

# 555 GOLF ACADEMY

## 'PERFORMANCE EXCELLENCE'

### COMPUTING DISTANCES

**Many golfers judge distances subconsciously.** They look at the hole and feel the distance. This is not as accurate as consciously mechanically computing how far you are from the green. The feel can be made much more accurate if it is helped mechanically and psychologically. This is particularly true when you are within pitching distance of the green. You must have accurate data on which to base sound decisions. The pros cannot guess if they want to survive out there.

You MUST AT LEAST PACE YOUR SHORT DISTANCES for Chipping and Putting. Determine your 'Approach Distances' by ground markings ('Sprinkler Heads or Monuments') or by using a laser measuring device. Don't guess! It will 'Hamper Your Trust' and 'Lower Your Chemistry'!

So this 'Golf Stuff' deals with raw data. What methods exist for actually controlling your distance? One must 'Club' properly after the accurate range is determined. One must also be able to swing consistently or the results will be 'inconsistent'!

When one masters '**The Consistent Turn Brace & Re-Turn Target Swing**' ('Pivot Pressure') then '**Consistent Distances**' become a marvelous reality. Know the 'Yardage'! Pull the right Club! Drill the ball to the 'Target'! Simplicity reigns supreme!

**The most efficient method of controlling 'Distance' is the '555 Five Ways Of Controlling Your Distance'.** The 5 Methods include **1)** 'Deceleration' which is a 'No No'! **2)** 'Selecting The Correct Club', **3)** 'Shortening Your Grip' which alters the 'Swing Radius' and thus the 'Clubhead Speed which reduces the 'Net Distance', **4)** 'Narrowing Your Stance Width' which directly restricts your 'Load Coil' and thus your 'Clubhead Speed', **5)** "Body Clocking" which controls your 'Brace Hand Travel Distance' which modifies your 'Clubhead Speed' and thus your 'Distance'.

Just as in 'Putting', you must always know the precise yardage of your shot!

**Gauging the distance involves certain psychological factors which you can learn and master.** There are 'Course Books' that show you where sprinkler heads and prominent objects are relevant to the centre of the green and other points. You can also use 'Digital Measuring Devices' such as laser range finders. Hitting the ball the correct distance is a psychological horse of another color. In order to practice hitting precise distances, one must calibrate specific distances from the practice green 100 to 130 yards away. Whenever you hit practice balls do not play shots from one position. Vary your 'Distances'! Know the yardage! Use the '5 Methods Of Shortening Your Distance'. Don't guess or rely on 'Feel Which Is Not Real'!

**One can break up distances to the flag into intervals of ten yards.** This is a reasonable 'Guesstimate Method'! It may be fine for short distances but is difficult to do for distances over 100 yards. Any player worth his weight in "Green Fees" will never guess!

There are some great methods of determining distances. In 'Putting & Chipping' your '555 TEAM' divides the whole distance into thirds and examines them in that manner for 'Break, Slope & Surface Texture'. This way you can take your most careful look at the last third where the ball is slowest and reacting more to environmental idiosyncrasies.

**Feel or the subconscious is still an important factor. This must be developed consciously.** To develop accurate 'FEEL' one must have data as a 'Reference Baseline'. You might know what the last stroke felt like, but, if you have no idea how far it actually carried and traveled, you have no basis to remember the 'Procedure' on a scientific basis.

Remember, we always make each 'Golf Shot' with the biggest muscles available. We want to strive to avoid 'Flip Handed Deliveries'. This applies to all 'Procedures' from 'Putting to Driving'. **"We Drive As We Putt!"** (see 'The 5 Essential Elements')

**Practically speaking this all means that one must employ various methods of determining and executing each 'Golf Shot'.** But solid measurement must be made in order to accomplish a performance other than mediocrity. We cannot fool ourselves into a successful consistent approach to scoring low! Thousands try!

**The most delicate touch is in the tip of the index finger/ It is more sensitive than the other fingers, wrists, forearms, arms and body.** Smaller muscles are more sensitive discriminators than larger ones. But you DO NOT want to enable these light high speed, capricious muscles to accomplish your shots regardless of what nay fool might have to say on the subject. Fast handed execution with a 'Driver' inevitably creates 'Hooks'. This erodes confidence which feeds you cases of the 'Blocks' through fear of the 'Hook'.

When you 'SET-UP' properly, you can 'EXECUTE' effectively! Those '5 CONTROLS' help!

Until you have a defined and refined 'Pre Shot Routine' ('PSR') you are kidding yourself if you think you can win the club championship or play to your ability. 'Golf' is honest and practical. There is little 'Get Lucky' that will withstand the heat of battle!

**All shots require great hands and touch.** It is by this finesse that one comes a point whereby strength becomes an effective factor. Every 'Golf Procedure' must be 'Connected' to the ground through the 'Resistive Lower Body Machine' for the results to be achieved at the 'Clubhead'. (see 'Tether Ball Pole')

**The right combination of distance and direction can only be achieved through varied and programmed practice.** All the environmental factors such as wind, bounce, and temperature influence performance. They each need to be appraised. 'Course Management' in its simplest form requires practice and play under as many different range and course conditions as possible.

## **SATISFACTION GUARANTEED**

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