

# 555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

## THE MATCHING 'COMPONENTS AND PROCEDURES' CONCEPT

When the moveable parts are put properly into 'Motion' ('**Procedure**'), most 'Machines' can accomplish useful 'Work' ('Force x Distance'). That is a lot like our bodies when we are holding onto a 'Golf Club' ('**Component or Tool**') and swing successfully, or not quite so, making a 'Golf Ball' move from 'A to B' ('Work').

So any 'Part Of Our Body' is really a '**Component Of Our Body Machine**'. When it moves, that 'Motion' is a '**Procedure Of Our Body**'.

Our 'Golf Clubs' are all '**Components**' that can and are added to the 'Body Machine' as a 'Tool' for the purpose of doing 'Work' which is measured in 'Foot Pounds'. (see 'Secondary Lever') 550 Foot Pounds Per Second is 'One Horse Power' which is a measurement of the ability to do 'Work'. This means, if you move 1 pound 550 feet straight up, you have done one horsepower of 'Work'. Likewise, if you lift 550 pounds up 1 foot, you have also done one horsepower of 'Work'. The moving of the 'Mass' either the foot or the 550 feet is the '**Procedure**'.

Our properly '**SET-UP**' or prepared 'Body Machines' ('Trained and Fit') can effectively take a 'Tool' and do 'Work' like pounding the head of a nail with a hammer in order to generally hold two pieces of material like wood together.

Our properly '**SET-UP**' or prepared 'Golfing Body Machine' can effectively take a 'Golf Club' ('Tool') and also do 'Work' by moving the 'Little White Ball' from 'A to B'.

### GOLF WORK

Properly accomplished, some athletes can move the 1.6 inch round object ('Projectile or Ball') in excess of 300 yards or 900 feet or even farther. I have seen golf balls travel over 400 yards! ... with but one blow! That is a very long way! A lot of efficient 'Work' was accomplished. Of interest, the maximum weight of any golf ball is 1.620 ounces with a diameter of about 1.60 inches. Assuming the 'Golf Ball' weights about 1.60 ounces, there are about ten to a pound. Let's do a little math. The 'Ball' is struck 250 yards or 750 feet. If the ball weighed one pound, we would have 750 foot-pounds of trajectory 'Work' done in the strike from only the 'Balls' physical perspective. Weighing one tenth of a pound, the 'Work', related to the 'Ball Only' is, therefore, 75 foot-pounds. A 250 yard strike is a significant accomplishment with a little ball and long stick!

So, we have established that our 'Golf Game and Swing' are a properly balanced and executed blend of **'Components & Procedures'**. To make a certain 'Golf Club' perform its designed task, we must consistently or reliably **'MATCH The Components & Procedures'**. In other words, if we were to select a 'Putter' ('Component') from our 'Bag' ('Tool Box') and then to make a 'Driver Swing' ('Procedure') the results would not likely be very satisfying as we should have been expecting a nicely-rolled 'Putt' that found the bottom of the cup and got something very different!

Taking this **'Components & Procedures'** another step, if we were to have selected the 'Putter' to accomplish the 'Putting Task' with a 'Putting Procedure' we should be pleased with a 'Bottom Of The Cup' result. This is the simplistic 'Components & Procedure' scenario. Technically and realistically, we have all the 'Golf Body Machine Parts' and their myriad of movement combinations that come into play. To consider all the factors and combinations is a daunting but practical challenge indeed.

To deal with this challenge, we shall have defined all the **'Components or Parts'** quite thoroughly and then also defined the **'Procedures or Movements'** that relate to them. Your 'Golf Teacher or Instructor' should have a very sound grip on these 'Things Golf' and will help you to save a great deal of time getting your 'SET-UP Routine' designed to attend to having your 'Components & Procedures' **'MATCHING YOUR GOLF TASK'**. There are many millions of 'Component & Procedure Combinations' and you want to 'Simplify & Optimize' yours. Seek help! (see 'Pre Shot Routine' – 'PSR')

In very simple 'Golf Terms', if you were to **'Pull Your Putter Out Of Your Bag'** and then **'SET-UP'** to make a 'Stage Three Procedure' ('Full Swing'), your results would be incompatible? This 'Full Swing Procedure' involves the 'Full Coiling and Un-Coiling Of Your Lower Body Machine' ('LBM'), meaning that your 'Legs, Hips, Abdomen, Trunk and Chest' are very active. Does not sound very much like a 'Stage One Putting Procedure' to this 'Old Country Gentleman Golf Teacher'!

Your '555 TEAM' has examined, devised and written what we call **'Protocols'** that clearly define the necessary 'Components & Procedures' required for every 'Golf Stroke'. You will find these to be both 'Simple and Practical'.

When you get to this **'State Of Golf Knowledge and Readiness'**, your results will most certainly improve and become more 'Consistent'! Your embarrassment will subside. Your frustration will alleviate. Your scores will come down and you will undoubtedly have more 'FUN'!

Find a respected and effective teaching professional. Commit and submit to his or her guidance, as you must commit to a 'Golf Shot'. By doing so, you will save a huge amount of time and suffering.

**THE DEGREE OF IMPROVEMENT  
YOU ACCOMPLISH  
MAY JUST DEPEND UPON  
THE AMOUNT OF SUFFERING YOU CAN STAND!**

**Golf is FUN! So do not stand in your own way of enjoyment  
by stubbornly trying to 'Go IT Alone'!**

Time and simple repetition will likely get you more proficient and effective but very soon you will 'Hit The Progress Wall' and that will be about it! Without proper instruction you will have maximized your performance and actually prohibited or inhibited your potential growth and path to more enjoyment. That would be sad!

Take quality lessons early on so you can learn to appreciate and manage and **'MATCH Your 'COMPONENTS & PROCEDURES'** repeatedly.

Becoming a 'Reflex Golfer' is a really cool, grand objective!

If you do not know what 'Reflex Golf' is, "JUST ASK US!"

You know how!

**"Welcome Aboard!"  
"Enjoy The Ride!"**

**'SATISFACTION GUARANTEED'**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone (817) 673-8888

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