

# 555 GOLF TIPS

**'WHERE PASSION MEETS PERFORMANCE'**

## C.A.D. YOUR WEDGES

OK! What the heck is 'C.A.D'? This stands for **'Calibrated Average Distance'** and applies directly to your 'Short Game' and overall happiness on and perhaps off the course. **'GREAT WEDGERS ARE GREAT PLAYING PARTNERS. BE ONE!'**

How many of you are certain how important it is to have absolute control of your 'Wedge Distances'. If you need to propel a 'Golf Ball' a predetermined or measured 90 yards, what club might you use and how would you swing it? If you know you may score better. If you have this mastered, you do score better!

My smooth 'Full Swing Sand Wedge' makes the 'Ball Go Away' about 95 yards. Getting older now! If I want to make the 'Ball Go Away' five yards less (90 yards) all I would do is 'Take A Little Off It'. So what does that mean? Well when I make my smooth 'Full Swing Wedge' to 95 yards, I exert or apply what I have come to know as 'Smooth But Powerful Brace Leg Drive'. If I want 5 yards less, I reduce the **'Brace Leg Drive Pressure' ('BLDP')** just slightly. I call it 'Softened'. If I want to add about 5 yards out to about 100 yards, I add a little more and call it 'Firmed'.

Notice the **'Primary Engine of the Full Golf Swing is the Brace Leg Drive'**. It is absolutely responsible for all the 'Lower Body Machine' ('LBM') 'Round & Round MNOTION'. If you desire to move the 'Clubhead Horizontally' the 'LBM' produces all the 'Motive Force' and makes it happen exclusively. The 'Hands and Arms' DO NOT contribute to the production of any 'Horizontal Motion'. Their contribution is to the exclusive production of the 'Vertical Motion' ort all the 'Up & Down'. Learn this and get to know its 'FEEL' and you are well on your way to 'Better Golf'.

Back to the wedges!

Your '555 Golf Academy Team' has devised a 'Bullet-Proof' method of controlling 'Clubhead Speed'. The basis of it is that **'THE FARTHER YOU MOVE YOUR BRACE HAND THE GREATER THE COIL AND THUS THE GREATER THE ACCELERATION DISTANCE WILL BE AND THE GREATER THE CLUBHEAD SPEED WILL BE AND SO THE RESULTING DISTANCE.'** We use the abbreviation 'BHTD' for 'Brace Hand Travel Distance'.

You can prove this to be true by simply making several smooth 'Putts'. When you move your 'Brae Hand' 8 inches your ball travels 'X Feet'. When you increase the 'BHTD' to 10 inches, your ball travels 'X + Y Feet'. So, we deduce that, if we can precisely and reliably control our 'BHTD' we can control our 'Distance'. It is true!

We call this 'Putting Distance Control Process' **'INCHING'**.

With our wedges, the same principle applies. Instead of applying these 'INCHES' or the 'One Inch Rule' we simply utilize a slightly larger 'Big Brother' version. We call it **'BODY CLOCKING'**. Rather than move the 'Clubhead and Brace Hand' to that '8 Inches Point', we adopt a 'Five Position BHTD Measure'. We take the 'Brace Hand' away, back and up to the 'Brace Thigh', to the 'Brace Hip', the 'Brace Lower Rib Cage, the 'Brace Arm Pit' and finally to the 'Brace Shoulder'. This variable 'BHTD' sets up five increasing distances through which we can accelerate the 'Clubhead Speed' and thus, directly, the 'Ball Travel Distance'. Simple right?

It is also very easy once you commit to using a 'System' to accomplish your ends rather than a 'Willy Nilly', 'Hope This Works' shot in the daylight! If you do not have a system that works reliably already, you might give this a try?

Pull your 'Pitching Wedge' out of the sack! Now, maintaining the same 'Timing, Tempo, Rhythm, Cadence and Pace' (Trigger Words - "One And Through") take your 'BHTD' to your 'Thigh', then 'Hip', then 'LRC', then 'Arm Pit' and finally to your 'Brace Shoulder'. Pay careful attention as to how far the ball flies. Record it. If you stay smooth, each of these 'Body Clocks' will produce an individual repeatable distance.

You have three options as well. You can let 'Gravity Do All The Work' from the 'Top Of The Clock' ('Top Of Back Swing' or 'TOB') or you can help it a little right through the 'Bottom Of Swing Arc' with a little 'PUSH'. You can apply a firm 'Brace Leg Drive'. Each of these three will produce separate 'Distances'. You remember that the 'Primary Engine' is the 'Brace Leg Drive'. Well here it is applied to two of the three options.

If you make a **'Brace Lower Rib Cage BHTD MOTION'** with a little 'Brace Leg Pressure' ('Thrust') using your 'Pitching Wedge', then your 'Approach Wedge', your 'Sand Wedge' and finally with your 'Lob Wedge', you will have 'FOUR PRECISE CADs' from this one finite position that will serve you well. Then you have the four other **'BODY CLOCKING POSITIONS'** (16 Precise Distances) to apply as you so desire. This gives you many 'Shot Distances'. Record them! Perfect them! Enjoy them! Easy! Welcome to the 'World Of Golf Finesse and Scoring'!

Best of luck!

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

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