

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## **TOO STEEP OR TOO FLAT CLUB SHAFT PLANE CLUBHEAD PATH**

This topic came up because of a conversation about the 'Swing Error' your '555 Team' refers to as 'PUITA' ... the '**Pick Up Inside Take Away**'.

To accomplish this 'Swing Error' you get far too 'Wristy' (too much early 'Wrist Cocking Action') in your 'Take Away' making your 'Clubhead Path' too vertical or too 'Steep' vs. 'Flat'. With this motion you will tend to get 'Above or Over Plane', 'Over The Top' and 'Outside-In'.

We call this 'Take Away Action' 'Flippy Handed'. If you can accomplish your 'Take-Away' 'Low & Slow, Deep Flat & Wide' you will accomplish 'Quiet Width', which means a quiet 'Clubface Aim' resulting in better 'Ball Flight Control'.

Remember, your 'Wrist Cock' is not optimally set muscularly, but by 'Clubhead Mass & Momentum' coming up against a stationary 'Lower Body Machine' ('LBM') in the 'Back & Up' or 'Turn & Lift' segment. How do your 'Core Muscles' get 'Stationary'? Your 'Pivot Engine' cannot turn, coil, rotate or wynde any farther. (see 'Flexibility')

What 'Flips' on the way 'Back & Up' ('The Flip Handed Take Away') is a set-up to accomplish the reflexive 'Flip Handed Delivery'.

With an 'Inside-Out Path' and a 'Closed Clubface Aim At The Moment Of Separation', this invites and accomplishes the 'Hook and Snap Hook'. (see 'Closed Clubface Aim Relative To Clubhead Path' = 'Draw and Hook') Always strive to swing naturally down you 'Body Line'.

Said yet another way, if your 'Path' is Inside-Out' with a slightly 'Closed Clubface Aim' and 'Fast Hand Speed', you will get a 'Draw - Hook'. If your 'Path' is 'Outside-In' with a slightly 'Open Clubface Aim' and 'Tight Slow Hands', you will get a 'Fade - Slice'.

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

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