

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

YOU ARE A HUMAN ENERGY GATE

It is **'YOU'**, my students, who stimulate and drive me, endlessly, into learning and sharing more, every day I set foot on the golf course, any where ... for 40 years now!

I just shared some quality time with a terrific group during which we focused upon **'Short Game'**. That means we worked on 'Putting & Chipping' ('Stage One Procedures' – 'No Wrist Cock and No Pivot'). The **'Pre Shot Routine'** ('PSR') proved as usual to be paramount! If you have a good 'PSR', you are anchored and shall be rewarded for that useful foundation. Equally, without which, you shall flounder like a rudderless ship, one doomed to flounder about at the whims of 'Mother Nature's Vast Oceans'.

We need not go there ('Floundering') **'IF'** we can captain our own 'Ship' and master our own 'Souls'! This 'Voyage' we are on is truly a worthy 'Mind Body Experience'.

Those **'5 SET-UPS'** we all know as our '555 Golf' trademarks (**'Posture, Grip, Stance, Ball Location and Alignment'**) never get old! Like Siamese Twins, **'The 5 Essential Elements'** are conjoined at a common heart. There is no shot in 'Golf' anywhere, anytime that does not have all five of these 'Elements' ... **'Clubface AIM, Clubhead PATH, Clubhead SPEED, Sweet Spot ('OPA') and 'Angle Of Attack'**. Learn them!

If one wants to walk through a 'Gate', it is best to open it before passing? Makes sense to this 'Old Country Gentleman Golf Teacher'!

"So, where and how might I be a 'Gate'?" you rightfully ask.

We have 'Gated-ness' in our **'Posture', 'Grip', 'Stance', 'Ball Location'** and **'Alignment'**. Let me explain the 'How' and the 'Why'.

The 'Open Gate' invites passage.

We can 'Set-Up' in a manner by which we 'Invite The Release Of Pivot or Muscular Load, Wind or Coil' ('Release of Potential Energy') or by which we can 'Prohibit or Inhibit Release'. The 'Golf Swing' is all about 'Accumulation, Loading, Storage, Delivery and Release of Potential and Kinetic Energy'! (see 'ALS DR')

We can 'Set-Up' our **'POSTURE'** such that it shall 'Inhibit' a good 'Golf Swing'. (see Curved or Stooped Back - Kyphosis')

We can 'Set-Up' our **'GRIP'** such that the 'Hands' shall inhibit a good 'Golf Swing'. (see 'Too strong of a 'Grip' or having your two 'Hands' placed on the 'Golf Club Handle' in an 'Opposing' or 'Non-Cooperative' manner)

The 'Hands' may be looked upon and a 'Grip Gate'.

If your 'Hands' are opposing each other, the 'Target Being Very Weak' ('Rotated Target Side') and the 'Brace Being Really Strong' ('Rotated Brace Side'), these two different placements can be seen as acting against or not in concert with each other. In this manner, they are like a 'Closed Hands Gate'. They will not store and release 'Energy' very efficiently!

Likewise, we have two **'STANCE Gates'**.

We can inhibit smooth 'Coiling' by having a nicely balanced 'STANCE' or not!

'STANCE' is NOT the same as 'ALIGNMENT'!

'STANCE' is about the 'Width Of Our Feet'.

We can be **'STANCE too Narrow', 'STANCE Optimal' or 'STANCE too Wide'**. 'Too Narrow' does not inhibit 'Pivot Release'. Narrow-ish 'Feet' actually invite or enhance 'Pivot Speed and Efficiency'. 'Optimal STANCE' needs no explanation'. Feet that are 'Too Wide' directly "inhibit or prohibit efficient 'Pivot Release'. Thus this 'Stance Issue' acts like a 'Closed Performance Gate'.

'STANCE' is also about the 'AIM of each Foot'. There are three possibilities or 'Configurations' for each foot. These are 'Closed, Square and Open'.

It is key to understand herein, that either foot's being 'Closed Opposes Pivot Release' but not 'Loading'. 'Correct Stance' facilitates 'Pivot Load & Release'. 'Open Invites or Enhances Release' and defines 'Loading'. Thus, 'Closed Gated-ness' in our 'STANCE' is not a 'Delivery' benefit! (see 'ALSDR')

Here is a tricky physical fact!

When either 'Foot', 'Target or Brace', is turned towards the 'Target', it is **'Open'** and 'Invites or Enhances Pivot Release'.

When either 'Foot', 'Target or Brace', is turned towards the 'Brace Side', it is **'Closed'** and 'Opposes or Prohibits Pivot Release'. (see 'Flip-Handed Delivery, Pull and Block')

Most people wrongly view the 'Brace Foot's' being turned towards the 'Brace Side' as 'Open'. This is simply scientifically wrong!

The 'Optimal Foot' position is 'Brace Square' and 'Target Open' about 55 to 65 degrees! You actually cannot 'Open The Target Foot' too much! If you want to have a conversation about this statement, the contact methods are listed below and you are invited to use them! Get used to more 'Open'! It tends to stabilize your 'Back Swing'.

Before shifting to 'Ball Location', please note that 'Too Wide A Stance' tends to induce 'Sway Towards the Brace Side in the Back Swing' as well as the 'Reflex Response' of 'Sliding Towards The Target Side in the Front Swing'.

Might I add that one is well advised, especially on the inward nine' to 'Narrow Ones STANCE Just A Little'. Never widen it to help you get more aggressive! Wrong direction! In the same breath and under the same '**Science Based Management**', one is well advised to 'Rotated The Target Foot More Open' when tired!

It '**OPENS THE STANCE GATE**' which invites free passage and that all too good 'Pivot Release' so one can get 'From the Ground Up' and 'From The Inside Out', thus, striking 'Golf Balls' with Balanced 'Lower Body Machine LEAD and Upper Body Machine LAG'. We create '**Strike Power & Speed**' ('Horizontal Round & Round Motion') exclusively via our 'Lower Body Machines'. ('Feet, Lower Leg, Knees, Thighs, Hips, Abdomen & Trunk, Thorax and Shoulders'). The 'Upper Body Machine' ('UBM') produces, exclusively, all the 'Vertical or Up & Down Motion'. Get this right!

Traveling farther along this '**Gated Path**', there is a '**BALL LOCATION GATE**'. When one 'Places The Ball too far AFT in our Stance', that is also a 'Closed Condition' whereby one must utilize a 'Flip Handed Release' in order to accomplish a 'Square Clubface At The Moment Of Separation'. (see 'Early Separation Ball Location')

Equally, if we place the 'Ball Location' very forward, this actually 'Invites Our Pivot To Dominate' thus becoming an 'Open Gated Ball Location'. Of course there is that '**Optimal Ball Location Gate**' as well!

Finally, our '**ALIGNMENT**' can be looked upon as 'Gated-ness'. If we 'Set-Up' 'Closed' we shall be 'Closed Gated Aligned' (see 'The Dreaded Double Cross'). If we are 'Set-UP' 'Open', we shall be 'Open Gated Aligned'. (see 'The Open Cross')

And there is an 'Optimal Alignment Gate'!

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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