

555 GOLF ACADEMY

‘PERFORMANCE EXCELLENCE’

WHAT IS A FULL SWING?

‘A Stage Three Procedure & The Balsa Airplane Concept’

Great question!

Many novice golfers and even some ‘Tour Players’ **‘OVERSWING’!**

This lack of moderation or known control causes us to get out of control of our bodies and then, certainly, we lose control of the ‘PATHING Clubhead’, of the ‘AIMED Clubface’ and of the hopefully ‘On PLANE Club Shaft’. All the ‘Body & Club Components’ struggle to do their jobs or ‘Get In The Right Place At The Right Time’ (**‘TIMING or RPM’!**)! The specific ‘Swing Procedure’ becomes very quickly compromised and fairly faulty!

The **‘Outcome’** falls short of expectations and we are unhappy!

Let me assume you are properly ‘SET-UP’ for the purpose of this basic consideration.

The definition of a ‘Full Swing’ a smooth ‘Rotational’, ‘Deep Flat & Wide’, ‘Low & Slow’ ‘Take-Away’ that progresses ‘Back & Up’ to a point whereby **‘The Brace Hand Reaches The Same Elevation as The Brace Shoulder’**. This ‘Rotational Movement’ induces adequate **‘Lower Body Machine’ ‘LOAD COIL or WIND’** to store the ‘Potential Core Energy’ necessary to ‘Deliver & Release’ the ‘Upper Body Machine’ ‘THROUGH’ the ‘IMPACT & SEPARATION Zone’ and thus move the ‘Golf Ball’, via the effect of ‘Compression & Line Of Compression’, a prescribed or ‘Pre-Selected’ ‘Distance & Direction’. (see ‘ALS DR’)

When ones ‘Brace Hand’ reaches the ‘Brace Ear’ or even higher towards the top of ones ‘Head’ (**‘OVERSWING’**), there are compounding or exponential risks added. **‘Over Swing Usually Means Out Of Balance & Control’!** When one gets caught up in the spurious consideration of **‘Getting The Shaft Parallel To The Target Line’**, but not **‘Across The Line or Below Parallel To The Ground’**, the focus is challenged and striking deteriorates!

No Longer! We are best served making what is known as ‘An Abbreviated Swing’ or a ‘Punch Shot Procedure’. Remember, there are only two ‘Swing Procedures’ in your bag ... the **‘PUSH BASIC’** (‘With No Pivot’) and the **‘PUNCH BASIC’** (‘With Pivot Pressure Leg Drive Applied’)

KEEP IT SIMPLE!

‘SATISFACTION GUARANTEED’

‘E-Mail’: 555golf@cox.net

‘WebSite’: 555golf.com

‘Telephone’: (817) 673-8888

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