

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

UP & DOWN

In golf the 'Back & Up Swing' is naturally followed by a 'Down & Out Swing'. If you can imagine that your 'Back Swing' is a 'Dress Rehearsal' of your 'Front Swing', you will not be far off of the physical reality and utility. 'One Move Back & Up & One Move Down & Out'.

The 'Back & Up' is a rather gentle 'Sweeping and Lifting Combination'. (see 'Turn & Lift' – 'The Lower Body Machine Turns To Coil and Load Potential Energy') In this process, the 'Brace Lever' bends first at the Shoulder, then at the Elbow and finally at the Wrist ... what your '555 Team' refers to as the '1/2/3 Action'. (see 'Bend & Straighten')

The 'Down & Out' is logically and reflexively still a rather smooth 'Dropping & Re-Turning' to the 'Target Side'. This happens while the 'Brace Lever' ('Hand, Wrist & Forearm, Elbow, Upper Arm and Shoulder') 'Straighten in a '1/2/3 Action'. What bends and goes 'Up' must reflexively drop, straighten and thrust back 'Down' to an 'In Line' condition.

Here is a key point that may improve your chances to hit predictable and desired straight golf shots. In your 'Down & Out Front Swing' you must allow your 'Brace Lever and Golf Club' to 'Drop Gravitationally'. Dropping is the feeling you want. You must not feel any strong 'Gripping Of The Golf Club Handle' in the early 'Down, Out Forward & Through' phase. If you squeeze the 'Grip' early, you shall create 'Tension' and end up 'Casting The Golf Club Shaft' 'Above Plane' and on an 'Outside-In Clubhead Path'. (see 'Over The Top')

This will be detrimental to your desired outcome.

Think about this scientific fact. Your 'Sweet Spot' does not start advancing on the 'Target' until it gets into the 'Bottom Half Of The Swing Circle'. Thus, there is no point in stepping on the throttle until below horizontal. 'Hitting From The Top' produces counterproductive cut shots.

We have to 'Keep It Stupid Simple' in order to prevail over golf's challenges!

**"Welcome Aboard!"
"Enjoy The Ride!"**

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