

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

STEER SO YOU CANNOT CLEAR

You are likely aware of the '555 Golf 5 Set-Ups' discipline in which we promote under the title of 'Stance' that we 'Steer So We Can Clear'? (see 'Posture, Grip, Stance, Ball Location & Alignment')

The 'Front or Target Foot' ('Swing Side') must be flared open towards the target so that our 'Knees, Hips, Abdomen & Trunk and Chest' can clear. By this we mean they have to 'Get Out Of The Way' of the advancing 'Brace Side Of The Lower Body Machine'. ('LBM' – 'Pushing and Hitting Rotationally')

If your 'Target Foot' is NOT 'Flared Open', you shall suffer from what your '555 Team' calls a 'Foot Block'. It is in the way of free rotation! Nasty things happen as a result.

Think about the other side of the 'LBM' ... 'The Brace Power Side' or 'The Hitting Side'.

The opposite to the 'Target Side' is true. If you 'Flare Your Brace Foot Closed' (away from the ball and target) that 'Set-Up' configuration will invite a bigger coil turn. A bigger swing is often looked upon as a good thing when it is often not. Mature golfers are commonly told to 'Flare Their Brace Foot' so they can make a bigger turn and swing, thus hitting the ball farther. That conclusion usually could not be farther from the truth.

When you 'Flare Your Brace Foot Closed' you have to make a bigger swing to accomplish load-coil. Some people just cannot do that as they have limited 'Range Of Motion'. ('ROM' – Fitness)

Coil is about 'Resistance' against the ground. If you do not get to and turn against 'Resistance', you shall make no 'Power' and soon fall prey to 'Handsy Golf' or 'Flip Handed Delivery'. (see 'Arms Over Legs') You do not want this kiss of death knocking at your door!

While your 'Target Foot' needs to be 'Open', the 'Brace Foot' should be Square-ish. Generally, a little narrow-ish 'Stance' is better than too wide!

"Welcome Aboard!"

"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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