

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## YOUR SHOULDERS

We know about 'The 5 Set-Ups' ... 'Posture, Grip, Stance, Ball Location & Alignment'. This knowledge helps us understand and improve everything we do in golf, every procedure.

'Alignment' includes knowledge about 'The 5 Alignment Axes' ... 'Feet, Knees, Hips, Shoulders & Ears'. (see 'Body Line & Target Line') We must get these axes properly positioned and ready for every single 'Golf Strike'. If we fail to do so, we shall be punished to some degree.

Remember, we always naturally 'Swing Down Our Body Line'. Avoid harmful manipulation.

Remember, your 'Shoulder Axis' is the closest of the five axes to your 'Clubhead'. Thus, it has the greatest effect on your 'Club Shaft and Clubhead'. (see 'Clubface Aim At The Moment Of Separation')

When we 'Set-Up' or adjust our 'Spinal Column, we unavoidably adjust our 'Shoulder 'Alignment, Slope, Pitch or Plane ... all valid words for this topic.

If you can picture our having a small flat disk, with an oversize head hole in its middle, on top of our 'Shoulders', you can easily visualize or see that, when we adjust our 'Spine Angle' we also alter the 'Shoulder Plane'. The 'Alignment, Slope, Pitch and Plane' changes.

We can add 'Forward Inclination' and that alters the 'Pitch or Slope' by tilting forward or back. It is worthy to note that, when we alter this aspect, we also directly change our 'Swing Plane' by making it 'Steeper or Flatter'.

'Aft-Tilt' does the same. When we shift our weight towards our 'Brace Foot', we get the 'Shoulder Disk' more off level, more 'Pitched Towards The Brace Foot'. This also directly affects our 'Swing Plane', 'Ball Location', 'Impact' and 'Ball Flight'.

Learn these 'Components and Procedure' combinations. You shall be rewarded.

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

**SATISFACTION GUARANTEED**

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