

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

TARGET & BRACE LEVER CONCEPT

Target Swinging & Brace Hitting

The 'Target Swinging Lever Assembly' ('Left For Right Handers') is comprised of the 'Primary Lever' ('The Hand, Wrist & Arm') and of the 'Secondary Lever', which is the actual 'Golf Club'. Your 'Target Wrist' is a fulcrum or hinge.

The 'Target Swinging Lever' performs ONLY three functions 1) Controls the 'Clubhead and Clubface', 2) Establishes the 'Bottom Of Swing Arc' ('BOSA') and 3) provides the '#4 Pressure Point' ('Connection to the Body' – 'Biceps to Pec').

The 'Brace Hitting Lever Assembly' is comprised of the 'Hand, Wrist ('Joint #3), Forearm, Elbow ('Joint #2'), Upper Arm and Shoulder Socket' ('Joint #1'). It produces the majority of the 'Clubhead Velocity' through 'Accumulation and Release Of Energy'. (see 'Hammering A Nail')

This 'Accumulation, Load, Store, Delivery and Release' ('ALS DR') sequence makes 'Things Golf' happen. (see 'Impact & Separation')(see 'Compression & Line Of Compression')(see 'Bend & Straighten')

At the 'Bottom Of Swing Arc' ('BOSA' ... just beyond the ball) this 'Lever' is extended or straight ... 'Load Energy Spent'. The 'Three Articulating Joints' are 'In Line'.

When these 'Joints' are 'Bent or Flexed', as in the Top Of Back Swing' ('TOB'), they are in fact 'Loaded or Armed' ... storing energy and ready to do work! They 'Load' sequentially 'Joint 1 2 3' and then 'Un-Load' reflexively 'Joint 1 2 3'. They do so in what we refer to as a 'The 3 Lever - Single Action' motion.

At 'Impact Fix & Impact' the 'Brace Knee, Brace Hip and Brace Elbow' are 'In Line'. Stand up and test this truth. You will 'Feel The Reality'. ("AskUs!" about this material)

Key, yet simple information for YOU!

"Welcome Aboard!"

"Enjoy The Ride!"

SATISFACTION GUARANTEED

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