

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

PERFECTING YOUR SWING

A Soft Dialogue

'Perfecting Your Swing' is no small challenge! Millions of good people have undertaken this battle or 'Destination-less Journey' and come up short ... even over a glorious full lifetime!

Consider your 'Pre Shot Routine' ('PSR'). It must not only be 'Professionally Designed', it must also be 'Accomplished Every Shot'! If you cut it short or forget it all together, you shall be punished. Remember, golf is about 'Pre-Selected Repetition' ... boringly so!

In this 'PSR' you shall view and approach the ball, as prescribed. This process usually involves early 'Squaring The Shoulders and Hips' while walking tall (see 'The 5 Alignment Axes'). You shall be required to locate your 'Body and Clubhead' in relation to the ball. (see 'Ball Location') Never undertake this 'Setting Up' without dealing with all 'The 5 Set-Ups'. ('Posture, Grip, Stance, Ball Location and Alignment') You shall be well served understanding those '5 Essential Elements' as well. ('Clubface Aim, Clubhead Path, Clubhead Speed, Sweet Spot & Angle Of Attack') No golf swing in the entire world ever takes place without all of these ten item's factoring! Best you 'Get A Grip' ... sooner than latter!

One of the most important intervals in the 'Set-Up' is standing over a golf ball just before 'Trigger'. It takes more than walking up to the 'Little White Pill' and hitting it. A key ingredient is controlled relaxation along with 'Positive Minded Visualization'! (see 'State Of Mind')

Here is some general chatter about the 'Ball Striking! Simply considering it may help!

When hitting a golf ball, the 'Hands' should be under the 'Tallish Chin', (not too far from the 'Pivot Engine' or 'Cower Core') with the 'Knees' slightly flexed, with your 'Shoulders' over the toes and with balance being maintained. (see 'Ocular Balance')

Your distance from the ball may create a 'Swing Path' that causes 'Curvature' ... slice or hook.

Placing the ball too far back or forward in your stance may cause similar problems as well as inviting a fully-blown case of the 'FAT THINS'!

Aft invites 'Faster Hands'. Forward enables 'Slower Quieter Triangles'. 'Ball Location' directly affects your ability to strike the ball purely! Thus it enables or inhibits your ability to control the shot's curvature, create distance and trajectory. There are a few basics points you need to exercise to perfection:

- Stay close enough to the ball too create a straight swing path through the 'Leg-Driven Impact & Separation' interval. Leg drive creates some 'Lateral Shift' in your 'Pivot Axis'. This 'Lateral Shift', when combined with your 'Rotational Release', creates a short 'Straight Line' at the 'Bottom Of Swing Arc' ('BOSA'). The golf swing is NOT purely radial or on a pure arc. The shape is more 'Oblate' than round.

- Face your target and place the ball between your feet as your starting point. (see 'Visualization Down The Line' vs. 'Body On At 90 Degrees' to the target side)

- Ball Location' is very important! For longer shafted clubs, you will need to place your ball slightly closer to your 'Target Heel' and employ a slightly wider 'Stance'.

- Place the ball a little farther aft in your stance for shorter shafted clubs. Employ a slightly narrower 'Stance'. Your goal is always to get the ball in the air, which this 'Stance Variable' will help you to achieve. Think of your 'Strike' as a 'Descending Blow'. (see 'DOFT')

- If you tend to leak your shots, you may elect to move your 'Brace Foot' slightly back from or away from the 'Body Line'. (see 'Alignment') Remember, a slightly narrower 'Stance' will help invite 'Pivot Release'. Your 'Weight Shift', both into the 'Back & Front Swings' will be facilitated as well.

It is argued that a slightly 'Closed Alignment' invites a 'Draw Ball Flight'. To help control the ball on shorter shots, such as pitches, move your 'Brace Foot' slightly forward to create an 'Open Alignment'.

Perfecting the swing is a challenge for every golfer. You need to understand 'Swing Basics'. Your '555 Team' calls this 'Mastering The Basics' and 'Focusing On The Fundamentals'.

A good grip on your **golf club** is one of the fundamental components making up a good golf swing. (see 'The 5 Set-Ups') Your 'Hands' are the only connection to the golf club!

One important factor is to 'Breathe Deeply' and to relax. This makes your body feel quite loose versus being too rigid. Too tight of a 'Grip' can cause undesirable results in the swing. When your mind is tight, your 'Pincher or Working Fingers' will tend to be tight as well. Not much later on, you Arms, Shoulders, Hips and Legs will follow suit! Speed decays. Distance and Direction shall soon decay! Next your score goes up!

The more athletic your 'Posture' becomes, the more 'Clubhead Speed' and power you will produce. For optimal 'Posture' you should ground yourself ('Heavy Footed') and have a forward tilt from the hips and not from the waist. Roughly 30 degrees of 'Tilt' is a good guideline.

If you have trouble finding this athletic balance, stand straight-legged with your knees locked. Gently relax your knees until they just release. This will cause your 'Butt' to drop slightly. Your '555 Team' call this 'Plunking'. This little motion will get you just right to be athletic. Keeping your back straight is also essential. It needs 'Clearance' or extension between your hips Sockets and your Sternum. Feel 'Pushed Up' from your hips. This is your 'Rotary Spinal Engine'. You should maintain this 'Pushed Up Posture' for the entire 'Back & Front Swings'. Your 'Spinal Axis' 'Sets-Up' and controls or contributes to your 'Swing Path & Plane'. The 'Lever Assemblies' and 'Golf Club' move most efficiently at about 90 degrees to your spine.

Looking at this process step by step:

- Stated again due to importance, in the 'Set-Up Phase' you need to 'Forward Tilt' from the hips, keeping your back straight and your 'CHIN Chest Tallish'. Flex both knees with weight distributed about evenly between both feet. Remember, as you 'Aft Tilt' for the long-shafted sticks, your 'Weight Will be Pre-Loaded Brace Side'. Keep allowing those arms to hang freely under the 'Tallish Chin'.

- The 'Target Hand & Arm' ('Target Lever Assembly') swings the **golf club** back on an initially straight-feeling path. During this process, the 'Brace Lever Assembly' naturally folds. This allows you to accomplish the 'Back Swing Positions' providing 'Swing Arc, Width and Depth'.

- The 'Top Of The Backswing' ('TOB') reveals the hip's being turned or 'Load Coiled' about 45 degrees. The shoulders may be fully turned at 90, depending on your 'Flexibility'. (see 'Range Of Motion' – 'ROM') The knees stay consistently flexed throughout to 'Pivot Load & Release'. Your 'Weight Distribution' will usually feel inward in your feet and not toward the outside, especially in your 'Brace Foot'.

- The downswing should be initiated by your 'Lateral Bump'. This 'Lower Body Machine ('LBM') trigger is normal. When your 'Body Coil' is tight, it wants to Relax and Unwind or Un-Coil'. The 'Hips Lead'. The 'Hands Lag' or trail and then 'Catch Up'. The 'Brace #3 Trigger Finger 'Monitors the Velocity Of The Trailing Clubhead' and, at precisely the right moment, 'Takes The Lag Out'. (see 'Bend & Straighten')

- As mentioned, the 'Spinal Configuration' is stable throughout the 'Back & Front Swings' to 'Pivot Release', whereby you shall be balanced on top of your 'Target Leg'.

- The 'Impact Position' requires that the club be squarely delivered with the target out and extended along the intended 'Ball Flight Path'. At this 'Impact & Separation' interval, the 'Shoulder Axis' should generally be parallel to the 'Target Line' with the 'Clubface Aim' square to this line at 'Separation'. We are individuals. Thus, there are 'Human Variables' that work individually! Be 'Open Minded'. There is no 'One Way To Swing A golf Club'.

- 'Lever Extension' (both 'Target & Brace') through 'Impact & Separation' is created by 'Triceps Extension or 'Brace Lever Extensor Action' ('BLEA") while shifting weight laterally and rotationally via the foot and hips action. This being the dominant action, allows the 'Hands & Arms' to be swung through the ball generating Clubhead Velocity and Power, as well as 'Directional Control'. (see 'Bend & Straighten' as an 'Potential and Kinetic Energy Accumulator and 'Delivery Mechanism')(see 'Accumulate, Load, Store, Deliver and Release' – 'ALS DR')

- The 'Chase, Follow Finish Phase' ('Swing Sequence #8, #8a, #9 and \$10) tells you if your 'Total Swing Ballet' has gone correctly. If you 'Finish & Hold' in the correct position, facing the target squarely, in balance ('Tap Tap Tapping Your Brace Toe'), then the swing was very likely a success.

The 'Finish' justifies the means!

“Welcome Aboard!”
“Enjoy The Ride!”

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