

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

WINDING UP THE RUBBER BAND

In order to conquer such challenges as 'GOLF', one must stay focused upon 'Scientifically Proven Basics' or the ride will be a bumpy one! About this there is no question ... not even one little one! Abide! Here is some of that 'Golf Truth'!

The '**Golf Down & Out Front Swing**' (see 'DOFT') is physically accomplished '**FROM THE GROUND UP**' and '**FROM THE INSIDE OUT**'.

This being the case, then the '**Golf Back & Up Back Swing**' (see 'DOFT') is logically to be accomplished '**FROM THE TOP DOWN**' and '**FROM THE OUTSIDE IN**'. This '**IS**' the case! You must get a grip on this 'Physical Truth & Reality' or your growth will be slowed!

To set this 'Physical Truth' in the concrete of your mind, visualize that '**Balsa Airplane**' in your mind. Grasp the tail in your 'Target Hand' and wind up the rubber band with your 'Brace Hand Index Finger'.

When you rotate the '**Tip Of The Propeller**' in the proper direction necessary to prepare for the propeller to 'Un-Wind and Bite or Auger or Pitch Its Way Through The Wind', pulling or pushing the aircraft forward as the case can be, you are very efficiently 'Storing Energy'. (see 'ALSDR') **When you 'Wind The Tip Of The Propeller', this 'Motion' is 'Loading The Engine Rubber Band From The Tip To The Hub Or Shaft Of The Propeller'**.

This '**Physical Winding Process**' is precisely how we 'Load' our 'Lower Body Machine' soft tissues about our 'Spinal Crankshaft' and associated 'Bones or Skeletal Frame' in the 'Golf Swing'. We 'Coil' from our 'Brace Hand' ('BHTD') via the 'Brace Lever Assembly' through the 'Shoulders' and progressively down through the 'Chest or Thorax', via the 'Abdomen or Trunk', through the 'Hip Girdle', down the 'Upper Legs', 'Knees', 'Lower Legs', 'Ankles' and 'Feet' right to the 'Resistive Big Green Ball' we so respectfully call '**Mother Earth**'. We push against and off '**HER**'! That is how we create 'Propulsion' of all kinds. '**For Every Action There Is An Equal and Opposite Reaction**'. Sir Isaac Newton

Remember, the 'Pushing Off' comes from our 'Brace Side and Brace Leg Drive' and NOT from any part or 'Body Component' located on the 'Target Side'. Any implication or insinuation that the 'Target Side' contributes to 'Forward Propulsion' ('Horizontal Motion' or 'R&R'), other than 'Pre and Post Power Delivery Balance' is utter nonsense.

SATISFACTION GUARANTEED

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