

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

WEIGHT SHIFT

or transfer if you prefer
let it happen ... don't make it happen

Golfers generally understand that, during the 'Full Back & Up Swing', we 'Shift or Transfer Weight' to the 'Brace Side', which means over or onto the 'Brace or Power Foot'. Remember that the 'Target or Front Foot' does no work but simply facilitates 'Rotation' and clearing of the 'Target Hip' ... its turning 'Back & Out Of The Way' of the advancing 'Brace or Power Hip'. 'Time For A Feel' ... stand up and make a few slow motion swings.

There are two distinct methods of 'Weight Transfer' ... 1) To Slide It 'Laterally'. Just move your 'Brace Hip & Shoulder' straight to the 'Brace Side' and that will transfer weight or mass. 2) You can also move it there 'Rotationally'. Procure or build a physical 'T Square'. Stand it up on its axis end. Place one ounce at each end of the top element of the 'T'. When you 'Rotate' the 'T' clockwise on its 'X Axis Base' the total weight on the top member will 'Move Net Brace Side'.

Similarly, when you 'Rotate Your Shoulders' (your personal 'T' or 'Top Element') in the process of 'Loading Your Lower Body Machine Pivot', you shall feel 'Coil or Tension'. Muscles are either in 'Tetanous' ('Tightness') or 'Tonous' ('Relaxation') Going from 'Tetanous to Tonous' enables muscles, combined with our 'Skeletal Structure', to do 'Work', to move 'Mass' over or through a 'Distance'.

To my point! When you knowingly 'Transfer This Weight', do not do so 'Laterally' or via a 'Sliding Movement'. Do so by simply 'Rotating' towards the 'Brace Side'. This method will accomplish moderate yet controlled 'Load Coil' with the necessary automatic 'Weight Shift'.

When you swing backwards ('Flex') in preparation to throw a baseball, you will clearly feel this rotary physical accomplishment. Of course, the 'Opposite or Mirror Process' occurs in the 'Front Reflex Segment' wherein you release and throw the ball 'Down Range' towards the target.

Sounds a lot like golf to this 'Old Country Gentleman Golf Teacher'! To you too?

"Welcome Aboard!"

"Enjoy The Ride!"

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