The Target Line' or 'Line Of Rotational Thrust'. This 'Foot Position' is necessary in order for your 'Hips and Lower Body Machine To Clear' during the 'Front Swing', at the end of which your 'Belt Buckle' is generally accepted as needing to face the 'Target'. **'We Need To Steer So We Can Clear'**. The 'Target Foot Position' enables the 'Pre-Selected 'Lower Body Machine' ('LBM') Rotary Motion' to actually take place.

Here is a 'Feel Moment'! Stand what your '555 Team' refers to as 'Square - Square', meaning both feet facing the 'Target Line' at 90 degrees or square. Now, without altering your 'Stance or Feet', turn 90 degrees 'Target Side' and 'Take A Big Step'. If this does not talk to and convince you, well

The ‘Brace Foot’ must be ‘Square To The Target Line’ or ‘Line Of Rotational Trust’. You know this is so because you just ‘Pushed Off’ your ‘Brace Foot’ to ‘Turn Sharply And Powerfully 90 Degrees Target-ward’. You just felt the ‘Target Foot Block’ when you were too ‘Square In Your Target Foot’. You know it prevented smooth and efficient ‘Rotational Power Delivery’.

Here is another ‘Feel Moment’! ‘SET-UP Square Square’ again. Now turn you ‘Brace Foot’ about 25 degrees to the ‘Brace Side’ or ‘Closed To The Direction Of Motion’. Now repeat your ‘Powerful Turn 90 Degrees Target Side’ and ‘Take A Big Step’. Again, if this does not talk to and convince you, well it’s your soreness and poor shots!

Your ‘555 Team’ has a ‘Bullet-Proof Drill’ called the **‘Walk Up A Steep Hill Drill’**. It is designed to teach you the ‘Feel Of Brace Leg Drive’, to teach you the ‘Feel Of Pushing Off Your Brace Foot’. It is always the ‘Back Foot’.

There is a slight variation to this ‘Drill’. Rather than standing ‘Hips Square To The Upslope’ as we would do to normally walk up the hill, stand **‘Hips Parallel To The Upslope’** as we do during the ‘Golf SET-UP’. Now take that powerful thrusting step from a ‘Square - Square Stance Configuration’. Immediately ‘SET-UP Open Square’ and repeat the action. Now ‘SET-UP OPEN OPEN’ and do it again.

‘Howe much ‘OPEN OPEN?’” you ask. About 50 to 60 degrees on the ‘Target Foot’ and about 0 to 10 degrees with your ‘Brace Foot’. Try it before you come to a popular conclusion! Popularity often has little to do with right!

Your own body will naturally teach you the physical truth very well indeed as long as you pay attention with an ‘Open Mind’ prepared for the truth!

This discussion is about **‘Scientific or Physical Truth’**. It is about unemotional ‘Facts’ that we must at least consider. If you are a ‘Square Square’ ‘SET-UP’ with ‘LBM’ discomfort in any way, your body is talking. Are you listening?

Working with Dr. Robert Braden, the famous ‘Sports Medicine Injury Recovery Specialist’, we saw patients every day who were learning ‘Physical Truth’ the hard way!

This ‘Square Square SET-UP’ will neither enable nor allow you to efficiently ‘Leg Drive Rotationally’.

SATISFACTION GUARANTEED

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