

# **555 Faults & Fixes**

## **'PERFORMANCE EXCELLENCE'**

### **ARMED WITH THE TOOLS**

Your '555 Team' approach to '**Faults & Fixes**' is both very simple and highly predictable. Those are both good things in 'Golf' and 'Life'!

You know that we strive to understand 'Scientific Realities' such as '**The Physics Of Rotation**' and '**The Geometry Of The Circle**'. This material always applies.

There are aspects and elements that are 'Consistent' to every swing universally. '**The 555 System**' includes a very comprehensive application and foundation of these.

Whenever we come up against a 'Fault', the 'Fix' relies upon our knowledge of '**The 5 SET-UPS**', '**The 5 ESSENTIAL ELEMENTS**' and '**The Five 555 CONCEPTS**' which we call the '**Problem Solvers**'. Sounds like these three groups of five might be worthwhile noting as we get into yet another 'Faults & Fixes'. Here they are!

#### **'The 5 SET-UPS' ...**

**1)** 'Posture', **2)** 'Grip', **3)** 'Stance', **4)** 'Ball Location' and **5)** 'Alignment'.

#### **'The 5 ESSENTIAL ELEMENTS' ...**

**1)** 'Clubface AIM', **2)** 'Clubhead PATH', **3)** 'Clubhead SPEED', **4)** 'Sweet Spot' and **5)** 'Angle Of Attack'.

#### **'The FIVE 555 PROBLEM SOLVING CONCEPTS' ...**

**1)** 'The Golfing Machine Concept', **2)** 'The Tether Ball Pole Concept', **3)** 'The Balsa Airplane Concept', **4)** 'The Human Ratchet Set Concept' and **5)** 'The Dead Rope Concept'.

Equipped with these '**Three Groups Of Five**', we can tackle any '**Mechanical Golf Issue**' that arises in a logical and realistic manner. '**Faults & Fixes**' will become second nature.

## WRIST HINGE ISSUES TARGET & BRACE

Let me start this by saying that **‘Stable Hand Wrist Forearm Triangles’** are an ‘Essential Element’ in making predictable ‘Golf Shots’ to any ‘Distance or Energy Level’ with any ‘Tool or Components’. **‘Clubface AIM At The Moment Of Separation’ is unquestionably the #1 ALIGNMENT In The Game Of Golf.**

The only ‘Element’ that may ultimately more important is ‘The Mind Machine’. Now there may be a challenge of epic proportion!

Get and stay on firm ground. Approach your ‘Golf Enjoyment’ with at least a flavour of ‘Science’. Remember, **‘The Physics Of Rotation’** and **‘The Geometry Of The Circle’** are endless bedfellows, whether you’re under the duvet or not! If you make but one ‘Golf Procedure’ **‘THEY ARE!’** You do not have to be a top-notch auto mechanic to own and enjoy one, but the more knowledge you have about the machine, in general, the better owner and operator you shall be and become. That is more ‘FUN’ too!

You know the **‘5 Primary Absolutes’**. They are **1)** The Flat Target Wrist’ (‘Impact Component’), **2)** ‘Clubhead LAG Pressure’ (‘Pivot Component’), **3)** ‘The Clubshaft On PLANE’ (‘PLANE Component’), **4)** ‘The Ball Goes Where Your Hands Go’ (‘PATH Component’) and **5)** ‘The Hands Get To The Ball Before The Clubhead’ (‘Pivot Component’ – ‘Forward Press’)

The ‘Golf Primary Engine’ is the ‘Body Machine Pivot Pressure’ that causes the ‘Lower Body Machine’ (‘LBM’) to **‘LEAD’** the **‘LAGGING** or Trailing’ ‘Upper Body Machine’ (‘UBM’). **The ‘Primary Engine’ is the ‘Horizontal Winding and Un-Winding Of The Body Rubber Band’**. This ‘Powers The Clubhead Action’.

If you do not completely ‘Wind-Up This Rubber Band’ during the ‘Full Swing’ ‘Back & Up Swing’ you will not have adequate ‘Potential or Kinetic Power’ to accomplish the ‘Front Swing Task’. **As soon as you ‘Body Rubber Band Coil’ is expended, the ‘Upper Body Machine’ (‘UBM’) tends to ‘Pass’ the ‘LEADING LBM’**. This enables or causes the ‘Hands To Pass The Hips’. This causes the ‘Flip Handed Move’ that is so damaging to ‘Ball Flight Control’.

These guidelines will found your growth.

I said above that, **‘Stable Hand Wrist Forearm Triangles’** are an ‘Essential Element’ in making predictable ‘Golf Shots’ to any ‘Distance or Energy Level’ with any ‘Tool or Components’. When both your ‘Hands’ are on the ‘Golf Club Handle’ if one ‘Wrist Hinge’ changes it shape or moves in any direction, they both move cooperatively.

Your ‘Hands **CONTROL** The Golf Club’. Your ‘Arms **SUPPORT** The Hands and Provide All The Vertical Motion’. Your ‘Body **TRANSPORTS** The Arms In A Horizontal Direction and On A Horizontal PLANE’.

**‘The Target Wrist or Back Of The Target Hand Controls The Clubface AIM’.**

**‘The Brace Wrist, with it Trigger Finger (‘#3 Pressure Point’) Monitors Velocity of the Lever Assemblies’ (‘Clubhead’) and ‘Takes The LAG Out’ (‘Wrist Cock’)!** At just the right moment, your ‘Brace Hand, Wrist and Forearm Extend Back Into The In Line Configuration’ (‘Bottom Of Swig Arc’) which effects the necessary ‘Brace Lever Extensor Action’ required to ‘Re-Square Up The Speeding Clubface AIM’, accomplish ‘IMPACT & SEPARATION’ and to produce your ‘Pre-Selected and Desired Ball Flight’.

Your ‘555 TEAM’ like you to strive to ‘Set Your Lever Triangles’ at ‘IMPACT FIX’ and keep them in the configuration from ‘Take-Away’ (‘SS#1a’) to ‘Follow – Finish or Top Of Front Swing’ (‘SS #10’).

Remember, **‘Your Hands Get To The Ball Before The AIMED Clubface’**. (see ‘Forward Press’)

Remember also, to **‘See The Ball Come Off The AIMED Clubface’**. Your ‘Captain EYES’ are truly in command of the ‘Golf Club Ship’!

**‘Learn To Use Quiet Wrist Hinges and Stable Lever Triangles’!**

**“Welcome Aboard!”**

**“Enjoy The Ride!”**

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24/7