

# 555 GOLF EDITORIALS

## 'PERFORMANCE EXCELLENCE'

### WEIGHT SHIFT

a dubious term

How many of us have heard the term 'Weight Shift'? Most of us too often!

The very term creates a mental vision of 'Lateral Sliding Movement'. I envision, with a wry smile, sliding a salt & pepper shaker across the kitchen table or doing a little hip oriented dance.

Focusing on the term 'Weight Shift' often invokes the 'Lateral Slide' or movement of the 'Brace Hip' to the brace side, away from the target. This is NOT what is meant or needs to be envisioned if you want 'Proper Golf Technique' and happiness out there.

So how do we 'Load Up The Brace Side' in order to accomplish 'Work'? How much 'Weight Shift' is necessary and optimal? Throw a 'Boxing Hay Maker' and you will be getting close to the proper experience and feel.

It is true that 'Load Coil' (as well as 'Un-Load and Un-Coil') creates a little 'Lateral Shift' but very little!

'Set-Up' as prescribed by your '555 Team'. Get ready to 'Trigger Your Take-Away' using your '5 Set-Ups'. ('Posture, Grip, Stance, Ball Location & Alignment')

Place a mid iron across your shoulders with the 'Clubhead In Your Brace Hand' while looking in a mirror. Your 'Sternal Center' should be either marked with a piece of moist toilet tissue or with a spot of lipstick. We are going to monitor this mechanical point.

The club shaft will start parallel to the glass. Now gently rotate towards the 'Brace or Load Hand and Side'. Do this until the 'Grip End Of The Golf Club' points at your 'Chin' in the mirror. Your 'Brace Shoulder' will retreat while your 'Target Shoulder' will advance or move towards the mirror.

When you are fully 'Coiled', 'Lower Body Machine' snug, look at the 'Toilet Tissue or Lipstick'. How far has it moved to the 'Target Side'? The answer does not have to be in inches although you can mark that spot too. The answer is "Very Little"! Simple rotation create the 'Lateral Movement'.

As we rotate into our 'Load Coil', we unavoidably 'Shift Weight or Mass' rotationally over our 'Brace Foot and Heel' with a little 'Sit Down Feel'. Get this and you shall be blessed!

**"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

24/7