

# 555 GOLF TIPS

## 'PERFORMANCE EXCELLENCE'

### UNUSUAL LIES

I know! You never tell lies!

There are only two kinds of shots ... **'The Normal Shot and The Abnormal Shot'**! If we strive to make ONLY 'Normal Shots', even in abnormal situations, life on the 'Golf Course' becomes more manageable and even more 'FUN' than it already is!

Let your 'Normal Shot' be your **'CONSTANT'**! Let your 'Abnormal Shot' be your 'Normal Shot That Deals With Mother Nature's Environmental **'VARIABLES'**! Keep your 'Attitude' open and positive! You always need more **"I CAN DO THIS!"**

### FOUNDATION KNOWLEDGE

Preface the following by the fact that there are **'ONLY 2 SWINGS IN YOUR BAG'** ... **'Full & Less Than Full'**. There are **'ONLY 2 PROCEDURES IN YOUR BAG'** ... **'Push & Punch Basic'**. There are **'ONLY 3 STAGES OF SWINGS'** you have to understand ... **'Stage 1, 2 & 3'**. If you have questions about this 'Staging' **"ASK US!"**

In a 'Nut Shell' **'STAGE-ing'** is as follows: Stage 1) 'No Wrist Cock & No Pivot' like 'Putting & Small Chipping' ('No Lower Body Machine or LBM'), Stage 2) 'Wrist Cock but No Pivot' like longer Chipping and shorter 'Pitching', know as a 'Bump & Run' ('No LBM') and Stage 3) 'Wrist Cock & Pivot' which includes 'Knock Down, Punch and Full Swing' ('LBM' or 'Leg Drive' involved).

### TO THE UNUSUAL LIE

Let us assume that we have mastered the 'Average Golf Strike' off of level ground in good grass, right?

What if I were to tell you that making an **'Unusual Lie Procedure'** was substantially the same as your average shot? Would you feel better or worse? Clarified or confused?

## LET'S KEEP 'IT' SIMPLE!

Here is **'The Red Rule Of Unusual Lies'**!

## MATCH YOUR SHOULDERS TO THE SLOPE

By doing this you will naturally strive to make the shot **'As Normal As Possible'**! You will strive to make the shot **'As Usual As Possible'**!

### ACROSS A SIDE HILL (**'SET-UP & Ball Flight'** **'Perpendicular To The Slope'**)

The **'Unusual Lie'** comes in very limited varieties! Your **'555 TEAM'** refers to these variations according to the **'Ball Location'**. The **'Ball'** is either **'Above, Level With or Below The Soles Your Feet'**.

If you are standing on **'A Side Hill Lie'**, with your back to the up-slope, your ball will be **'Below Your Feet'**. Stand normally **'In Balance'** with your butt perhaps a little closer to the ground (**'Knees Slightly More Flexed'**) and with a slightly **'Longer Grip On The Handle'**. **DO NOT BEND MORE OVER OR MORE FORWARD!** (**'Spinal Inclination'**) **'Slightly Close The Clubface AIM'** (**'Shut Down'**) to compensate for the **'Negative Lie Angle'** (**'Toe Down'**). You will feel no tension in your **'Achilles Tendons'** as your **'Toes Will Be Down or Extended'**. Do not get all bent over as your **'Balance Will Go Away'** and so will your swing! Swing Normally!

If you are on level ground, the **'Ball'** will be **'Level With Your Feet'**. (**'Normal'**)

If you are standing with the up-slope in front of your chest, the **'Ball'** will be **'Above Your Feet'**. Utilize your **'Normal Stance With'** and athletic **'Knee Flex'** with perhaps a slightly **'Shorter Grip'**. **'Slightly Open Clubface AIM'** to compensate for the **'Positive Lie Angle'** (**'Toe Up'**). You may feel a little more tension in your **'Achilles Tendons'** as your **'Toes Will Be Up or Flexed'**. Your feelings will depend on your degree of **'Fitness'** and **'Range Of Motion'** (**'ROM'**). Swing normally!

That covers the three **'Across The Slope'** possibilities!

How about whether the **'Ball Location'** should be **'Forward or Aft'**? My simplest answer to that simple question is that you keep the ball relatively just inside your **'Target Heel'** which is the **'Normal Position'**. We are striving to be **'Normal'**!

## UNDERLYING REALITY

**An underlying reality is that you MUST still deliver your 'Clubhead Thru The Ball' with 'Lower Body Machine PIVOT Pressure' ('LBMPP') and not just a weak 'Brace Hand Slap' or swipe at the ball with a lazy 'Clubface'. (see 'Brace Triceps Extensor Action' ['BLEA'] - fundamental to reaching the 'Bottom Of Swing Arc' ['BOSA'])**

### UP OR DOWN A SIDE HILL

(‘SET-UP & Ball Flight’ ‘Parallel To The Slope’)

The other variation is whether you are standing on the ‘Level’ ground, ‘Target Shoulder Down Slope’ or ‘Target Shoulder Up Slope’.

Back to ‘**The Red Rule Of Unusual Lies**’. Whatever the situation, ‘Match Your Shoulders To The Slope’!

If you are striking or delivering the ‘Ball Up or Down Slope’ swing your ‘Clubhead’ ‘Along or Parallel To The Slope’!

If you are ‘Down Slope’, your ‘**Weight Distribution**’ will be loaded more to your ‘Target Foot and Side’ (‘Naturally Resisting The Fall’). You will feel a bit like you are ‘Falling Down The Hill’ through your shot. ‘**Ball Location**’ normally forward on your ‘Target Heel’ as you require ‘Pivot Pressure’.

If you are ‘Up Slope’, your ‘**Weight Distribution**’ will be loaded more to your ‘Brace Foot and Side’ (‘Naturally Creating Motion Up The Hill’ or ‘The Climb’). You will feel a bit like you are ‘Leg Driving Up The Hill’ through your shot! ‘**Ball Location**’ normally forward on your ‘Target Heel’ as you require ‘Pivot Pressure’.

Think of it as this! If you are ‘Back Pack Loaded – Hiking Up A Hill’, you will have to ‘**Leg Drive or Push Up Slope**’ (‘PIVOT Pressure’). If you are ‘Hiking Down A Hill’, you will be ‘**Braking or Resisting The Fall**’ through your shot.

The ‘Little Special Truth’ about the ‘Down Hill Lie’ is that you must still utilize some minimal ‘Pivot Pressure’ to actually ‘**Walk Thru The Shot**’!

Your ‘Full Swing’ (‘Stage 3 Procedure’) always involves ‘Pivot Loading and Un-Loading’ to some degree or it is not a ‘Stage 3’ but a ‘Stage 2 Procedure’.

So, now all your shots become more normal than perhaps expected?

## **A LITTLE BACKGROUND**

Our Canadian 'IRGO' Academy had a great device ('Teaching Aid') that was a 5 foot by 6 foot platform with a quality range matt applied. This platform could be tilted one side up or down to a maximum of 8 inches slope. In this manner, we could demonstrate the 'Reality' of all the 'Unusual Lies' as discussed above.

This was not just a 'Do As I Say' but a 'Do As I Do'!

When we teach people about any 'Specialty Procedure', it is imperative that we get the 'Message Through The Eyes & Ears' first ('Knowledge'). Only then can we accomplish getting the 'Experience' into ones mind and skill tool box! ('The Golf Arsenal')

We had a great 'Short Game Area' that included slopes at the perimeter of the actual driving range where we could work on our 'Finesse Shots' as well!

The controlled matt is a good first step!

Thank you again for your attention!

**'Golf Is A Great Endless Trip  
With No Actual Destination'!**

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

## **PERFORMANCE EXCELLENCE**

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