

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

THE SPIN OUT

What does this golf term mean?

Think about your 'Lower Body Machine' ('LBM – Feet, Knees, Hips, Abdomen or Trunk, Chest and Shoulders'). It produces all the 'Horizontal Motion, Pivot or the Round & Round'.

The 'Upper Body Machine' ('UBM – Shoulder Sockets, Upper Arms, Elbows, Forearms, Wrists, Hands and the 'Golf Club') produces all the 'Vertical Motion, Lever Lift or the Up & Down'. Together we appropriately call the combined motion 'Turn & Lift'.

You know where your 'Ball Location' resides. It is in the 'Bottom Of Swing Arc' ('BOSA').

If your 'Hips' ('Belt Buckle') get to the 'Ball Location' well before your 'Hands and The Sweet Spot of the Clubhead', then the 'Hips' were too fast and the 'Hands' were too slow.

A way of expressing this 'Out Of Balance or Unmatched Rotational Velocity and Timing' ('RPM' - 'Hips Early') is 'The Spin Out'.

With pretty neutral 'Component Performance', with no manipulation or compensation, this 'Spin Out' will cause your 'Ball Flight To Be to the Open or Low Energy Side Of The Target Line'. It is usually more 'Late' than a 'Push'. (see 'Off Plane')

Remember, the 'RPM' of your 'Target Hip' and the 'Butt Of Your Grip' should be very coordinated. The 'Hole In Your Butt Should Point At The Hole In Your Tummy' or at your 'Target Hip Socket'. (see 'Laser Beam') There is some latitude depending upon 'Club Length'.

If you accomplish a 'Flip Handed Delivery', 'Spin Out' will not usually be the case and you shall get 'Throw Away' ... whereby the 'Clubhead' gets to the ball before the 'Hands'. Not a good discipline if you want a 'Timely Square Clubface Aim' and 'Ball Flight Control'.

Learn to feel 'Laser Beam RPM'.

**“Welcome Aboard!”
“Enjoy The Ride!”**

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24/7