

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

THE Balsa AIRPLANE CONCEPT

We know that our **'Golfing Body Machines'** ('Lower Body Machine' 'LBM' and 'Upper Body Machine' 'UBM') accomplish specific tasks that, when in blended balance and holding onto a 'Golf Club', produce satisfying and predictable results with a 'Ball & Stick'. At least that is the achievable objective!

We know that the **'Body Loads and Releases Energy'** for this purpose of 'Striking The Ball With The Stick'. (see 'ALS DR') This is done by a co-operation of 'Soft Tissues And Hard Boney or Skeletal Material Making Up The Machine'. With simple **'Muscular Contraction and Relaxation'** ('Tetanus & Tonus') applied in straight lines, via skeletal mechanics, we can 'Do Work'. Bones are related or connected by or at 'Joints' whereby they are able to utilize 'Leverage and Radius' to produce 'Mechanical Advantage'. This amplifies our ability to produce even more 'Work'. So we really are a form of 'Human Body Machine'!

'Stored or Potential Energy' must be created somewhere and somehow. Only after it is created or accumulated (the 'Machine' is loaded) might we be able to transform the 'Static-Passive' form of energy into 'Dynamic-Active' or 'Kinetic Energy' so that we can 'Do Work' in the form of 'Striking The Ball' accurate distances to precise targets.

How do we 'Store and Release Energy'?

Muscles 'Stretch and Relax' or 'Flex and Reflex' ('Flexor Extensor'). When they are stretched they are 'In Tension' or are 'Loaded' as a 'Bow String' might be loaded and ready. When they are flaccid or relaxed, they are 'Un-Loaded'.

Knowing this, let us now proceed to our **'Balsa Airplane Concept'**.

We all know of and have likely owned one of these wonderful little toys in our childhood? If so you know what we are about to explain. If you do not know, you will soon realize how this little device relates to our 'Golf Swing'. Perhaps a 'Ford Has A Better Idea Turning A Brain Light-On Moment' coming at us?

This 'Balsa Airplane' has 'Components' for the purpose of accomplishing 'Procedures' as we do! At one end of the 'Body' there is a 'Tail Assembly' that produces direction and stability. At the other end, the 'Business End', we find the 'Propeller'. This is where the 'Visible Work Is Done'! Between the two ends, we find a 'Rubber Band' that, via the 'Body', directly connects the stable tail to the 'Propeller'.

We 'Wind Up The Working End' by holding onto the 'Tail Assembly' with one hand ('Resistance') while we turn or rotate the 'Tip Of The Propeller' in the correct direction ('Loading'). This 'Correct Direction' depends on the 'Pitch Of The Propeller'. It 'Pushes or Pulls Air' depending on the direction of its turning.

When we have 'Loaded' the 'Rubber Band Engine' and the 'Body Axis Of The Balsa Airplane' is properly 'Aligned', the 'Potential Energy' will 'Release' via the 'Propeller' down the 'Body Axis Line'. Thus, our 'SET-UP' is also critical when playing with our little 'Flying Toy' as it is with our 'Golf Swing'!

Let us relate this 'Balsa Airplane Concept' directly to our own 'Golf Body Machines'.

Our 'Feet' are the stable 'Resistive' 'Tail Assembly' against which the 'Winding Rubber Band Coils or Twists' ('Loads or Accumulates').

Our 'Lower Body Machine' ('Knees, Thighs, Hips, Trunk Abdomen, Thorax or Chest and Shoulders') is the 'Rubber Band'. We can 'Rotate. Coil and Wind or Twist' these 'Components' into a state of 'Loading or Storing Potential Energy' that will be ready to 'Do Work' at our discretion. We call this "Delivery or Release" It is a combination of 'Voluntary and Autonomic'.

Our 'Hands, Wrists and Arms' and the actual 'Golf Club' are the 'Propeller'. (see 'Lever Assemblies')

How do we release the 'Balsa Airplane Stored Energy'? We simply 'Release or Let the Tip Of The Propeller Go' with a gentle shove or launch and little or no more! Remember this when you 'Release' your bodies 'Stored Energy' to swing the 'Clubhead Through The Butt Of The Patiently Waiting Ball'. We do NOT force the 'Work' but more '**Let IT Go**' and do its own thing 'Down Out Forward & Through' (see 'DOFT').

This 'Balsa Airplane Concept' will help you to grow in your 'Golf Knowledge'

**“Welcome Aboard!”
“Enjoy The Ride!”**

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