

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

THE 'S' WORD!

What is a full-blown '**Case Of The Shanks**'? It is not simply a figment of ones imagination. The 'Ball Flight' is very real! The emotional tidal surge following the 'Golf Swing Earthquake' is equally as real. Your own 'Links Tsunami'!

Firstly, the event is the direct result of '**The Ball's Striking The Hozel Of The Clubhead**' causing the ball to fly radically off to the 'Low Energy Side Of The Target Line' or intended 'Ball Flight Line'.

We certainly intend to get the '**Sweet Spot**' ('OPA') and the 'Butt Of The Ball' together. But we failed! **Why?**

There are both 'Physical And Emotional' reason for this nasty error.

Let us investigate '**The Physics Of Rotation**' and '**The Geometry Of The Circle**' to reveal the 'Mechanical Errors'.

We either ran into trouble in the 'SET-UP' or in the 'EXECUTION' or both.

If we are '**Weight Distribution Loaded Onto Our Heels**' or do not have adequate '**Forward Spinal Inclination**' at 'Address Ready or IMPACT FIX', we will be unavoidably 'Out Of Balance'. We will then be predisposed to move forward during the actual 'Back & Up or Down & Out Swings' as soon as we translate from 'Passive or Static' to 'Active to Dynamic'. (see 'DOFT') Remember, as we get 'In Motion' we tend to become '**Gyroscopically Balanced**'. If we have 'SET-UP Balance Errors' we shall tend to fix them.

So, 'Heel Loading', which makes us feel and be too close to the ball, is a very real problem that certainly invites 'The Shanks' as a result of moving the entire body and 'Clubhead Forward' as soon as it gets 'In Motion'. Be careful to 'SET-UP' properly. You can accomplish that by using your '5 SET-UPS' as they are intended.

If we are properly 'SET-UP', can we still suffer from the 'Shanks'? The answer is a resounding "**YES!**" The malady can be created by making 'Motion Errors' or adjustments after even a proper 'Take-Away'. What are they?

We can negatively change our 'Spinal Inclination' when we get in motion. We must 'Coil and Un-Coil' with a stable '**Tether Ball Pole**'.

If we tend to start our 'Down & Out Swing' ('DOFT') '**FROM THE TOP DOWN**' and '**FROM THE OUTSIDE-IN**', we shall fall prey to what is commonly know as '**CASTING**'. This causes the 'Brace Shoulder' ('UBM') to move forward before the 'Brace Hip' ('LBM'). In this move, we naturally move the 'Shoulders, Lever Assemblies and Clubhead' out from the body. This

causes the 'Hozel of the 'Clubhead' to strike the 'Golf Ball' rather than the 'Sweet Spot' ('OPA'). 'Ball Flight' testifies!

The 'Lower Body Machine' ('LBM') must naturally move before the 'Upper Body Machine' ('UBM'). **'The LBM LEADS The LAGGING UBM'**.

This means that we are best served by a 'Golf Swing' that is generated or 'Un-WINDS, Un-COILS or Un-LOADS' **'FROM THE GROUND UP'** and **'FROM THE INSIDE OUT'**. Via 'Brace Leg Drive'. This 'Un-WINDING' is a purely 'Round & Round' 'Horizontal Motion' 'LBM' sequence of 'Physical Mechanical' events.

If we suffer from another 'Lower Body Machine Swing Error' called **'Sway & Slide'** (see 'TETHER BALL POLE'), which is 'Lateral' rather than 'Rotational', we lose our natural 'Clubhead LAG Pressure' again. Loss of 'LAG' induces 'LEAD' whereby the 'Clubhead PATH' moves outside and around the 'Golf Ball'. 'Leg Driven' 'LEADING Hips' combined with quite 'Passive' 'UBM Lever Assemblies' produces 'LAG'.

When we 'Sway Slide Laterally' we actually produce **'Negative Rotation'**. This is quite the opposite to necessary 'LAG'. Again, with this 'Lateral Mechanical Error' we almost unavoidably cause the 'Clubhead' to move 'Above and Outside Plane'. This induces contact of the 'Clubhead Hozel To The Butt Of The Ball'.

Oops!

A dreaded 'Case Of The SHANKS'!

How do we simply prevent or correct these bad anomalies?

'SET-UP' and 'EXECUTE' properly!

I have helped solved the 'Shanks' many times by adjusting **'BALL LOCATION'**. If you are stumped and do not want to understand reason at the moment, in the heat of battle, just follow your old routine and move the 'Ball' out onto the toe of your 'Clubhead'. **Make the same swing!**

"Welcome Aboard!"

"Enjoy The Ride!"

SATISFACTION GUARANTEED

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