

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

YOUR SWAY – SLIDE & FAT - THIN

'Fat & Thin' is not all that difficult to understand! Very common 'Golf Terms' they are!

You can strike a 'Golf Ball' on a 'Clubface' in **'5 Locations'** or under '5 Conditions'. These are 1) 'Fat', 2) 'Thin', 3) 'Heel', 4) 'Toe' and 5) 'Sweet Spot' ('Center Of Mass') where **'Energy Transfer'** is optimized producing the best 'Spin Rate & Direction' yielding the greatest 'Controlled Distance'. Not bad bedfellows, these **'Clubhead Speed'** and **'Low Spin Rate'**!

Your '555 TEAM' has two very simple rules that have been thoroughly 'Field Tested' over decades of teaching and personal experience.

Properly 'Set-Up', if you strike a ball **'FAT'** you **'Dropped Your Tallish CHIN'**. When you lower your 'Personal Head', you, unavoidably lower the 'Top Of Your Tether Ball Pole' (See 'The Tetherball Pole Concept' - If you do not know ... "ASK US!") and thus the 'Golf Clubhead' as well. Thus, 'Taking Grass & Dirt' before the 'Ball'!

'Properly Set-Up', if you strike a ball **'THIN'** you likely would have had to have **'Looked Up'**, thus causing you to prematurely 'Rotate Off **IMPACT FIX**' or 'Bail Out Of The Shot'. This 'Swing Error' usually produces the 'High Low Energy Side Of Target Line Ball Flight'. (see 'Ocular Bail Out')(see 'Coming Out Of The Shot')

Simple enough but, Questions? **"JUST ASK US!"** You know how and where!

This conversation is about **'Cause & Effect'**, so, let us get to the 'Lateral Movement' aspect of 'FAT'. 'Lateral Movement', unless you 'Sway' (to the 'Brace Side') and stay there ('Hang Back'), always causes one to strike the 'Golf Ball' 'FAT' ... taking too much turf and dirt from below the 'South Pole'. (see 'The Sit Down Move')

Is there a simple scientific explanation for this epidemic or chronic fault?

YES!

The best way to explain and demonstrate this 'FAT-ness' due to **'Sway Brace Side & Slide Target Side'** ('Lateral Movement Along The Hip Axis') is to do a simple 'Bullet-Proof Exercise or Drill'. 'Set-Up' normally. When you are ready to 'Trigger Your Back

Swing', 'Club Hovered Slightly' ('2 Inches'), holding the 'Grip & Head' in firm fixed 'Wrist Hinges & Hands', sway to the Brace Side' ('8 inches') and then return, 'Sliding to the Target Side' ('20 inches') about 12" past your 'Ball Location'.

You will have to slightly 'Bent / Slid' your 'Target Knee' in this 'Lateral Exercise'. As the 'Top ('Target Ear') and Lower Mid Section Of Your Tether Ball Pole' ('Target Hip') **'SLIDES'** towards the 'Target', without moving your 'Feet' ('STANCE & Base'), the top unavoidably gets closer to the ground ... 'Radius-ing'. You will eventually, in fact soon, lose your balance and fall down to your 'Target Side'.

Your 'Tallish CHIN' actually radiuses on a '**Negative Slope**' and gets closer to the ground! The '**Center Of The Body Circle**' is the sole of your stationery 'Brace Foot'. The 'Radius' is your 'Body'. The 'Circumference' is the top of your 'Head'! This is simple '**Geometry Of The Circle**' & '**Physics Of Rotation**'.

Here's the rub!

If your 'Tallish CHIN' drops towards the grass, so too will your 'Golf Club Head' (see 'BOSA') and thus you will strike the ground 'FAT'!

Strive to stay 'CHIN Chest Tallish' with 'Shoulders' turning relatively level both in your 'Back & UP' and 'Down & Out Front Swing' (see 'Tether Ball Pole Concept'). Employing 'Longish, Pushed Down or Extended Hands & Arms' ('Lever Assemblies' - 'BOSA') is a key ingredient as well. (see 'Target Lever Dead Rope Concept')

In the golf swing, when one bends one's 'Knees', the 'Elbows' have to also bend proportionately to maintain the 'Set-Up Swing Radius' or 'BOSA'. This condition of endless 'Height or Length Variables' makes 'Consistent Strikes', shot after shot, day after day, week after week, an impossibility. "Trunk Slammers" know all about this illness!

Now you know **"The Rest Of The Story!"**

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7