

# 555 GOLF ACADEMY

## 'PERFORMANCE EXCELLENCE'

### WRIST COCK IS THIS MANIPULATION?

Overall, considering the way the average golfer accomplishes this most basic 'Physical Movement', the answer is a resounding **"YES"** ! It is manipulation!

Generally people over or under do 'Wrist Cock'. They either keep the "Wrist Hinge" too tight and under-active or allow it to be overly active like a floppy chicken ... like an old dilapidated coastal cottage window shutter flapping and banging in a brisk breeze! More random than orderly! This becomes a problematical '**Clubhead LEAD & LAG**' issue. Questions? **"JUST ASK US!"**

Generally golfers, even of considerable accomplishment, induce and manage 'Wrist Cock' in a conscious manner. They think about it in order to do it! The '**Wrist Hinge Action**' needs to be much more under control and predictable than random but actually requires little effort.

Your 'Hands, Wrist & Forearm Assembly' has '**Nine Simple Positions**' that occur on '**Three Distinct Axes**'. These 'Planes' or 'Motion Lines' are 1) Vertical, 2) Horizontal and 3) Axial or Longitudinal. There are three distinct positions on each 'Plane'.

Let us look at the '**Vertical Hinging Motion**'. With your 'Target Palm' facing 'Aft or Brace Side', forearm immobilized, your 'Hand' can move up and down on a 'Horizontal Hinge Pin'. This is what we call 'Wrist Cock'. The three positions are '**Cocked, Level and Un-Cocked**'.

With this same 'SET-UP Wrist Hinge Assembly', the 'Hand' can also 'Hinge' like a door to the 'Brace & Target Sides'. The three positions are called '**Bent, Flat and Bowed**'. Bent has the finger tips swung to the 'Target Side' and 'Bowed' has the '**Horizontal Hinging Motion**' to the 'Brace Side'. Of course, 'Flat' is flat or a 180 level line! Bent is the 'Throw-Away' move!

Thirdly, with the same 'SET-UP Wrist Hinge Assembly', we can create movement in the '**Longitudinal or Rotational Axis**' which is about or around the 'Radius & Ulna or Forearm Bones'. The three positions are called '**Turn**' when to the Brace Side', '**Vertical**' when straight up and down and '**Rolled**' when rotated to the 'Target Side'.

When we have this conversation, remember that your 'Target Hand or Lever Assembly' controls the 'Clubhead' and thus the 'Clubface AIM'. Any 'Wrist Hinge Action' directly and proportionately affects or controls the function of the 'Clubhead' and thus 'Ball Flight or Performance'. The 'Target Lever' sets 'Dead Rope Swing Radius' and the '#4 Pressure Point'.

I want to emphasize that '**Quiet Hand Wrist Forearm Triangles**' are the absolute optimal 'Lever Assembly Conditions' to which we must all strive for predictable 'Ball Flight'.

**The ‘Body Squares Up The Clubface Through IMPACT & SEPARATION’ and NOT the ‘Hands.**

**The ‘Lower Body Machine’ (‘LBM’) achieves all the ‘Horizontal or Round & Round Motion’ (see ‘PUSH’).**

**The ‘Upper Body Machine’ (‘UBM’) achieves all the ‘Vertical or Up & Down Motion’ (see ‘PINCH’).**

When these **‘Two Motion Vectors’** (‘Vertical & Horizontal’) occur properly and simultaneously, one achieves what is known as a ‘Resultant Motion Vector’ or an average ‘Motion Line or Result’ which is necessarily ‘Horizontal’ in nature. This is the **‘Inclined Swing PLANE’** that we so often read or hear about in the golf circles. Let us ‘FEEL’ it too!

Our ‘Golf Swing’ is not only on an **‘Inclined PLANE’** but also most beneficially on an **‘Inside-Out PATH’** due to ‘SET-UP Criteria’. Our ‘LBM’ is tilted or inclined forward towards the ‘Ball and Target Line’ due to ‘Bending At The Waist’ (‘Butt Out’) and having applied athletic ‘Knee Flex’. These two ‘Incline & Flex’ considerations enable us to get the ‘Clubhead’ away from and back to the ball at ‘Speed’ creating ‘Compression & Line Of Compression’ and thus ‘Distance’.

Keeping the ‘Clubhead PATH and Clubface AIM’ stable and under control, we need to achieve ‘Stable Triangles’ and somewhat ‘Passive Arms’ or ‘Lever Assemblies’. (‘LBM PIVOT Driven’)

Remember, all that the ‘Hands’ do is act like softish yet positive **‘Clamps’** and simply **‘Hang On’** while raising passively and lowering with a little more aggression to ‘MATCH’ the ‘Accelerating Horizontal Motion Pivot Speed’ of the ‘LBM’. When the ‘Up & Down’ ‘MATCHES’ the ‘Round & Round’, you will achieve the desired ‘Swing PATH & PLANE’ necessary to strike ‘Golf Balls’ prodigious predictable distances. **Pleasure shall follow!**

‘Wrist Cock’ is natural and quite passive. It is created or induced by **‘Clubhead Momentum, Inertia or Velocity’** (see ‘MIV’). When the ‘Body Stops Rotating Into Load, Coil or Wind’, the ‘Clubhead’ continues momentarily on its ‘Kinetic PATH’ whereby it sets the ‘Wrist Hinge’ or what your ‘555 TEAM’ calls the ‘Wrist Stop Limiter’ (see ‘Range Of Motion’ – ‘ROM’).

By the way, this ‘Cocked Wrist Hinge’ **‘Un-Cocks’** in the same natural, subconscious manner through ‘Centrifugal or Sling Force’ facilitated by the ‘Straightening or Thrusting of the Bent Brace Elbow At The Bottom Of Swing Arc’ (‘BOSA’)(see ‘Bend & Straighten Drill’).

So now you know **‘The Rest Of The Story’** !

**“Welcome Aboard!”**

**“Enjoy The Ride!”**

## **SATISFACTION GUARANTEED**

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