

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

THE THREE ZONES

Hands, Arms & Body

There are 'Three Zones' to the 'Golfing Body Machine'. They are the 'Hands' (**Control** The Clubhead or Golf Club'), the 'Arms' that **Support** The Hands' and the 'Body' that actually **Transports** The Arms'. This takes care of the entire 'Golfing Machine' **'FROM THE GROUND UP'** and **'FROM THE INSIDE-OUT'** in the 'Front Swing'.

When one 'SETS-UP', it is necessary to get all the 'Parts' ('Components') in the correct position so as to accomplish the 'Pre-Selected Action or Motion' ('Procedure').

You will be familiar with the **'555 Golf - 5 CONTROLS'**. They are your 'CHIN, HANDS, FEET, BALL, PIN'. Looking after these five takes care of all the key elements.

When we follow this **'Final Set-Up Check List'**, we will attend to the 1) **'Eyes'** being properly focused and precisely active. We will 2) **'Grip'** ('Hands') the 'Golf Club' efficiently so as to 'Deliver' a 'Speeding Clubhead Squarely THROUGH The Butt Of The Ball Down The Line' (see 'ALSDR'). We must 3) **'Load Our Quads'** ('Slight Sit Down') so that we are 'Lower Body Machine' ('LBM') stable. ('Bottom Of The Tether Ball Pole'). We must 4) **'Create Clearance Between Our Hip Sockets and Our Sternum'** so as to even be able to 'Coil'. We must 5) **'Fully Coil Our LBM Against The Resistive Brace Foot and Ground'** to enable the 'Free Leg Driven Down And Out or Front Swing'. This 'Coiling' means **'Rotating The Target Shoulder Behind The Ball'**.

If we do not 'Load - Coil' we cannot make effective front swings that are 'Leg Driven'. We tend to 'Slap or Swipe At The Ball' as we are forced to be 'Upper Body Machine Active'. We call this **'Arms Over Legs'**. We must 'Fully Coil To Enable The Primary Engine To Do Its Job'. So easy when you get 'IT'!

When the 'Primary LBM Rotary Engine' is not fully enabled, we are handicapped. A '1/2 Coil' will only deliver about a '1/3 Performance'. Happiness is compromised!

"Welcome Aboard!"

"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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