

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

YOUR PERSONAL YARDSTICK (Energy & Distance Control)

When you are 'Putting' and 'Making Smallish Chips' you need to know how far you 'Take-Away' your 'Clubhead' as this 'Range Of Motion' directly determines your 'Clubhead Speed' ('TVATI') and thus your 'Distance'.

You have a foolproof method readily at your disposal. Your '555 TEAM' calls it the 'One Inch Rule' and you have a 'Yard Stick' by which to measure the 'Inching'. While assuring that your 'STANCE' ('Separation Between Your Feet') is precise, you used the '2X4 Baseboard Molding' training aid to accurately determine your 'Stance Spacing'. This gave you a ground reference as to how far you moved your 'Clubhead Away From The Ball'. This is your 'Brace Hand Travel Distance' (BHTD). The farther you move your 'Brace Hand' the farther you shall move the 'Clubhead' and thus the 'Faster It Will Be Going When It Returns To The Butt Of The Ball'. So, naturally, the more 'Kinetic Energy' it will have and transfer to the 'Patiently Waiting Ball'. More 'Clubhead Speed' equals more 'Distance'. Simple enough?

For Every Inch You Take Your Clubhead Away From The Ball (Returned Gravitationally), The Ball Will Roll About One Foot Per Inch'. Then if you add one inch for the back of the cup and adjust that sum for 'Slope Up or Downhill', you have your full 'One Inch Rule'. It is a marvelous advantage for making those 'Short Strokes'!

The '2X4 Baseboard Molding' is marked off in 'Inches' so you know exactly how far it is from your 'Ball Location' ('Inside Target Heel For Putting') to the 'Take-Away Limit' of your 'Back Swing'. When you know 'How Many Inches Of Travel' your 'Clubhead' has, you have a very accurate idea as to how far the 'Ball Will Roll'! With the 'Baseboard Molding' you will know how many inches it is from the 'Ball Location' to the 'Inside Of Your Brace Foot', to the 'Middle Of Your Brace Foot' and to the 'Outside Of Your Brace Foot'. The 'Foot' is naturally about 'Four Inches' across. Thus the 'Distance You Roll The Ball' increases by 'Four Feet' from the 'Inside to the Outside Of Your Brace Foot'.

When you learn to 'SET-UP Your Stance Width' the same every time, you will know how far your 'Ball Rolls' on level greens with average 'Stimps' every 'Putt'. Mine is '11 feet, 13 feet and 15 feet respectively for 'Inside, Middle and Outside' 'Inch Points'.

So there you have it! Your very own legal 'Stance Width Putting Yardstick' which you can utilize for 'Putts and Chips'!

I hear you thinking! Great minds think alike!

"What about those 'Bigger Longer Chips and Bump & Runs'? How do you control the 'Distance' the 'Ball' travels with these 'Procedures'?"

You will recall that, in addition to the 'One Inch Rule Yardstick', we also have what your '555 TEAM' calls the 'Body Clocking Method'. It is just a larger version of the 'Inching Method' and provides equally well precise control of your 'BHTD' for large 'Chips', 'Bump & Runs', 'Little Knock Down Shots' and 'Pitches' that are 'Less Than Full Swing'. Rather than to take the 'Brace Hand' away a certain number of inches, you take it to your 'Five Body Clocking Locators'. They are 1) Brace Thigh, 2) Brace Hip, 3) Brace Lower Rib Cage, 4) Brace Arm Pit and 5) Brace Shoulder which is the 'Physics & Mechanics Demarcation For The Full Swing'.

Once you learn to utilize these 'Specific Body Clocking Points', you will have control of your 'BHTD' and thus control of your 'Clubhead Speed' and thus 'Distance'.

These are just two versions of your 'Personal Take-Away Yardstick' that holds the key to the 'Short Game CAD Control' and magically improved scores.

Remember, when you control the 'BHTD' you control 'Distance' with all your 'Clubs' in the 'Less Than Full Swing Mode'. 'PUNCH Shots' are 'LTFS' and you will soon know how far they move the 'Ball' as well.

You Have Only Two Swings In Your Bag, the 'Full Swing' and the 'Less Than Full Swing'. The 'Full Swing Brace Hand Travel Distance' is essentially the same 'Locator and Feel' for all your 'Full Swings' with even various 'Club Selections'. There are slight differences due to 'STANCE WIDTH' but little else. 'Stance Width' directly affects your 'Range Of Motion' in 'Pivot and Rotation' as well as 'Swing Plane'. Pretty 'Knit-Picky' and detailed but we are talking 'Striking A Small 1.6 Inch Golf Ball Prodigious Distances Into A Very Small Cup That Is 4.25 Inches Across.' We are really aiming at that 'Quarter Sized Target'!

How simple and cool is that!

"Welcome Aboard!"

"Enjoy The Ride!"

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