

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

TIMING & RHYTHM

Such common words these are!

Books worth of explanations ... some precise and applicable ... others a waste of ink and hot air that might have potentially fall upon fallow ears and, being worthy, helped nice folks improve and better enjoy this 'Silly Game' that so tantalizes and annoys grown men and women to an end like no other .. verging upon lunacy and fantasy all at one time and in one space! How marvelous!

Keep in mind that you have a '**Lower Body Machine**' (LBM – Feet, Knees, Hips, Trunk & Abdomen, Chest and Shoulders) as well as an '**Upper Body Machine**' (UBM – Lever Assemblies comprised of Shoulder Sockets, Upper Arms, Elbows, Forearms, Wrists and Hands grasping onto the 'Golf Club Handle').

The '**LBM**' provides or 'IS' the '**Primary Golf Engine**' and produces exclusively all the 'Horizontal Motion' ... all the '**Round & Round**' (R&R). Clubhead Speed along a 'Horizontal PATH' is the distinct responsibility of that 'LBM'.

The '**UBM**' provides or 'IS' the '**Secondary Golf Engine**' and produces exclusively all the 'Vertical Motion' ... all the '**Up & Down**' (U&D), Clubhead Speed along a 'Vertical PATH' is the distinct responsibility of that 'UBM'.

Amazingly, when you combine, naturally so and in a relaxed manner, that '**R&R**' with the '**U&D**', these 'Motion Lines or Vectors' form or produce what we have commonly come to call (in math and science) '**Resultant Motion Vectors**'.

Here's the prize!

Another name for '**Golf's Resultant Motion Vectors**', the 'R&R' combined with the 'U&D', is '**SWING PLANE**'! Is this a 'Ford Has A Better Idea Light Bulb Moment' or what?

If you do not fully grasp the 'Concept Of Swinging On Plane', now you may do so!

Take your 'Hands' and the 'Golf Club' ('Both Components' which, when placed in motion become 'Procedures') and lift them straight up in from of your 'Body Machine', about forehead high, keeping your 'Elbows' extended or relatively straight.

Drop the entire 'Lever Assembly' back down to 'Mother Earth' and tap the grass with the sole of the Clubhead.

That is **'U&D'** or simple 'Vertical Discipline'.

Tap the grass again ... right in front of your Feet and Hips!

Now take the same 'Sole of the Clubhead' and brush the grass back, away from the 'Address Position' all the way to outside your 'Brace Hip and Heel'. If it comes up off the grass a little, so be it! Relax! Keep your 'Dead Rope' and 'BLEA'. (**Better Ask Us!**)

This is the **'R&R'** or simple "Horizontal Discipline".

Here's the 'Magic'!

Now put these two disciplines, 'Motion Vectors' together.

When these two 'Motions' are combined you get your 'Natural Swing Plane'.

It should feel like **'One Simple Smooth Move Back & Up'** ('Back Swing') towards and behind your 'Brace Ear' ('Components').

Pause gently and relaxedly at the Top Of Back Swing' as you simply allow 'Gravity' to change your 'Swing Direction' as subtly as it began from 'Address' and away from the 'Butt Of The Ball' just a moment earlier. ('TOB' is 'Swing Sequence #5', 'Swing Segment #2B' – **The 555 Golf Method**)

The reverse motion is called the **'Down & Out or Front Swing'**. Again 'Gravity' gently starts this phase generally without any significant muscular contribution.

If you still struggle with this 'R&R' and 'U&D', just a little, call me!

Have had lots of phone calls over the past almost 40 years!

Know pretty well how to field them!

"Welcome Aboard!"

"Enjoy The Ride!"

SATISFACTION GUARANTEED

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24/7