

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

THE RUBBER BAND CONCEPT

We have often discussed the '**Balsa Airplane Concept**' that so aptly demonstrates the similarity of the 'Winding Up Of Its Rubber Band' and the 'Loading or Coiling' of the 'Core Body Rubber Band'. This is the '**Primary Lower Body Machine Golf Rotary Engine**'. Remember, the 'LBM' provides exclusively any and all of the 'Horizontal or Round & Round Motion'. The 'Upper Body Machine' provides all the 'Vertical or Up & Down Motion'.

When these two 'MotionVectors' '**MATCH**', we arrive at what is so commonly referred to as our '**Swing PLANE**'. It is the 'Diagonal Resultant' of the 'Horizontal and Vertical Motion FORCE Lines'. If we get comfort and balance in our two 'Motion Vectors', and thus in our 'Resultant FORCE Line', we are '**On PATH & PLANE**'.

If and when we are 'FIT' and educated enough to accomplish 'One Move Back & Up' with our 'Brace Hand' ('Tip Of The Propeller') from the '**IMPACT FIX**' position to the 'Top Of Back Swing', we are very simply and efficiently '**On PATH & PLANE**'.

Let us explore a bit more about our 'Primary Lower Body Machine Golf Rotary Engine', the 'Rubber Band' that stores and Releases Potential onto Kinetic Energy. (see 'ALSDR')

'Think About Stretching A Big Common Rubber Band'

A) Place one in the 'Palm Of Your Target Hand' ('Palm Up') with your other hand in your pocket. Stretch it! You cannot do so one handed. There is no fixed position at either end. It is just a neutral mass! If one is lying in bed (alone), relaxed, there is no fixed or resistive condition at either end ... our feet and our fingers. We are flaccid!

B) Hold the rubber band between your 'Thumb & Index Fingers' of both hands at lower rib cage height in front of your body. Put a little tension on the rubber band; just enough to apply some tension to take its limpness out. Now, move both hands simultaneously to the 'Brace Side' and then back to the 'Target Side' keeping the same spacing. The rubber band is NOT stretched and therefore does NOT store any energy. Simple enough?

When we apply a little 'Greco Roman Stability' ('Knee Flex') in our 'Lower Body Machines' ('LBM') and move our feet directly with our hips and shoulders, we create

NO 'Wind-Up, Load or Coil'. If we do NOT swing our 'Lever Assemblies' ('Hands, Wrists, Forearms, Elbows, Upper Arms and Shoulder Sockets' - 'UBM') 'Against Our Resistive or Fixed Legs', there is also no 'Wind-Up, Load or Coil'. So, no '**WORK**' can be done by that 'Golf Club' to the 'Object Ball'! ('F=MA')

C) Now, doing the same 'SET-UP' as in B) above, holding the rubber band between your 'Thumb & Index Fingers' of both hands at lower rib cage height in front of your body, keep your 'Target Hand' fixed in position and pull the other end of the rubber band to the 'Brace Side' with your 'Brace Hand'. This process stretches the rubber band, thus creating tension, which is storing 'Potential Energy'. If one were to 'Release' the moved 'Brace End', it would snap ones 'Target Fingers'. The pain felt is the result of the 'Impact Of The Moving End' of the rubber band against the 'Non-Moving End'. (see 'Resistance')

This is how the 'Golf Swing' '**Accumulates, Loads, Stores, Delivers and Releases**' 'Energy', (see 'ALSDR')

If we do NOT create very '**Stable Resistance**' in our 'Brace Foot Knee & Hip', the 'Power Side Of The Golfing Machine', we shall be very much compromised in attempting to 'Create Power' in the front or 'Down & Out Swing' (see 'DOFT').

This is a '**Time For A Feel Exercise**', so, if you have not actually used a real rubber band to accomplish this sequence, get up off your 'Dead Butt' and get one!

What we can 'Feel' we can better understand and recreate.

Learning how to repeat 'Good Golf Feelings' is why really solid properly 'SET-UP & EXECUTED' 'Golf Swings' need to be quietly and quickly repeated. This is proof of knowledge. ('Effective Pre-Shot Routine') Doing it more than once creates the all important 'Experience'. This enables 'Repeating The Feel' so we can attain the magical plateau of the '**Reflex Golfer**'.

Any questions, "**JUST ASK US!**"

"Welcome Aboard!"

"Enjoy The Ride!"

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