

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

THE BIG PICTURE

We have talked about how we are made and thus how we produce 'Motions' 'In Straight Lines' ('Linear') and 'In Circles or In Arcs' ('Circular'). Remember, the 'Golf Swing' is all about **'The Physics Of Rotation'** and **'The Geometry Of The Circle'**. Let us keep on these simple safe tracks, which will define 'Routes' that travel relatively directly to our 'Never Ending Destinations'.

When we consider our 'Bodies', our 'Golfing Machines', we always do so with the **'Lower and Upper Body Machines'** as the defining criteria. We continue to segment this pursuit by focusing on the 'Radial Skeleton' ('Soles Of Our Feet to the Top Of Our Head') with all the associated 'Soft Tissue' draped and wrapped more tightly around the 'Bones'. We sometimes appropriately call this the 'Axial Skeleton'. Then we compliment that aspect with the **'Radial Skeleton Components'**. These include all the 'Body Parts' from the 'Shoulder Sockets to the tips of your Fingers and Thumbs'. The **'Axial Components'** make up the 'Core' while the 'Radial Parts' comprise the 'Limbs or Appendages'. Your '555 TEAM' calls them the **'Lever Assemblies'**. This attends to the 'Body Components' with relative ease.

These **'Components'**, as mentioned, only move 'Linearly' or 'Radially', which means 'In Lines, Circles and Arcs'. This attends to the 'Body Procedures' with relative clarity.

When we want to do **'WORK'** we must generally move a **'Weight Times A Distance'**. **'FORCE' is 'Mass Times Acceleration'**. Keep these simple formulae in mind at all times. If we move the 'Mass' faster and farther in the same period of time, we accomplish more 'Work'. **'POWER' is the results of 'Weight Times Distance Times Time'**. We know that 'One Horse Power' is '555 Foot Pounds Per Second'. You can see the simplicity in these mathematical formulae.

Keep these science-based foundations in mind at all times. This is how it all works.

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