

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

THE SPINE **Golf's Human Crankshaft**

We know that our spines produce all the 'Horizontal or Round & Round Motion'. (see 'Lower Body Machine' - 'LBM') The 'Upper Body Machine ('UBM') creates all the 'Vertical Motion'.

This fundamental 'Skeletal Element' technically contains a total of 34 bones ... 24 articulating and 10 fused. The segments are 'Cervical (8), Thoracic (12) and Lumbar (4)'. At the top of the 'Cervical Segment' is located the Capital or Atlas Vertebrae upon which the 'Head' rests and pivots. The fused pieces are the 'Sacrum and Coccyx', better known as the 'Tail Bone'.

Each vertebral 'Range Of Motion' varies with your physiology, fitness and configuration. A supple individual can achieve about 1.5 to 2.0 degrees of rotation at each vertebra. That means optimally accumulated spinal rotation from 36 to 48 degrees. If the back is not vertically proper, 'ROM' is sacrificed. The 'Rounded Back' is called 'Kyphosis'. The 'Lumbar Concave Back' is referred to as 'Bordosis'. (see 'Hyper Extended')

To properly 'Set-Up' the spine, create space from the 'Hip Sockets' to the Sternum'. Feel slightly 'Pushed Up' from base to top ... elongated. This accomplishes proper 'Anatomical Alignment' which shall be optimally work efficient.

The final aspect in this is very important ability to 'Accomplished Rotation' (see 'Accumulate, Load, Store, Delivery and Release') is an athletic 'Knee Flex'. We work 'From The Ground Up'.

If you want to expand this topic, look at your hips as 'Advancing and Retreating'. In the 'Down, Out, Forward & Thru' ('Front Swing') the 'Brace Hip' is advancing, while the 'Target Hip' is retreating. With this in mind, your '555 Team' has what we call 'The Swapping Pocket Drill'. At the 'Top Of Back Swing' ('TOB') the 'Brace Back Pocket' is center aft. At the 'Top Of Front Swing' ('TOF') the 'Target Back Pocket' is center aft. It has swapped position with the 'Brace Back Pocket'. This is an efficient conceptualization. Treat your backs with respect! 'Stretch & Strengthen' is the recognized preparatory activity.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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24/7