

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

WRIST HINGING

'Wrist Hinging', Wrist Cocking ('Cocked / Level / Un-Cocked'), Wrist Bending ('Bent / Flat / Bowed') and 'Wrist Forearm Rolling' ('Turned / Vertical / Rolled') are each 'Energy or Power Accumulators'. They 'Load, Store and Deliver' energy. (see 'ALSDR')

Visualize and think about 'Impact Fix' for a moment. What positions are you 'Hands, Wrists and Forearms' in when the 'Ball Separates From The Aimed Clubface'? "Extended To The Bottom Of Swing Arc!" This 'Flat Target Wrist Configuration' is paramount to 'Clubface Aim' and stability. If we know what our 'Impact Fix' is, all we have to do is get back to that shape as the ball is departing the 'Aimed Clubface'. The 'Wrist Hinge' is very stable and quiet! No 'Flip Handed Delivery' invited or needed! If we accomplish the 'Bend & Straighten' as we 'Deliver or Release' the 'Lower Body Machine', we shall be markedly happier! (see 'RPM')

Our 'Short Game', 'Putting, Chipping plus Bump & Run' is relatively 'Low Energy' so there is minimal if any 'Wrist Cocking' involved. These are 'Quiet Triangular' activities. (see 'Staging Your Swings' ... 'Stage 1 / 2 / 3')

The more we move or change our 'Wrist Forearm Triangles' the more 'Variables' we create in our swings. Variables make it more difficult to deliver golf balls to small targets relatively close to the hole.

Any time we allow instability in our 'Lever Assemblies' ('Hands, Wrists, Forearms, Elbows, Upper Arms, Shoulder Sockets and Golf Clubs') the more we shall struggle to hit our spots.

Phil Mickelson is a pretty 'Wristy and Hand Active' golfer. He regularly struggles!

Steve Striker is not! He seldom struggles!

Pick your poison!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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