

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

STANCE and GATE-ing

We all know the meaning and functions of 'STANCE'. It is about our 'Feet', each '**Foot Aiming**' and '**Width**', which simply, very different than 'ALIGNMENT'. Then comes considerations of 'Foot Pressures' and basic physiological functions that are so much fun to explore.

You have heard your '555 TEAM' use sayings such as "**Steer So You Can Clear**". Unless you have adequate 'Open-ness To Your Target Foot', the 'Steering Foot', you shall NOT be able to release your 'Pivot' and 'Un-Load the Stored Pivot Pressure' so primary to making your '**Clubhead Travel Fast, On PATH & PLANE**'.

The 'Target Foot' functions very much like a 'Backyard Gate'. Unless it is 'Open' one cannot walk through it!

Unless your 'Target Foot Is Open' towards the direction of the 'Applied Force' ('Brace Leg Drive'), you shall run into 'IT' and thus find out what 'Resistance' the 'Closed Gate' produces! Certainly contributes to common cases of the 'Pulls' ('Hands Passing Hips') and may arguably factor in any of your 'Pushes & Blocks' as well. ('Reflex Response')

If you want to walk through your neighbour's gate to join them for a nice afternoon Bar-BQ, 'Do The Work Of Walking Thru The Gate', you had better 'Open It First'?

So your 'Target Stability Foot' is functionally important as well as the 'Brace Push Foot'!

Very few people, at all levels of the 'Great Game', ever have enough 'Target Foot Steer, Clearance or Flair' to facilitate their desired 'LBM Fire'! ('Matching Components')

Makes for a very uncomfortable lower back, short and longer term!
('Chronic Soft Tissue Injury' 'CSTI')

"Welcome Aboard!"

"Enjoy The Ride!"

SATISFACTION GUARANTEED

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