

# **555 Faults & Fixes**

## **'PERFORMANCE EXCELLENCE'**

### **ARMED WITH THE TOOLS**

Your '555 Team' approach to '**Faults & Fixes**' is both very simple and highly predictable. Those are both good things in 'Golf' and 'Life'!

You know that we strive to understand 'Scientific Realities' such as '**The Physics Of Rotation**' and '**The Geometry Of The Circle**'. This material always applies.

There are aspects and elements that are 'Consistent' to every swing universally. '**The 555 System**' includes a very comprehensive application and foundation of these.

Whenever we come up against a 'Fault', the 'Fix' relies upon our knowledge of '**The 5 SET-UPS**', '**The 5 ESSENTIAL ELEMENTS**' and '**The Five 555 CONCEPTS**' which we call the '**Problem Solvers**'. Sounds like these three groups of five might be worthwhile noting as we get into yet another 'Faults & Fixes'. Here they are!

#### **'The 5 SET-UPS' ...**

**1)** 'Posture', **2)** 'Grip', **3)** 'Stance', **4)** 'Ball Location' and **5)** 'Alignment'.

#### **'The 5 ESSENTIAL ELEMENTS' ...**

**1)** 'Clubface AIM', **2)** 'Clubhead PATH', **3)** 'Clubhead SPEED', **4)** 'Sweet Spot' and **5)** 'Angle Of Attack'.

#### **'The FIVE 555 PROBLEM SOLVING CONCEPTS' ...**

**1)** 'The Golfing Machine Concept', **2)** 'The Tether Ball Pole Concept', **3)** 'The Balsa Airplane Concept', **4)** 'The Human Ratchet Set Concept' and **5)** 'The Dead Rope Concept'.

Equipped with these '**Three Groups Of Five**', we can tackle any '**Mechanical Golf Issue**' that arises in a logical and realistic manner. '**Faults & Fixes**' will become second nature.

## **VARIABLE KNEE FLEX – BOBBING LBM VERTICAL MOVEMENT**

Your 'Knees' are certainly one of the most important of the '**13 Articulating Joints**'.

This 'Sit Down Move' is certainly a '**Variable LBM Movement**' that is usually counterproductive and damaging to your 'Pre-Selected Ball Flight'.

As you alter the position of your 'Butt', you will unavoidably have to '**Change Your Knee Flex**'. This is a 'NO NO' as it violates 'The Tether Ball Pole Concept' and certainly interrupts any aspired consistency in the 'Golfing Machine'.

Once you establish or 'SET-UP' your 'LBM' at 'Address Ready' or 'IMPACT FIX', the '**Knee Flex Does Not Change Throughout The Back & Up Swing and Front or Down & Out Swing**', all the way to '**Follow – Finish**'. (see SS #9 & #10)

When you alter the height of your '**Tallish CHIN**', you unavoidably change the 'Elevation Of Your Clubhead' as well. This hampers 'Pure Impact' and then, of course, 'Optimal Energy Transfer and Optimal Distance'.

Keep an eye on the 'Seat Of Your Pants'!

Always swing your 'Lever Assemblies' around a 'Quiet Body' ('LBM').

**Monitor Your Basics!**

**“Welcome Aboard!”  
“Enjoy The Ride!”**

**SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

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