

555 Faults & Fixes

'PERFORMANCE EXCELLENCE'

ARMED WITH THE TOOLS

Your '555 Team' approach to '**Faults & Fixes**' is both very simple and highly predictable. Those are both good things in 'Golf' and 'Life'!

You know that we strive to understand 'Scientific Realities' such as '**The Physics Of Rotation**' and '**The Geometry Of The Circle**'. This material always applies.

There are aspects and elements that are 'Consistent' to every swing universally. '**The 555 System**' includes a very comprehensive application and foundation of these.

Whenever we come up against a 'Fault', the 'Fix' relies upon our knowledge of '**The 5 SET-UPS**', '**The 5 ESSENTIAL ELEMENTS**' and '**The Five 555 CONCEPTS**' which we call the '**Problem Solvers**'. Sounds like these three groups of five might be worthwhile noting as we get into yet another 'Faults & Fixes'. Here they are!

'The 5 SET-UPS' ...

1) 'Posture', **2)** 'Grip', **3)** 'Stance', **4)** 'Ball Location' and **5)** 'Alignment'.

'The 5 ESSENTIAL ELEMENTS' ...

1) 'Clubface AIM', **2)** 'Clubhead PATH', **3)** 'Clubhead SPEED', **4)** 'Sweet Spot' and **5)** 'Angle Of Attack'.

'The FIVE 555 PROBLEM SOLVING CONCEPTS' ...

1) 'The Golfing Machine Concept', **2)** 'The Tether Ball Pole Concept', **3)** 'The Balsa Airplane Concept', **4)** 'The Human Ratchet Set Concept' and **5)** 'The Dead Rope Concept'.

Equipped with these '**Three Groups Of Five**', we can tackle any '**Mechanical Golf Issue**' that arises in a logical and realistic manner. '**Faults & Fixes**' will become second nature.

STANCE

Your '555 TEAM' has its core '5 SET-UPS' as you know. They are 1)Posture, 2)Grip, **3)STANCE**, 4)Ball Location and 5)Alignment. There is not one single 'Golf Stroke' that does not involve all five of these very basic 'SET-UPS'.

This is very similar to the fact that there is not one single 'Golf Procedure' that does not involve the '**5 Essential Elements**'. Approaching learning the 'Great Game' is truly enhanced by working and building off such a reliable foundation.

Often 'Stance' and 'Alignment' are co-mingled or confused. They are quite different. It is important that we know the difference.

'Alignment' is purely about the position and condition of your 'Five Longitudinal Axes' which include 1)Feet or Heels, 2)Knees, 3)Hips, 4)Shoulders and 5)Ears. When you look across the back of your shoes ('Heels'), as you might with a 'Gun Sight', you will see where your 'Body Line' is pointing or is 'Aligned'. The same is true with the other four 'Alignment Components'. The 'Ears' may seem peculiar but if your 'Head Is Cocked' your tendency will be to direct your rotational energy along that presupposed line or in the pre-selected direction of the 'Head Cock'.

With everything smooth and right, the 'Ball' should go where your 'Alignment Gun Is Pointed'. You should be able simply to 'Turn Brace Side and the Re-Turn Target Side'. That is '**The Primary Golf Engine Move**'. 'PIVOT!' 'Coiling Energy and then, in response, Releasing Energy Through The Clubhead To The Golf Ball'.

'STANCE' is a 'Lower Body Machine' issue but is quite different from 'Alignment'. 'Stance' is all about the physical relationship of your '**Feet To Your Hip Girdle**' and 'Hips Sockets'. 'Stance' is about the width of your feet and the actual 'Foot Line' relative to your 'Hip Axis'.

The '**Distance Between The Balls Of Your Feet**' ('Width'), or perhaps between your heels is very important. If you are **too wide** you will inhibit 'Pivot or Rotation', both 'Loading and Un-Loading', due to the 'Insertion Angle Of The Femur Into The Hip Socket and Girdle Line'. When you are **very wide**-footed you cannot turn freely prohibiting rotation. This 'SET-UP Condition Error', usually induces 'Sway Slide' or amplifies 'Lateral Motion'. This makes good 'Keep It Stupid Simple' sense!

The 'Golf Full Swing' just naturally requires 'Motion'. If you cannot produce this 'Motion' properly, you shall find a way to do so 'Improperly'. The 'Sway Slide' is 'THE' first choice.

People in general 'SET-UP' with too wide a 'Stance'. This error is natural, especially when we read all the magazines about 'Set-Up Stability' whereby they do NOT adequately explain this 'Primary Aspect Of The 5 SET-UPS'.

Width properly varies from about under your 'Ribcage In Putting' to just outside your 'Shoulder Sockets' when making a big free-wheeling 'Full Swing With Your Driver'. From a 'Rotation' standpoint, narrower is better than wider.

Just a little quick and effective advice is to work from a 'Narrower Pedestal' and ensure that you 'Swing Down The Body Line'. If you produce a 'Push Ball Flight', you may be 'Too Narrow'. If you produce a 'Pull or Pull Draw Hook Ball Flight', you are likely too wide. These are good 'Evaluation Parameters'! **Why might you 'Go High Energy Side Of Target Line'?** Because your 'Too Wide Stance Prevents Hip LEAD - Hand LAG' and thus invites 'Hands Lead', which mean 'Over The Top' or 'Outside In Clubhead PATH'. Too wide a 'Stance' also tends to produce 'Tension' and 'Flippy Handed'!

The '**Direction Each One Of Your Feet**' ('Foot Aim') is pointing relative to the 'Line Across Your Hips' is also very important physically.

Your 'Brace or Push Foot' is optimally '**Square To Your Body Hips Line**'. From this position it is most capable of performing its 'Rotational Thrust Task'. Minor variations make big differences. Get this 'Brace Foot' right!

The 'Target Foot' is really key! You must '**STEER SO YOU CAN CLEAR**'. Your '555 TEAM' aptly refers to the 'Target Foot Aim' as a 'Gate-ing Function'. Open you 'Target Foot' at least 45 degrees for a 'Full Swing'. More is better than less! If you have a 'Square Target Foot' your 'Rotation Through The IMPACT & SEPARATION Zone' will be seriously inhibited. Your 'Pivoting Hips' will run into a 'Closed Gate'.

When this inevitably occurs, the 'Hips' will stop and your 'Hands ('Upper Body Machine') will 'Inertially Pass The Lower Body Machine'. You will suffer from what we call 'Flippy Handedness'. If the 'Hands Flip' so too will your 'Clubface AIM'. You will struggle endlessly with your 'Ball Flight Control' both in 'Distance & Direction'. Scoring up to your expectations will be more 'Crap Shoot' or 'Get Lucky' than repeatable precision.

So '**STANCE Is About Foot Width and Foot Aim**'.

Get this '5 SET-UPS' aspect right! The small investment will enable you to swing effortlessly. Remember, we want to oppose 'Powerless Effort' and promote 'Effortless Power'. You can strike 'Golf Balls' farther than you ever imagined.

Best of luck!

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