

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

THE 5 PRESSURE POINTS

To create 'Motion', we require 'Pressure' or 'Forces Of Gravity'. The simple formula ' $W=FXD$ ', 'Work equals a Force through a Distance' ('Foot Pounds Per Second') is pertinent.

Let us look at 'Grip' for a moment. There are 'Three Pressure Points' involved in a 'Normal Properly Placed Grip' ... 1) where the 'Target Swinging Hand Heel Pad' meets and supports the 'Golf Club Handle', 2) where the 'Brace Hitting Hand Heel Pad' meets the Target Thumb Drum Stick' or first knuckle, 3) where the 'Brace Index Trigger' ('Digit Joint #2 / #3') meets the 'Golf Club Handle'.

Additionally, 'The #4 Pressure Point' is where the 'Target Pectoralis or Breast Muscle' meets the 'Target Biceps' during the 'Pivot Moment' or action. As the 'Lower Body Machine' ('LBM - Pivot Engine') turns 'Target-ward', it presses against the 'Target Biceps' or what your '555 Team' refers to as the 'Primary Target Lever Assembly'. The 'Secondary Lever' is the actual 'Golf Club'. The 'Target Wrist Hinge' is the 'Fulcrum'.

The #5 Pressure Point' is the 'Brace Big Toe or Brace Foot' where it meets the ground from which it 'Pushes Off' to create 'Pivot Rotation'.

So you have 'The 5 Pressure Points'.

There are actually two more! #6 is your 'Pulmonary Pressure' ('Breathing In = Positive Pressure / Breathing Out = Negative Pressure'). If your hands are in motion, you need to be 'Breathing Out'. #7 is a little subtle and involves the 'Eyes'. When we are 'Focusing On A Precise Object', the Eye Muscles' are fully engaged. This is a matter of 'Muscular Pressure' as well.

Keeping this 'Golf Science' thorough and simple helps us understand and improve.

So now you have 'The Rest Of The Story'!

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