

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## THE THREE PART GOLF MACHINE

'LBM & UBM' combined with that 'Mind Machine'

The 'Three Part Human Golf Machine' is comprised of ...

- 1) the **'Lower Body Machine'** ('LBM' – 'Feet, Knees, Hips, Abdomen or Trunk, Shoulders & Head'). The Spinal or Vertical Axis - produces all the 'Horizontal Motion' or 'Round & Round')(see 'The Tether Ball Pole Concept').
- 2) the **'Upper Body Machine'** ('UBM' – 'Hands, Wrists, Forearms, Elbows, Upper Arms, Shoulder Sockets and the Actual Golf Club')(see 'The Ferris Wheel Concept') The 'Target or Primary Lever Assembly' (The Golf Club Is The Secondary Lever') plus the 'Brace Lever Assembly' produce all the 'Vertical Motion' or the 'Up & Down'. When you combine the 'R&R' with the 'U&D', you get a 'Swing Plane'.
- 3) the **'Mind Machine'** is the bridge and runs the 'Golf Ship' on its 'Destination-less Journey'. Your 'Captain Eyes' gather 80%-90% of all the 'Brain Data'. ('Ocular Acuity')

This known, we need to wrap our furtive minds around 'Tense'. We can only play in the 'Past, Present and Future'. The 'Past and Future' invite 'Outcome Golf Considerations' and 'Fear'. The 'Present Tense' is enveloped within the 'Process Golf Reality' ... 'The Now'. It presents the 'Mirror Image' of 'Fear', which is 'Love'. **"I Love My Golf Game!"**

With a very sound 'Pre Shot Routine' ('PSR'), 'Knowledge and Experience' enable our functioning in what your '555 Team' refers to as **'The Trusting Mentality'** as opposed to the 'Training Mentality'. We also call these two **'The Playing vs. The Practise Mentalities'**.

Our special thanks have gone out for decades to 'Homer Kelley' (author of 'The Golfing Machine'). His clear and succinct, scientific view of the 'Golf Swing' has profoundly affected many golf lives ... most certainly mine! Thank you Homer! If you do not have his 'Little Yellow Book', might we suggest you get a copy without further delay? Then read it more than once!

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

**SATISFACTION GUARANTEED**

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