

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

YOUR TEMPO

'Your Tempo' is unique to YOU! ... but it must be balanced and allow you adequate time to accomplish the 'Back & Up' and 'Down & Out' swings without rushing or what we refer to as 'Pressurization or Compression'. The 'Lower Body Machine Leads' ('LBM'), while the 'Upper Body Machine Lags' ('UBM'). (see 'From The Ground Up' and 'From The Inside-Out'. This is how the 'Down, Out, Forward and Through Swing' works ... how 'Power & Speed' are created.)

Let me firstly tell you that 'Process Golf' trumps 'Outcome Golf'. If you are focused on the 'Outcome' you shall feel 'Fear' and that shall 'Pressurize' your 'Musculo-Skeletal' actions. You shall get quick! The 'Yips' is an example of manifested tension with spastic results.

Decades ago, in the late 60s, your '555 Team' utilized 16 mm audio visual technology for viewing the 'Golf Swing' in 'Slow Motion'. We were pioneers in 'Video Analysis'. What an advantage that was!

We observed 16 mm video frames of Gary Player, Ernie Els, Nick Price (a quick swinger) and several other well-known touring pros with whom we had connections. As a result we wrote about the facts that we observed and deduced our 'Golf Swings' had '16 Time Units'. A relatively 'Quick Swing', with substantial 'Acceleration' in the 'Back & Up' and without much "&" at the 'Top Of Back Swing' ('TOB')(see 'Transition'), had a '10:6 Tempo' ... 10 units of time in the 'Back & Up Swing' and 6 units in the 'Down & Out Swing'. ('DOFT')

Again, this 10:6 was later deemed a little on the quick side. 8:8 would be an example of the far end of problematic 'Tempo & Timing'. Deceleration is a 'Flip Side No No Option' ... fast 'Back & Up' with slow 'Down & Out'. It is our learned opinion that the average and more efficient and effective 'Tempo' is the 12:4 or 3:1 version. This gives us more time comfort and less 'Compression or Muscular Stress' in the early 'Back & Up Segment' of the procedure. When we 'Compress our Tempo' we run head-long into poorly balanced results.

If the swing were to be about 1.6 seconds in duration, we would be taking about 12 10ths in the 'Back & Up' with 4 10ths in the 'Down & Out'. After decades of evaluation, we still find this 'Tempo, Timing & Rhythm' to be pertinent science.

Hope this is a 'Light Bulb Moment' for you?

"Welcome Aboard!"

"Enjoy The Ride!"

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