

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

STEPPING IN

Stepping into what? I spent a lot of time on my uncle's farm! Know what a 'Steaming Divot' is! Road apples are different from 'Cow Pies'. Give me some explanation please?

When we are getting ready to strike a golf ball, having completed our 'Pre Shot Routine' ('PSR'), we need to get from five paces behind the ball, ('Looking Down The Line') to right up beside it! From there we must get our club and bodies close enough to comfortably reach the ball with our club head and its 'AIMED Clubface'.

We must accomplish what we call "Reach" or getting that 'Clubface' comfortably behind the 'Bottom Inside Cheek' ('BIC') with extended 'Hands, Wrists and Arms' from the 'Shoulder Sockets'. (see 'Lever Assemblies')

To get into this optimal striking position, we must 'Step Into The Ball'. "How?" you ask.

Get the 'Ball' located on your 'Target Clavicle' ... 'Chest Square' to the ball and 'Shoulders Parallel' to the 'Target Line' or as required for your 'Pre-Selected Procedure'. You will still be too far from the ball to make the strike. You have to move closer. How?

'Stepping In!' Which foot do I use to 'Step In'? Does it matter? I have heard two opinions. Which is correct? Some say the 'Target Foot First', others the 'Brace Foot'.

Your 'Swing or Pivot Foot' is the Target Foot', which is closest to the target. It is vitally important that you get the 'Base Pivot Point' (your foundation) correct. That is why your '555 Team' suggests that you step in with your 'Target or Pivot Foot' first ... then adjust your 'Brace Foot for 'STANCE' components, being 'Foot Width and Aim'. Remember, you must '**Steer So You Can Clear**'. You cannot fully 'Release Your Loaded Pivot' with a 'Square Target Foot'. (see 'Flair or Steer') (see 'Little Step – Big Step')

You will risk 'Arms Over Legs' ('Cast Pull Cuts') and impending 'STI'.

"Welcome Aboard!"

"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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