

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

YOUR SWING GATE

Recently we have had numerous new questions relating to our 'Swing Gate Premise'. You may be current and have fresh, accurate information about this phenomenal notion. If so accept our apology for being redundant, but it is worth the repetition. Never gets old or out of fashion!

You will recall our anecdote about the backyard gate between my family and our terrific neighbours? When Greg invites me over for a Bar B-Q steak and a cold beer, it is best that I open the gate between our two yards before I attempt to walk through it and join him! Similarly, our students efficiently 'Open Their Stance Gate' ... turn or flare their 'Target or Steering Foot Open' ... to facilitate 'Release of 'Lower Body Machine' ('LBM') energy followed by that same type of related release of the 'Upper Body Machine' ('UBM' – Hands, Wrists, Arms and Golf Club) energy. We also refer to this 'UBM' as 'Lever Assemblies'. You may like that appropriate term.

The 'Flared Target Foot' opens the 'LBM Swing Gate' enabling the 'Coil Loaded Hips or Pivot' to fire and release. This drags the 'Lagging UBM' along for the ride. Remember the 'Golf Power Line Sequence' ... ALSDR – Accumulate, Load, Store, Deliver & Release'. Your 'Stance' or 'Foot Positions' ('Width & Aim') are critical elements.

When our 'Lower & Upper Body Machines' perform, we pass through the 'Body Swing Gate'. Now, along the same line of thought, let's look at the 'Clubhead' as passing through a 'Sweet Spot PATH Swing Gate' that is 10 to 15 inches in front of the ball on the 'Target Line or Initial Ball Flight Line'. (see 'Intermediate Target' – 'I/T') Never make a single golf stroke without an 'I/T'! Not even one! Ever!

The 'Path Swing Gate' is just outside or to the 'Low Energy Side' of the Target Line'. Stick a tee in the ground at that point. Feel like you are striking THROUGH it and not 'AT' it when your 'Sweet Spot' passes through the 'Bottom Inside Cheek of the Ball. ('BIC')

Getting your 'Clubhead Energy' very positively through the 'Swing Gate', sweeping low to the ground, 'Back & Up' as well as 'Down & Out' swing, "Lever Assemblies Extended" ('BLEA'), will produce memorable results for every club in your bag. An efficient golf strike is about descending 'Compression & Line Of Compression. You must 'Pinch' and not lift the ball off the ground. This 'Extension through your 'Swing Gate' will help easily create mechanical success and happiness!

"Welcome Aboard!"

"Enjoy The Ride!"

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24/7