

555 Faults & Fixes

'PERFORMANCE EXCELLENCE'

ARMED WITH THE TOOLS

Your '555 Team' approach to '**Faults & Fixes**' is both very simple and highly predictable. Those are both good things in 'Golf' and 'Life'!

You know that we strive to understand 'Scientific Realities' such as '**The Physics Of Rotation**' and '**The Geometry Of The Circle**'. This material always applies.

There are aspects and elements that are 'Consistent' to every swing universally. '**The 555 System**' includes a very comprehensive application and foundation of these.

Whenever we come up against a 'Fault', the 'Fix' relies upon our knowledge of '**The 5 SET-UPS**', '**The 5 ESSENTIAL ELEMENTS**' and '**The Five 555 CONCEPTS**' which we call the '**Problem Solvers**'. Sounds like these three groups of five might be worthwhile noting as we get into yet another 'Faults & Fixes'. Here they are!

'The 5 SET-UPS' ...

1) 'Posture', **2)** 'Grip', **3)** 'Stance', **4)** 'Ball Location' and **5)** 'Alignment'.

'The 5 ESSENTIAL ELEMENTS' ...

1) 'Clubface AIM', **2)** 'Clubhead PATH', **3)** 'Clubhead SPEED', **4)** 'Sweet Spot' and **5)** 'Angle Of Attack'.

'The FIVE 555 PROBLEM SOLVING CONCEPTS' ...

1) 'The Golfing Machine Concept', **2)** 'The Tether Ball Pole Concept', **3)** 'The Balsa Airplane Concept', **4)** 'The Human Ratchet Set Concept' and **5)** 'The Dead Rope Concept'.

Equipped with these '**Three Groups Of Five**', we can tackle any '**Mechanical Golf Issue**' that arises in a logical and realistic manner. '**Faults & Fixes**' will become second nature.

TARGET FOOT BLOCK

How important is it to have your **'Feet In The Right Position Just To Walk'**? What is you were extremely 'Pigeon Toed' or 'Splay Footed' as a test? How freely could you do the simple act of walking? Could you walk around a hall corner with your feet pointing in the 45 degrees in the opposite direction?

Well **'STANCE'** in 'Golf' is precisely about this 'Foot Placement and Motion'. It is about your 'Foot Aim', which way the **'Foot Longitudinal Axis'** is pointing. As really basic as it might sound, this subject is primary to your very ability to make a 'Full Swing Golf Shot'.

Each one of your 'Feet' can be pointing in three directions ... not at the same time, however! These **'AIM Directions'** are **1)** 'Straight Ahead', **2)** 'Turned To The Target Side', and **3)** 'Turned To The Brace Side'.

Other useful terms are **'Open & Closed'**. When either 'Foot is Turned towards the 'Brace Side' it is **'Opposing Power Delivery & Release'**. That is a 'Closed Position'. When either 'Foot' is 'Rotated or Aimed' in the 'Target Direction', this position **'Invites Power Delivery & Release'** and is termed 'Open'.

If your **'Target Foot Is Straight Ahead'** you are in a **'WEAK'** or unsound functional 'Configuration' to do the 'Work' required to effect a 'Full Golf Swing'.

If your **'Target Foot Is Turned To The Brace Side'** about 45 degrees, it will invite a very free 'Rotation or Coil To The Brace Side' but simply 'Prohibit' the 'Reflex Target Side Of The Circular Motion'. You will NOT be able to 'Fire' effectively to the 'Target Side'. This **'Closed Target Foot'** will prohibit your 'Brace Leg Drive' and free 'Delivery and Release' of your 'Un-Coiling Pivot Engine Pressure'. You will NOT be able to finish up nice and tall and 'Onto Your Brace Toe' in the 'Flamingo Drill ... Tap Tap'! This 'Swing Error' is called a **'Brace Foot Block'**.

If your **'Target Foot Were Turned To The Target Side'** about 45 degrees causes 'Load Coil To The Brace Side To Occur A little Earlier', but it also invites a very free 'Delivery & Release Rotation or Coil To The Target Side', which is 'Imperative To The Primary Golf Engine'. This is known to your '555 TEAM' as **'STEER SO YOU CAN CLEAR!'** We promote that each golfer find his or her 'Optimal Steering Target Foot Position'. It is always better more than less. I like about 45 to 55 degrees. 'Free Pivot Delivery & Release' helps us prevent **'Flip-Handed Release Issues'**. ('Draw – Hook Creators')

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