

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **SWEEP IT BACK & UP THROW IT DOWN & OUT**

Your 'Back Swing' properly performed should be the 'Dress Rehearsal' of your 'Front Swing'. The full, balanced sequence goes 'Back & Up' followed reflexively by 'Down & Out'. You are well rewarded if you establish some 'Depth' ('Extension') in your 'Set-Up' and retain it in your 'Sweep'. We appropriately use the term 'Bottom Of Swing Arc' or 'BOSA'.

To get back to the 'BOSA' one MUST 'Release The Entire Swing Machine' ... Pivot, Lever Assemblies and Lungs. Arguably one must also release one's 'Captain Eyes'. "AskUs!" about our 'Three Point Ocular Targets'. Worth knowing! Eyes that don't 'Release', don't 'Deliver'.

Keep logically in mind that you shall need to repeat extension in your 'Impact & Separation Zone'. Why? Because the 'Ball Location' has not changed!

The feeling this writer gets is similar to my 'Bunker Thump Shot'. This particular strike accomplishes considerable 'Down Force' or what your '555 Team' refers to as "Bend & Straighten" of the 'Brace Lever Assembly'. We appropriately and scientifically use the term 'Brace Lever Extensor Action' or 'BLEA'. You will be well served using these terms. They are accurate and expressive!

Many golfers fail to repeat their 'Impact Fix'. That being the failure to get back to where we started the 'Sweeping Back & Up Swing'. Out 'Impact Fix Conditions' include a little 'Slide Out' in the bottom. This little 'Extensory Move' readies us for 'Elongation Of The Lever Assemblies Due To Inertial or Sling Energy'. (see 'Centripetal Force')

Did you know that your 'Hands Wrists and Arms' ('Lever Assemblies') actually get longer during the application of 'Swing Energy and Force'?

Best we all recognize 'Mother Nature & Newton'. She and he rule this wonderful game!

Remember it truly is a respectable game!

**"Welcome Aboard!"  
"Enjoy The Ride!"**

**SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

24/7