

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

WHAT & WHERE IS A FULL SWING? A Worthy Question!

What a question? There is an answer if you can read this with 'Desire, Honesty and an Open Mind' and with both a general and specific interest. We all have our own vision as to what this 'Position' is. Are we accurate? Are we acting in our own best interest? Quite a challenge?

The '**Lower Body Machine**' ('LBM' – 'Axial Skeleton') produces all the '**Horizontal Motion**' or all the '**Round & Round**'. The '**Upper Body Machine**' ('UBM' – 'Radial Skeleton') produces all the '**Vertical Motion**' or all the '**Up & Down**'. The average is the 'Resultant Energy Line' or, in golf parlance, the 'Net Swing Plane' ('Average Of 'Back & Up' and 'Down & Out').

The 'UBM' includes every 'Physical Component' from the 'Shoulder Sockets' to the 'Tips Of Your Fingers' as well as the 'Golf Club'. The 'Target Side Body Parts' are called the '**Primary Lever Assembly**', while the 'Golf Club' is called the '**Secondary Lever**'. It is the inanimate part of the 'Primary Lever'. All the similar parts on the 'Brace Side' are called the '**Brace Lever Assembly**'. The 'Golf Club' is not included therein. Remember, all these 'Lever Parts' have their own 'Swing Plane' as they are rotating. The planes must be right or you get 'Manipulation' or the 'Cast & Hook'!

Let us look at the '**Top Of Back Swing**' ('TOB').

At this point, '**Swing Sequence #5**', the 'Target Shoulder' should be behind the ball or as close as the swinger can get to that 'Brace Side Rotational Coil'. **Fitness Is A Primary Consideration!** If you want to strike the 'Ball' with more 'Clubhead Speed', you will have to get more flexible and more powerful. (see 'ROM') There is no other meaningfully practical way! This 'Target Shoulder Position' is purely about '**LBM Load, Wind or Coil**'. It has nothing to do with the 'UBM' and its 'Lever Assemblies' primary motions. But they must work together! ('Timing or RPM')

**The 'Hands Control The Golf Club'. The 'Arms Support The Hands'.
The 'Body Transports The Arms' in its exclusively
'Horizontal or Round & Round Motion'.**

The physical definition of an accomplished ‘Lever Assembly Full Swing’ is **‘Elevating The Brace Hand To The Brace Shoulder’** during a full ‘Coiling Motion’. Additional elevation is, scientifically speaking, called **‘OVER SWING’**. Most people, great and not so great at the golf swing, tend to over-swing, but the tour professionals and players work very hard at accomplishing this physical feat under control. The weekend hackers, less so! Certainly, this last category of golfer would be better off making at least a slightly ‘Abbreviated TOB’ if they only knew!

Your ‘555 TEAM’ has a saying that is appropriate here. **“The farther your get your ‘Brace Hand’ from the dog house, the harder it is to get it back there!”** In this case the ‘Dog House’ is the ‘Butt Of The Ball At Take Away’.

Most, less than optimally fit swingers, cannot easily accomplish the proper ‘Brace Hand To The Brace Shoulder Full Swing’ due to especially **‘Weak Core Stability’**. Worse still, when they attempt to get that ‘Brace Hand’ back and above their heads, it is usually done incorrectly using **‘Reverse Pivot’** or a very common **‘Broken Down Target Lever’** (see ‘The Bent Target Elbow’ which is the prelude or precursor to the ‘Chicken Wing’).

What happens on the ‘Brace Side’ usually sets up a related response on the ‘Target or Front Side’. This is in the same vane as **“When You Sway, You Usually Slide”** as well. This type of balanced error is just how we human physical machines perform.

The ‘Brace Hand To The Brace Shoulder’ requires very little more ‘Brace Hand Travel Distance’ (‘BHTD’) than that which is accomplished in **‘Swing Sequence #4 In The Back & Up Swing’** and **‘Swing Sequence #6 In The Down & Out Swing’** (see ‘Target Lever Horizontal To The Ground’). ‘Brace Hand To The Brace Shoulder’ accomplishes a ‘Full Load Coil’. Again, what happens on the way up generally recurs on the way down, just with more ‘Pivot Pressure & Force’ and the resultant ‘Lever Assembly, Body and Clubhead Acceleration’. Where there is more ‘Applied Force’, the train wreck gets bigger! Small errors out there at 300 yards get amplified!

If one merely **‘Elevates and Rotates or Coils the Brace Hand ONLY to the Brace Shoulder’** (‘Abbreviated Clubhead PATH or Circumference’), surely one would lose ‘Pivot Pressure’ which is the result of ‘Coil’? The farther the ‘Brace Hand’ winds up the ‘Body Rubber Band’ (see ‘X Factor’), the more ‘Energy’ is stored and released and thus the farther the ball will travel. (‘Clubhead Speed = Distance’ – ‘ALSDR’). Not quite the whole story! By the time a fit person reaches the ‘Brace Shoulder’ with his or her ‘Brace Hand’ the ‘Target Shoulder Is Behind The Ball’ (‘Coiled’). One can ‘Wind’ a little more, but to what **‘COST - BENEFIT’**?

“So, how much shorter will the ball fly due to this ‘Abbreviation’?”

The **‘Acceleration Due To Gravity’** (‘Dropping Lever Assemblies’ – ‘Sequence #5 to #6 and towards #7’, where the Triceps provide substantial ‘Down Force’ or ‘Brace Lever Extensor Action’ or ‘BLEA’) combined with the ‘Pivot Pressure Resulting From Un-Loading, Un-Winding or Un-Coiling’ produces **‘Total Clubhead Inertia or Delivered**

Momentum'. There are many factors herein, but that will suffice for now. 'Clubhead Speed' is the combination of 'Pivot Pressure' ('PUSH') and 'Down Force' ('PINCH').

The '**Total Clubhead Acceleration or Speed**' generated from 'TOB', 'Swing Sequence #5' to the elevation of the Brace Shoulder' ('Swing Sequence #6' – 'Lateral Bump Plus') equates to about 3% to 7% of the total 'Clubhead Speed' or 'TVATI' ('Terminal Velocity At Time of Impact'). Not that big of a consideration ... 97% to 93% of the 'Inertial Energy' is created below 'Swing Sequence #7' ('Club Shaft Horizontal To The Ground'). Acceleration is progressive but actually explosive very late in the 'Down, Out, Forward & Through' swing (see 'DOFT').

A huge 'Power Factor' or '**Acceleration Contributor**' is the late 'Straightening Brace Elbow' through the 'IMPACT & SEPARATION Zone' (see 'Bend & Straighten Drill').

Remember, the real action is taking place in the '**Bottom Half Of The Swing Circle**' and certainly NOT in the 'Top Half'! Why do I have this opinion? Because, in the 'Top Half' of the 'Down & Out Swing' (see 'DOFT'), the 'Clubhead' is moving 'AWAY' from or retreating from the 'Target'. When it is going the wrong way, this is certainly no time to really step on the gas pedal or apply aggressive throttle! The nasty epidemic 'Cast' is the result primarily of this 'Early Hit', moving the brace shoulder before the hips, swing error. The 'DOFT Swing' is and must be generated '**FROM THE GROUND UP**' and '**FROM THE INSIDE OUT**'. If you have questions ... "JUST ASK US!" right away.

So, to the \$64,000 question! "**How much inaccuracy or how much variability does one foster in 'OVER-SWINGING'?**" The proven, certain answer is "**More Than It Is Worth!**"

Perfect and enjoy the more 'Abbreviated or Compact Swing'.

Remember, the '**PUNCH Basic Procedure**' ('Pivot Pressured Swing' – 'Stage Three') is one of the two ONLY procedures one has to master to get a grip on this silly game. Don't make more out of it than is practically necessary or efficient. The other is the '**PUSH Basic Procedure**' used in 'Putting & Chipping' ('Stage One & Two'). Golf' is all about 'Fairways, Greens and Putts'! That means mastering a 'Ball Flight' that is under control!

You do have questions, right? So "**ASK US!**"

"Welcome Aboard!"

"Enjoy The Ride!"

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