

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.

WEAK CORE

‘Core Strength’ is created by good tone in ‘The Big Muscles Surrounding the Spinal Column, Abdomen and Butt’ as well as those ‘Big Leg Muscles’ (‘Glutes, Hamstrings and Quadriceps’). They enable us to stand firmly in place and then, once in motion, to be stable and under control while in motion.

Disadvantages:

‘Inconsistent Body Stability’ leads to weak, unpredictable ball striking. If you have an ‘Unstable Head’, atop a wobbly Spinal Column’, when you are ‘Rotational’ (‘Coiling and Un-Coiling’), your ‘Clubhead and Swing Path & Plane’ will also be errant and produce unsatisfactory outcomes.

Poor performance under pressure.

Check:

Do ‘Sink Squats’ (‘Knee Bends’) with 6 to 10 second ‘Hold Durations’ at the top and bottom positions.

Make golf swings standing on an inflated ‘Cough-Nut Cushion’

Do 100 yards of ‘Squat Walking’ and ‘10 Flights of ‘Squat Stair Climbing’ every day.

While sitting in your office chair (if you have one) lift both your feet three inches off the floor for a 6 to 10 count.

If you have a fitness facility at your disposal, do ‘Medicine Ball Throws’ to a wall target or back and forth with a buddy. Start light and work up.

Be determined and resolute so you get good results.

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

SATISFACTION GUARANTEED

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