

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

THE WORST THING

The worst thing for a problem back is a 'Stance' that is too wide. The insertion of the femur into the hip socket will be too oblique. It will not rotate freely! Just simple 'Kinesthetics and Mechanics'. 'Time For A Feel! Stand up and give it a try!' A safe, reliably functional 'Stance Width' is 'Shoulder Socket Width' ... about your 'Putting Width'. Load & Un-Load Rotation is more about speed than power. Remember 'Fitness & Mechanics Are Inseparable'.

As your '555 Team' has informed you and as you know, the narrow 'Stance' (about 'Putting Width') with a flared 'Target Foot' facilitates an easy 'Load Coil Turn' to the 'Brace Side' with a good 'Transition "&" Word' at the 'Top Of Back Swing' ('TOB'), followed by 'Gravitationally Dropping Lever Assemblies' with some solid 'Brace Leg Drive' ('BOSA') and a full 'Un-Loaded and Un-Coiled Re-Turn' makes good things happen. ('Chase, Follow Finish')

Any instance of radical and abrupt direction change between your 'Lower Back and Shoulder Structure' is risky business. The outcome often involves neck and L4 / L5 discomfort.

'Excessive Width' that really feels very stable and powerful induces more 'Lateral Motion' ('Sway & Slide') than 'Rotary Motion'. We are best served by 'Turn & Lift' followed reflexively by 'Re-Turn & Drop' with some 'Lower Body Machine Thrust'. This author feels that the 'Brace Leg Drive Push' almost leads to a 'Walk Step' through 'Chase Follow Finish'. Think of the release in Gary Player's golf swing.

Too dramatic 'Leg Action' tends to produce 'Flip Action Hips'. Although commonly taught, it is not wise. That is a 'Lumbar Train Wreck' happening! It is far too dramatic for your own good. The price is very high as we all know directly or indirectly. We like you to feel 'Heavy Footed' during your golf swings ... not a lot of unstable leg and knee action.

Protect your back with a 'Narrower Stance'. 'Stretch & Strengthen' at least every second day.

It will immediately enhance your game! You deserve that?

**"Welcome Aboard!"
"Enjoy The Ride!"**

SATISFACTION GUARANTEED

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