

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **THOSE QUIET TRIANGLES**

Hand, Wrist & Forearm

A tricky subject but, if I explain it properly, you will understand my message. If not, contact 'The 555 Team' directly for a discussion.

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Remember, your 'Target Hand Controls Your Clubface Aim' ('C/F'). If the 'Aim' of the back of your 'Target Hand' changes, your 'Ball Flight Line' shall as well. If your 'Hand, Wrist, Forearm Triangles' change shape, your 'Target Hand Aim' will also change.

If you do not have control of your 'Wrists, Elbows and Shoulders', you shall not have control of 'Clubhead Path & Club Shaft Plane', hence your 'Clubface Aim' will decay!

A 'Bullet-Proof Drill' to help you feel these truths ... Clap the palms of your hands extended out in front of your tummy. That means your 'Elbows' and Wrists' will be 'In Line' or 'Straight'. (see 'The Ping Ping Paddle Drill')

Now, simply bent one 'Elbow'. What happens to the back of your 'Target Hand'? Next, bend one 'Wrist Hinge' in any one of the three (3) directions. ('Bend, Cock and Roll') What happens to the back of your 'Target Hand'? It changes! 'C/F Aim' changes!

This helps us understand and feel that 'Nicely, Comfortably Extended' 'Lever Assemblies' ... 'Hands, Wrists, Forearms, Elbows, Upper Arms and Shoulders', through 'Impact & Separation' is essential to 'Controlling Spin Rate and Ball Flight'. Consistency in 'Ball Flight' stems from 'Quiet Triangles'. (see 'Bottom Of Swing Arc - BOSA')

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

**SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

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