

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

VERY ABBREVIATED CHECK LIST

'VACL'

2 D's 'Distance & Direction', 3 C's 'CONFIDENT, COMFORTABLE & CONSISTENT'

WARM UP Procedures & Fundamentals

a) STRETCHES: Be safe and smart! ['Lengthen & Warmth']

b) COIL & TURNS: 'Theatre Position & Cradle' ['Feel The LBM']

ATHLETIC READY POSTING

'Pre-Shot Routine' ('PSR') is a core discipline!

10 BASICS 5 X 5 No More 'Get Lucky Golf'
'Crap Shoot Golf'

THE FIVE SET-UPS ('PGSBA') **Passive**

FEEL BALANCED

(1) **POSTURE**: Chin Tallish, 'Create Space Between Hips and Sternum'

(2) **GRIP**: 'Comfortably-On' and 'Teacher-Designed'
controlled by 'Helper Fingers NOT the Pinchers'

'LEVER ASSEMBLY' ... the 'Centred 2 Triangles' **SET-UP**

(3) **STANCE**: feet under your 'Arm Pits' for middle irons
Brace Foot 'SQUARISH' Target Foot 'PINNISH'

(4) **BALL LOCATION**: Clubhead under 'CLAVICLE' 'Bottom of Swing Arc' ('BOSA')

(5) **ALIGNMENT**: GUNSIGHT and BOUNCE **SWING IN BALANCE**
Railway Tracks Target Rail & Foot Rail
TRIANGULAR, BRACED, CONNECTED, 'ADDRESS READY'
(learn about '**IMPACT FIX**')

THE FIVE EXECUTIONS ('SHEBP') **Active**

[1] **SWINGING MOTION**: (Pendulum) Tick Tocks **IN BALANCE**

[2] **HANDS**: 'the Navigators' Touch Touch

[3] **EYES**: 'the Captain' See It See It
(the club is the 'Ship' and your 'EYES' command it ... 'At The Helm')

With **TICK TOCK, TOUCH TOUCH, SEE IT - SEE IT's** having been put properly into Motion,
('Longish Arms' swinging under a 'Tallish Chin' - 'Tether Ball Pole Concept')

'NAVIGATOR HANDS Sweeping Away 'One Piece' DEEP FLAT & WIDE'

you have the first 'Three Elements' of 'THE FIVE EXECUTIONS'. Now without breaking or interrupting the flowing repeating motion, simply 'PUT A BALL IN THE WAY' and do not let it 'Psyche You Out'.
'See the Ball Come Off the Clubface' and 'SWING **T H R O U G H** It's BOTTOM INSIDE CHEEK' right to the PIN. (see 'BIC')

'FOLLOW-FINISH' - 'RELAXED'

[4] **BALL**: 'Bottom Inside Cheek'

Visual Reference Balance Point #1

[5] **PIN**: 'TARGET FLAG QUARTER'

Visual Reference Balance Point #2

(**VRBP**)

THE 5 CONTROLS 'CHIN, HANDS, FEET, BALL, PIN'

This is your 'Primary Check List'

'SEE the BALL....FEEL the PIN and HIT it where you FEEL'

always play ... 'REMEMBERED FEEL'
strive to become a ... 'REFLEX GOLF'

'TARGET – QUARTER'

Remember, 'IF YOU HAVE NOWHERE TO GO, YOU GO NOWHERE'

'FEEL LIKE YOU ARE THROWING THE CLUB HEAD THROUGH THE PIN'

'Feel the Steel' PUSH Brace Foot FIRE those Hands
(Fully Connected)

Learn ... 'ONE DIMENSIONAL GOLF'

Understand ... 'I Drive As I Putt!'

'THE 5 ESSENTIAL ELEMENTS' are king!

'Clubface AIM, Clubhead PATH, Clubhead SPEED, Sweet Spot, Angle Of Attack'

.....with 14 clubs in your bag 'FEEL DEEP, FLAT & WIDE' with all of them!

'THERE ARE ONLY TWO (2) SWINGS IN YOUR BAG!'

'Full & Less-than-FULL'

'CLOCKING'

'Controls Energy Management'

Remember you are a 'GOLFING MACHINE'! The 'LOWER BODY MACHINE' ('LBM') simply 'GOES ROUND & ROUND' and creates all the 'HORIZONTAL MOTION'. The 'UPPER BODY MACHINE' ('UBM') simply goes 'UP & DOWN' and creates all the 'VERTICAL MOTION'. Think of the 'Machine' as 'COMPONENTS and PROCEDURES' that must operate in a cooperative manner, 'MATCHING' which means going around the 'Swing Circle' at a 'CONSTANT RPM' coordinating 'R&R' and U&D' (see 'Swing Plane'). Get your 'CLUBFACE AIM AT THE MOMENT OF SEPARATION RIGHT!' ('Back Of Target Hand') It is the 'NUMBER ONE ALIGNMENT In The GREAT GAME OF GOLF'!

Questions? **JUST ASK US!**

SATISFACTION GUARANTEED

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