

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## WRIST COCK

We get a lot of questions about 'Wrist Cock'. This rather simple, yet directly controlling 'Hand, Wrist Forearm' accommodation, with a rather complex cooperation of bones and soft tissue, is a key consideration in 'Impact & Separation' as well as 'Ball Flight' during what your '555 Team' categorizes as 'Stage 2 and Stage 3 Procedures'. ("AskUs!")

Your 'Wrist Cock' properly accomplished is more 'Automatic and Subconscious' than 'Deliberate and Conscious'. It is more 'Let It Happen' than 'Make It Happen'. If you force 'Wrist Cock' it is simply 'Manipulation' and will hinder your naturalness.

Let 'Physics' do the job! There is 'Clubhead Energy Mass or Momentum' in your 'Back & Up Swing' to the 'Top Of Back Swing' ('TOB'). At this point, your 'Soft tissues will become tight (under 'Stress, Stretch or Tension' – 'Elongation'). The 'Lower and Upper Body Machines' will stop 'Coiling & Lifting'. The 'Hands, Wrists and Forearms' will stop. Then the 'Kinetic Energy' of the 'Clubhead' will subconsciously create 'Wrist Cock'. Enjoy this 'No-Brainer'!

We all know who and what 'Iron Byron' is! This enamored person and marveled 'Machine' has but 'One Power Source' ... 'The Lower Body Machine or Core Pivot'. There is 'No Wrist Hinge Power Source'. That 'Joint' cocks ONLY due to 'Momentum' or 'Back & Up Swing Energy'.

Of course, the reverse, the 'Down & Out Un-Cock' is also as simply natural. 'Centripetal Force' ('Down & Out Force') accomplishes the 'Extended Brace Lever', whereby all 'Bending' is restored to 'In Line or Straight'. (see 'Loading & Un-Loading') The '555 Golf Bend & Straighten Drill and Motion or Action' creates the bulk of the 'Clubhead Velocity and thus the 'Distance'. The 'LBM' provides 'Stability, Resistance and Rotational Power'. (see 'Brace Leg Drive') The 'Brace Lever' monitors velocity and closure rate of the 'Sweet Spot' to the ball.

How would you like to execute 'Golf Shots' like 'Iron Byron'?

Strive to 'Master Golf Basics'. ('MGB')

**"Welcome Aboard!"**  
**"Enjoy The Ride!"**

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