

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

## more PATH & PLANE by request

### CLUBHEAD PATH

This is not the simplest of golf subjects. It is an important knowledge component for any student to embrace along his or her 'Golf Journey'. Your '555 Team' got three more requests this week for clarity. Let us see if we can contribute more?

If we 'Set-Up' in a regular configuration and move the 'Clubhead' normally, it will draw lines and arcs on the grass as if 'Mother Nature' were a big piece of cardstock and the 'Clubhead' were a really bold 'Felt Pen'. The 'Sole Of The Clubhead' will leave the grass or ground during the 'Take-Away', but its generally circular 'PATH' shall be projected vertically ('Plumb') down on the sheet of paper with this magic felt pen.

The 'Clubhead Actual Flight Lines' (relative to the 'Target Line'), occur during the 'Back & Up Swing' followed by the 'Down & Out Swing'. They shall have one of five 'PATHS' only. We shall be aware of and mention the 'Clubface Aim' such as "Square". The five 'PATH' combinations are 1) Inside Parallel [Square] Inside, 2)'Inside Parallel [Square] Outside', 3) 'Parallel Parallel Parallel [Square Square Square]', 4) 'Outside Parallel [Square] Outside' and 5) 'Outside Parallel [Square] Inside'.

If you draw an elongated 'X' with the junction of the 'X' right on top of the ball you will have a pretty graphically correct image of this 'PATH' subject.

		1		4		
Target Line	--	5	x	6	--	Target Line
		3		2		

Inside Parallel Inside is '2X3'. Inside Parallel Outside is '2X1', Parallal Parallel Parallel is '6X5', Outside Parallel Outside is '4X1' and Outside Parallel Inside is '4X3'.

When you are in the 'Address Ready Neutral Position', with your 'Putter' (with close to 'Zero Loft'), your leading edge is 'Square To The 'Target Line' or to the 'Base line Of The Plane'. With a #8 Iron, for example, the 'First Score Or Groove Line' is also 'Square or Perpendicular To The 'Target Or Base Line Of The Plane' (more in a moment)

That is all there is generally to 'Path'.

## CLUBSHAFT PLANE

If you have read 'Ben Hogan's great little golf book, you will have seen and remember the illustration of the large '8 x 10' pane of glass with the head hole in its upper segment. The pane is resting on your shoulders. If the 'Spinal Column' were perpendicular or plumb to the ground, the pane would be 'Parallel' to the grass.

As the 'Human Spinal Column or Crankshaft is 'Forward Inclined' the pane of glass is not 'Horizontal To The Ground'. When the upper mid section is resting on your 'Shoulders', the base line is resting on the ground ... in this case on the 'Target Line' or 'Base Line Of The Swing Plane'.

If your 'Spinal Column' is 'Aft-Tilted', which it normally is when prepared for a 'Stage 3 Procedure' ('Wrist Cock & Pivot')(see 'Leg Driven') your 'Pane of Glass' will change its configuration slightly. So to will your 'Body Parts or Component Motions' to a little more 'Inside Out Path'.

When you have your 'Golf Club' soled against the bottom of the 'Pane Of Glass', the 'Golf Club Shaft' will be touching the glass from bottom to top or 'Grip'. This contact condition is described and having the 'Shaft On Plane'.

When you properly swing the 'Clubhead 'Back & Up' followed by a proper 'Down & Out', the 'Lever Assemblies' and 'Shaft' will be touching the glass at all times if your 'Swing Is On Plane'.

All the 'Golf Club and Human Lever Components' tend to be 'On Plane' if we create 'Motion' that follows the 'Set-Up' parameters. This mean without 'Manipulation'. Creating a sound 'Golf Swing' is about 'Minimizing Manipulations'.

Of interest, not only does the 'Golf Club' have a 'Plane', but also your 'Upper Body Machine' ('Lever Assemblies') has a 'Hand, Wrist, Forearm, Elbow, Upper Arm and Shoulder Plane' at all times during the 'Golf Motion Event'.

Your 'Lower Body Machine Components' also have their individual Swing Planes'. (see 'Ankles, Knees, Hips, Shoulders and Ears')

Any time we are function, 'In Motion', in a linear or circular manner, we have three dimensional 'Motion Planes'.

### **PLANE CONDITIONS - HORIZONTAL - X Axis**

As with 'PATH', 'PLANE' comes in limited flavours. There are only three. You can either be 'Below or Under Plane', 'On Plane' or 'Above or Over Plane'. Each of these conditions directly or indirectly affects the performance of your 'Aimed Clubface' and resultant 'Ball Flight'. Learn the combinations or 'Path, Plane & Clubface Aim' and you shall have a firm grip on ball behaviour on all axes. There are '9 Ball Flight' variations. They are 1) 'Ball Flight Straight

Down The Target Line or Intended Flight Line' ('No Side Spin'), 2) 'Fade', 3) 'Slice', 4) 'Push', 5) 'Push Fade - Slice – Draw - Hook' 6) 'Draw', 6) 'Hook', 8) 'Pull', 9) 'Pull Draw - Hook - Fade- Slice'.

### **PLANE CONDITIONS - VERTICAL - Y Axis**

We can also control movement about the 'Horizontal or Equatorial Y Axis'. This 'Spin Rate' controls the 'Trajectory' or 'Vertical Shape'.

### **THE ARC**

You know what the 'Circumference Of The Circle' is. Well, part of or a segment of the 'Circumference' is referred to as an 'Arc'. When the 'Clubhead' is properly in motion, the 'Clubface (as in the 'Putter') is always 'Square To The Arc'.

### **WRIST HINGES**

If you alter any one of your nine (9) 'Wrist Hinge' parameters, you shall also alter your 'Clubface Aim', Clubhead Path', 'Components Plane' and 'Pre-Set Impact Conditions'. 'Quiet Triangles', as are well-known with your 'Putting & Chipping Stroke Procedures', are a real tangible asset. Strive towards that reality.

### **IMPACT CONDITIONS**

If you were to 'Set-Up' your 'Impact Conditions' (see 'Dynamic Impact Fix' as opposed to 'Static Address Ready') and were to remain absolutely stable ('No Manipulations') in your 'Circular Golf Swing Motions', you would strike the ball with a 'Square Clubface Aim' every time ... like a 'Golfing Machine' ... like an 'Iron Byron'.

Wouldn't that be a thrill!

You can accomplish that feat more effectively than you might suspect.

All that is required is 'Knowledge, Experience, Discipline and Golf Wisdom'.

You may be closer than you think?

**"AskUs!"**

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

## **SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

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