

# THE GOLF MYTH COLLECTION

BOOK A VOLUME 1

DR. KARL M. FISCHER

**BOOK A**  
Volume #1

**The**  
**'555 GOLF ACADEMY'**

**'Where Passion Meets Performance'**

and  
where you can achieve

**'PERFORMANCE EXCELLENCE'**

with help from  
the '555 TEAM'

**TO  
BECOME,  
ONE  
MUST  
OVERCOME!**

Dr. Karl Fischer

**YOU DON'T HAVE TO GET 'IT' RIGHT  
BUT YOU DO HAVE TO GET 'IT' GOING!**

(Get Up Off Your Butt!)  
**"NOW!"**



## GOOD QUESTION

Recently I was asked,

**"Why are you doing this 'GOLFMYTH Encyclopedia'?"**

Thinking a moment, I replied

**"Why has someone not done it before"?**

You know why? It was a heck of a lot of work that took a great deal of time and effort over many years!

So it became time to get at 'IT' and I did just that! I thank my '555 Team' and multitude of global students for their participation and support.

Hope you enjoy and learn from these literary efforts!

**Best Of Luck!**

## ... BUT I LIKE MY BALL FLIGHT!

There may be 'Components and Procedural Motions' that do not feel right but 'Feel Is Not Always Real' when it comes to the golf swing.

Feeling what is actually happening through the 'Impact & Separation Phases' (I&S) as opposed to the entire 'Back & Up, Transition and Down & Out Swings' is the key to opening 'Pandora's Golf Box'. If you really want to get things right, make and practise your 'Golf Swing' in 'Slow Motion'.

Pay particular attention to what takes place between 'Swing Sequence #7' (Pre-Impact Position), through SS#8 and #8a (Impact) as well as through to Swing Sequence #9, which is the Chase and Follow Segments.

May I suggest that you build your game around your 'Impact & Separation Zone'. Focus on the last couple of feet before and the couple of feet after 'Impact'.

Hitting solid 'Punch Basic #8 Irons' (essentially Approach Shots) and you shall make your way around a golf course with your #8 Iron and your 'Putter'. Stay out of the bunkers!

How many swing and how long will it take to accomplish this 'One Clubber Round'?

Build a '2 Foot Before and 2 foot After' game plan and have FUN!

How many and how long?

As long as it takes!

Have FUN!



## READING GOOD BOOKS

You are now the proud owner of a great wealth of 'Golf Information' and many new doors that either are or can be opened over time.

These books will enrich the '**Destinationless Voyage**' we have come to know as '**GOLF**'. Yes! It is a 'Four Letter Word'! When spelled backwards, it reads '**FLOG**'! But don't you love to hate it in differing tones and colours day by day? It's never boring!

Golf's often dark storm clouds have breaks in them whereby shafts of bright piercing sunlight are passing. These cracks can widen over a short period of time and we shall benefit from that new light. It is very easy to grow in our golf capabilities and the '**Golfmyth Collection**' is here to assist you in your many short 'Trips' along the way!

This is a '**SIX BOOK ENCYCLOPAEDIA**', so treat it as such. You may have a very specific issue that you want to investigate. Think of a '**Key Word**' that describes your subject and then look it up in one of two places, 1) '**The Table Of Contents**' or 2) '**The INDEX**'. You may also not want or need to read every word herein ... so don't! If any of the contents bores you, move on to new pages. There is a great deal of information, some of which will not grip you.

As you investigate and meander throughout these books, you will discover constant notes and direction to new areas of the collection where you can locate other relevant and related material. If you have a moment and can take the time, you may very likely never ever complete your 'Golf Learning Journey'.

Many of us have been at it a lifetime already and see no light at the end of the tunnel! The 'Journey' shall surely go on!

We hope you enjoy this 'Journey' as much as your '555 TEAM' has!

Remember, you have access to this great 'TEAM', so don't be bashful if you feel in need of help. You can contact us via numerous avenues on a 24 hour a day basis. No excuses for not doing so!

We are glad you are here too!

**"Welcome Aboard!"**

**"Enjoy The Ride!"**





## A PANDEMIC PROBLEM

There are times when it seems the whole world has and is coming unravelled. We have had big lingering wars for what seems to be all of mankind's time. History seems to be chronically about conflict, suppression and control. Of course 'Greed & Power' never go out of fashion. The 'Seven Deadly Sins' are alive and well.

The continents, countries, counties and urban areas have also all seen pestilence and disease. There is a common denominator! They were all created by man himself ... actively or passively!

These times always involve the abuse of wealth. Where there are big problems, some get rich and some become poor! Greed & Power are two blended into those 'Seven Deadly Sins'!

Golf seems to have its own deadly sins.

Here is just one, but a 'Big One' ... '**Clubhead and Clubshaft Throw Away**' also known as 'Flippy Handedness'!

This 'Golf Disease' causes or enables the 'Hips to lose their dominant '**LEAD**' and consequentially the 'Lever Assemblies' (Hands, Wrists and Arms) lose their subservient '**LAG**'. No hierarchy!

When the 'Upper Body Machine' (UBM) become dominant over the 'LBM', we get a serious sequencing problem. The 'Hands Deliver and Release early. (see ALSDR - Accumulate, Load, Store, Deliver & Release' - 'The Power Line Delivery Sequence') Thus, they arrive at and through the ball before the 'Hips, Core or Pivot Engine'.

All golfers must strive to 'Step Back' during 'The Back & Up Swing'. They should then reflexively 'Step Forward In The Front or Down & Out Swing'. This 'Weight Transfer' is also fundamental to throwing and pitching a baseball ... over or under-handed.

Our 'Down Out Forward & Through' (DOFT) is accomplished 'From The Ground Up' and 'From The Inside Out'. If you grasp this physical 'Power Sourcing' reality and truth you are blessed!

May you enjoy your knowledge and journey!

C1]

## **FIRST**

"We Must First Gather Valid Information  
Through Our 'Eyes And Ears', All Our Senses,  
Before We Can Get What We Long For  
Out Of Our 'Clubheads'!"

The foundation of this 'Learning Process' is  
**'Desire, Honesty and an Open Mind'**  
without which the motor may be running  
but the transmission is in neutral  
and the clutch is not engaged!

Talk Never Covers Many Miles!  
Picking Up & Putting Down Our Feet Does!  
We do not burn many calories or  
produce much lactic acid with our tongues!

**"First We Do The Work  
Then We Get Paid!"**

### **DAILY AFFIRMATION**

**"I Am Always Truthful, Positive And Helping Others."**

(I know this helps us along our 'Journey'!)

## EVERY GOLF SWING

Every 'Golf Swing' is a '**Mental Mechanical Conglomeration**' that is fully 'Quantifiable and Qualifiable'. We can, each one of us, easily define what is good and what is not so good!

Each separate '**Procedure**' ('Motion CAUSE') is comprised of explicit '**Components**' ('Parts') which, when combined, produce an 'EFFECT' we call 'Work' ('A Force Acting Through A Distance Over Time').

Some 'Swings' make us happier than others.

As soon as we learn the '**Component Procedure Combinations**', we can evaluate our own 'Swings'. In this manner, only, can we improve. If we do not comprehend what we are up to, we are doomed to repeat our mistakes and to what your '555 TEAM' calls '**Crap Shoot or Get Lucky Golf**'. That is not the 'Fun' variety!

You are about to venture into a vast, carefully compiled and well organized 'Golf Literary Endeavour' which can become your '**Wilderness Guide**'. If you enjoy learning about your 'Passions', and 'Golf' is one of them, you are in for a treat.

The '**Outcome**' will be absolutely proportional to your '**Desire**' to improve and the amount of attention you pay to what you read and think about. You must go through the investigatory '**Process Over Time In Space**'. You must be 'Curious' and take many actions along the route to improvement.

**"First We Do The Work. Then We Get Paid."**

Thus, "To Thine Own Self Be True!" We must be '**Honest and Open Minded**' every page of this book. We must stay fresh in our approach to 'Setting Up' and 'Executing' every swing. '**Manage Your Motions and E-Motions**' with an organized 'Pre-Shot Routine'. Develop your own 'Four Step Routine'! 'Master Golf Basics'!

These pages will help!

**"Welcome Aboard!"**

## READING THIS COLLECTION OF BOOKS

I have written this 'Collection Of Books On Golf And Life' not as a grinding study of text, but purely for your enjoyment. This above all else is central to my investment and commitment to your having more 'FUN' in life. You shall be better for having met 'Old Lady Golf' and 'Mother Earth'! ...and perhaps these books too? Just like 'Golf', these books offer years of real sit back and relax pleasure? Don't do much of it sitting on the bench! Up off the sidelines! Join the campaign on the links!

If you enjoy this literary effort half as much as I have, you are in for a ride! **"Welcome Aboard!"**

Golf surely is complex and intricate. It is we 'Humans' making that happen! We are wonderfully intricate both in 'Mind and Body'. That is the marvel of it all ... taking '**The Complexity Of A Seemingly Almost Impossible Human Endeavour**' and making it into simplicity! Golf is best managed in that manner. Mastering the 'Little Tasks and Bits' shall make the pieces of the puzzle fall into place logically and predictably. You will love the completing picture which is never complete!

Over thirty years of wondering, comprehending and teaching this 'Great Game' has proven its worth beyond reproach.

Delve into these pages not so much as a hard and fast lesson but as useful moments whereby you might find little 'Snippets' that enlighten your having more 'FUN' in the fresh air while walking about the links with friends or strangers about to become friends.

This is an 'Encyclopaedia'. Please treat it as such. Learn to use your '**Friendly Tour Guide INDEX or Table Of Contents**' to locate topics. Jump around, thread to thread, as you are drawn and woven. More 'Let The Pages Unfold' rather than to unfold them.

There is a huge entertaining range within these pages. You will find challenging sections. When you do, mark them and reread later to make sure the content is meaningful to you. Meanwhile, spend a brief junket in the '**Trivia Or Trivial**' and visit the '**A Little Relief**' section found in each book. That will take the edge of any mental pressure you have in the more serious stuff!

Life is but an instant in celestial time!



## ESSENTIAL TOOLS

There are always 'Components, Ingredients and Tools' we need for all tasks or campaigns, especially mechanical ones.

Things need to be properly brought to the table in order to achieve our desired success! This encyclopedic format unfolds over time!

You shall soon learn about the concept of '**Components & Procedures**'. When this is understood, your success will grow and blossom. When we want to drive a nail, we have a hammer, nail and a piece of wood. Then all we need to do is select a location and swing the hammer through the head of the nail towards the point of the nail where it enters the wood. That will get the simple job done simply!

My students must possess '**DESIRE**', '**HONESTY**' and an '**OPEN MIND**' or we cannot get from where they are to where I want them to be ... to where we decide we are heading! 'Life and Golf' are simply 'A To B Trips' with many various legs that make up the 'Journey' of one single life. Many celestial phases comprise our 'Voyage'. There is no ultimate 'Destination'! It is the 'Process or Journey' that matters! That is why I say "Welcome Aboard!" and "Enjoy The Ride!"

This 'Old Country Gentleman Teacher' likes to think that 'Golf' is just an endless series of 'A To B Trips' through which we pass while advancing on our endless goals ... while improving and having '**FUN**'!

'Golf' is an endless 'Life-Long Leisure Skill' and 'Journey' for which there is no real final 'Destination'. We just keep meandering at our leisure or more steadfastly trekking with some sense of urgency and occasionally defined purpose.

'Golf' is a 'Voyage' of manifold tiny boats, some in good repair, others leaky and listing, in various degrees of being trustingly in tow behind the 'Mother Ship' across vast bodies of water, whereby we must suffer experiences and make decisions that are seldom fatal. She is benevolent!

If you do not truly enjoy 'Golf', change your approach or '**QUIT!**'

**IN MEMORY OF**  
**HAROLD CARL & ALICE FISCHER**  
**and**  
**WILLIAM PAYNE STEWART**

Payne helped me to respect life a little more through the process of watching him grow, battle and become an example to all of us. He had the courage to do what he felt was right and to eventually be certain it was or wasn't! We may learn more about the mystery and mastery of his life in due time. Colourful for sure!

Now we know he was a man, hard-fought and true to his convictions, a man who earned the laurels to which he laid claim and ownership.

His actions have stood the test of time and that is primary to being a 'Champion' along with winning tournaments.

His family and especially his children are living proof of his quality and leadership. The 'Soul' and legacy shall remain.

I know he is and will be endlessly rewarded for his pureness and still observes our every day with that glint or twinkle in his eyes. He's a real '[Fist Pump On 18](#)'!

Payne lived 'Life' and had fun!

In weakness and strength, in his 'Moments', I thank him for just being 'Payne'! His defence of and gesture to Colin Montgomery during the final round and on the 18<sup>th</sup> green in the Ryder Cup were monumental and inspiring. That was Payne!

For those of you who missed the early-morning 'Bag-Piper Scene' on the U.S Open 18<sup>th</sup> hole at Pebble Beach, find it!

May we all strive towards Payne's light.

Who are '[Harold Carl and Alice Fischer](#)'?

They are my 'Parents' who gave me 'Life & Opportunity'!

## BEINGS

Q1)

"We are not '**HUMAN BEINGS**' on a 'Spiritual  
Path'

but

'**SPIRITUAL BEINGS**' on a 'Human Path'.

Jean Shinoda Bolen, MD

Author of 'The Millionth Circle'

Q2)

"**Human Beings** must be known to be loved; but  
**Devine Beings** must loved to be known."

Pascal

Are you a 'Celestial Sailor'?

## PERHAPS WE SHOULD

PERHAPS WE SHOULD .....

**WORK** like we don't need the money!

**LOVE** like we've never been hurt!

**DANCE** like no one is watching!

**SING** like no one is listening!

and

**CREATE** like the world already  
endorses us!

..... **YES YOU SHOULD**

and just for 'YOU' too!

(It will not be proven selfish  
but wise and rare.)



## WHERE YOU'RE AT

Q3)

"You have to know where you're at  
to depart and thereafter  
get where you're going!"

You can only discover 'Freedom'  
by knowing your 'Bounds'.

Examine your world frequently.  
Break the chains of habit regularly.  
Go through the 'Glass Ceiling' when necessary.  
Glazers need work too!

Cross high bars!

Stride forward honestly and deliberately.

Make Life's Short Trip Count!

How exciting and marvellous it really is!

Enjoy!

The Teacher  
A UNIVERSAL POWER

WHEN THE STUDENT IS READY  
THE TEACHER SHALL APPEAR!

"If you are not yet where you want to be in terms of income and your personal successes, the problem may NOT be '**WHAT**' you're doing so much as '**HOW**' you're doing it! If you want and need to change your life, you may just need to change you mind!

Rebecca Fine  
Seattle, Washington

## AUTHENTIC POWER

'AUTHENTIC POWER' is the alignment of your 'Personality' ('Situational Daily Energy') with your 'Soul' ('Cumulative Cosmic Energy'). This requires learning how to create 'Harmony', 'Cooperation', 'Sharing' and 'Reverence for LIFE' in a world that competes, hordes, values discord, and exploits 'FREEDOM and LIFE'. 'Authentic Power' also requires developing the ability to see 'Wisdom and Compassion' in every challenge.

Q4)

Gary wrote that **"The Longest Journey That You Will Make In Your Life Is From Your Head To Your Heart."** How insightful and profound.

Gary Zukav  
Seat of the Soul

I think 'GOLF' and our behaviour within 'IT' helps us to better evolve in 'LIFE'; to become better people during our very temporary stay here on Earth. 'Golf' has a level of 'Human or Social Quality' that is exhibited by few, if any, other sports endeavours. Those who are properly involved in this 'Life Long Leisure Skill' are fortunate indeed. We all need to assist others who are a part of this 'Great Game of Golf' to do so properly and to the greatest advantage and 'Pleasure'. It is our obligation as teachers to learn 'Golf Basics' correctly and to pass this gift on to all who venture within Golf's bounds touching each one of us. This will help us avoid getting 'Out-Of-Bounds' in more than our activities on the links. It will provide us truer meaning and more purified purpose in our daily lives and throughout the 'Journey'.

I truly appreciate Golf for this '**Intrinsic Worth**'. It is truly a 'Lifelong Leisure Skill'. You can 'Putt' at 90 years of age!

## OPPORTUNITY

Living Is Opportunity

Learning Is Experience

Knowing Is Clarity

Teaching Is Sharing

Life Is Then Justification

So each time you are engaged in teaching, you necessarily share, thus you learn to see more clearly. By teaching, you grow in your 'Wisdom'. The more you teach the better you become at it and the more practised you become at 'Humility'.

When you choose to share your knowledge, to become a teacher, this is the revelation of your 'Intentions'. When you listen to your 'Intuition' and select 'Action' accordingly, you are exercising 'Responsible Choice'.  
'Experience & Wisdom' evolve.

When you intend to create 'Harmony' with 'Reverence For Life', your 'Daily Intentions' and the 'Intentions of Your Soul' are the same. When this takes place, you become 'Authentically Powerful'. In this state or manner you shall be preferred and more useful to your fellow travellers, to those other 'Little Boats' that follow the 'Mother Ship' across the vast oceans and the 'Voyage' we have come to call 'Life'.

Enjoy the scenery!





An Abbreviated Top Of Back Swing

**WAGING MY BATTLES**  
and  
**BATTLING MY WAGES**

I know each one of us has his or her own personal objectives to attain, be they big or small. These pinnacles may feel like some very 'Steep Terrain'. Drive forward! We are all very talented at something. Perhaps we need to hone or sharpen a specific talent and then mix or blend the talent with passion before we serve it up! If you are not 'Passionate', do not attempt to share. It will come off as luke warm and less important than necessary for others to want to engage your time. Strangers will deservedly reject you! Interaction can be a hard stage on which to perform. Done properly, however, our performance shall be seen as a very fortunate gift.

If we become accomplished in our 'Talents and Their Marketing' we shall also likely gain more income from effectively exercising the ability to present our skills to clients, good folks who will benefit from knowing each one of us. We shall be paid for our gifts. If you have aspirations of becoming a deserving 'Golf Teacher' invest boldly in your knowledge and skills. Always add 'VALUE' to your abilities and wares for it shall be recognized!

In this manner we should be able to 'Battle Our Wages' and develop the ability to take more of our increased income home where it can be 'Disposable Income'! After tax dollars! What a trick that is!

**YOU KNOW YOU CAN REALLY ENJOY PRACTISING 'GOLF' FREE!**

Taxes on top of taxes on top of taxes! Brings the 'Boston Tea Party' to mind. When it comes to political greed and the abuse of power, even successfully turning unlawful taxation into the daily reality it has become, government and civil servants have that skill honed! What a lonely profession that must be. Always ask yourself "What value am I getting for my dollar?" Get answers too!

Thanks be to the freedoms and escape, if only momentary, offered by 'The Great Game Of Golf'.

Play your game well and ever better by learning more truths, physical realities and repeatable skills. Learn how to share them! Think what you say and then say what you think.

## QUESTION

What do you get if you have 100 rabbits standing in a row, and 99 step back one pace?

## ANSWER

A receding hair line!

Just want to get us started off on the right '**Lucky Foot**'. A sense of humour makes all significant tasks easier because, when we have fun, our minds are more open to evolution.

Tolerance of weak humour is a good personal trait!

Thanks!

A '**Rabbit's Foot**' may be a good thing!

## INDELIBLE MOMENTS

Q5)

'As in life, it's not the years in GOLF that count most but those indelible moments'.

Dr. Karl M. Fischer

Enjoy them to the limit!

You shall remember them!

There is another statement that I think was made by the famous economist, John Meynard Keynes. It goes something like this, "In the Short Term .....? In the Long Term, we are all dead!"

Don't waste one precious moment!



## BANNED

Golf was, by royal declaration, officially banned by the Crown in England in 1457 because it was deemed a '**distraction**' from the serious pursuit of archery! This 'Country Gentleman Golf Teacher' is certain this circumstance still exists!

Nothing much has changed has it? I bet 'The Game' is occasionally still looked upon as a distraction and banned by many corporate heads and some insensitive but perhaps realistic spouses too? **"If You Can't Fight 'Em, Lick 'Em!"**

Best boss and spousal action would be to take a golf lesson followed by a few games with good friends and solid, patient, tolerant players! Golf has been known to build relationships occasionally! Even better ones with employees, clients and spouses!

Watch out for the hooks!

You'll likely get 'Hooked'!

A few of us folks have!

**"THE BIG HOOK!"**

Q6)

**'IMPOSSIBLE ONLY DESCRIBES  
THE DEGREE OF DIFFICULTY'**

David Phillips

The challenge of 'GOLF' is unsurpassed.

The rewards are unequalled.

Food For Thought?

**"Man Is The Dream Of The Dolphin!"**

How humbly reverent!

## IN PERSPECTIVE

I think we all need to, at least occasionally, take a few relaxing moments to view life as a whole and see if we can deduce good plans and come up with healthy alternatives. They exist!

How many golfers are there?

Statistics, accurately or not, tell us that, in North America, every fifth person, 20% of the adult population, either has or is playing golf! Pretty good participation! 20% of the population is 60,000,000 people. Roughly half of those are adults.

Let us expand that a bit!

Less than 1% ever breaks the '100' barrier! (one in a 100 golfers)

Less than one tenth of that percentage ever breaks the '80' barrier or plays reliable 'Bogie Golf'.

Less than one tenth of that percentage ever accomplish one PAR round! (one in a 10,000 golfers)

Less than one 10<sup>th</sup> of that percentage ever score PAR consistently or below which is a 'Scratch Handicap'. (one in 100,000 golfers)

So how many do you think manage a '+4 Handicap' (68) or better like the ethereal few on the PGA accomplish? Likely more in the neighbourhood of 10<sup>th</sup> of that last percentage or one in a 1,000,000 golfers or about 30 players worldwide. If it is twice these figures or even more, it is still a rare society!

So, as a long-time golfer and teacher who tries to stay realistic, I think most people who play less than once a week should be very pleased and proud of '**Playing Bogie Golf**'. That is a fantastic accomplishment. Well done!

Don't lose your perspective!

Make time for your passions!

Play well and have '**FUN**'!

## REALISTIC RESULTS

is

**'CLOSING THE GAP  
between  
WHERE YOU ARE  
and  
WHERE YOU CAN BE'**

Getting to 'Where You WANT To Be'  
may test the boundaries of 'Your Realism'  
and 'Courage'?

(Don't be timid)

Q7)

"We are not just creatures of circumstance?  
We **'ARE'** 'Creatures Of Circumstance'."

Benjamin Disreali

Take advantage of every opportunity to advance and  
improve your lot in Life. Make circumstances that you  
desire serve your purpose. Take bold actions!



Angle Of Attack  
Back & Up and Down & Out  
TURN & LIFT

## ACTIONS

Q8)

'THOUGHTS' determine what you want.

'ACTIONS' determines what you get!

Dr. Karl Fischer

If you want to improve, take some bold steps in that direction.

Take steps wisely but, above all else 'Just Take Some' so you can make things happen in your life and not just be a sideliner!

**You do not need to get 'IT' right!  
You do need to get 'IT' going!**

## EDUCATION

I think these six books are about '**Pleasure and Self-Betterment**' first but the end result may be what we call 'Education'. Then again, I think that ones education can and should be a form of ongoing 'Pleasure' even though some of it may not have been any fun at all! The momentary bad experiences should contribute to avoiding them in the future so this truly enhances the real objective of 'Life's Journey', '**PURE PERSONAL PLEASURE**'.

### THE THOUGHTS OF OTHERS:

Q9)

1)"Education costs money, but then so does ignorance."

Sir Claus Moser

Q10)

2)"The task of modern education is not to cut down jungles, but to irrigate deserts."

C.S. Lewis

Q11)

3)"You can lead a boy to college, but you cannot make him think."

Elbert Hubbard

Q12)

4)"Perhaps the most valuable result of all education is the ability to make yourself do the things you have to do, when it ought to be done, whether you like it or not."

Aldous Huxley

Q13)

5)"Education is the ability to listen to almost anything without losing your temper or your self-confidence."

Robert Frost



## CONGRATULATIONS

Sitting with this **'Book A'** in your hands, lap or on the table in front of you is proof that you have and are prepared to **'Take Big Action Steps'** to achieve your goals. **"Congratulations!"**

In an age with so many distractions vying for our attention, simply choosing to read this right now you are demonstrating your commitment to constantly improving and expanding the quality of your life. Through **'Decision and Action'** you have already set yourself apart from the masses. You would find a way to achieve your life's desires even without a coach or teacher. But an outstanding **'Results-Driven Coaching Programme'** will avail you with resources that can massively accelerate the pace at which you achieve your goals and will **'EMPOWER'** you with a system for accomplishing them requiring less pain and providing far greater **'Joy and Pleasure'**, sooner!

You are no longer, as of this moment, an island sitting in some atoll far from assistance. You will now be able to reach definable **'Knowledge Plateaus'** quickly and without the risk of experiment. You will not get caught up in the frenzy of getting a poor result and not knowing what part of your **'Procedure'** went wrong. You have taken steps now into a realm of **'PROVEN PERFORMANCE EXCELLENCE'** and you shall progress. You are much closer now to **'Closing That Gap'** between where you are and where you would like to be!

You are about to find out and experience what the useful **'Components and Procedures'** are in Golf. Once you know this you will automatically be able to discern the flawed habits you have acquired along the way or appreciate the good ones. You have bad habits in good faith and by good intentions, but they are wrong or inadequate in reaching and sustaining your dreamed goals. Well, now we can dream together and then apply sound **'Mechanics and FEEL'** to make consistent success, not just within reach, but a permanent possession. Once you understand and **'MASTER GOLF BASICS'** (MGB) they are yours for a better more fulfilled life.

Just like learning to ride a bicycle. You may cross some ruts and bumps. You may even fall off and remount, but when you advance you will not retreat. What we truly master together will never go away. You can hereafter resharpen any dulled edge that might creep into your Game. You will have fun in the **'Process'**. What a value! Nice to be with you.

## TAKING THOSE BIG STEPS

That having been said, **'Taking Big Steps'** and all, (which you have obviously done as you are reading this!) is very important. Over the years of interfacing with thousands of people who aspire to improve their 'Golf Pleasure', only a very small percentage actually **'TAKE ACTION NECESSARY TO IMPROVE'**.

These necessary activities are really very pleasurable! You may not have discovered this, but 'Practising' is truly enjoyable and rewarding. You will 'FEEL' the joy when you strike good balls during the practice session. But, when you pull the same magic off during 'Play' you will be doubly rewarded. So 'Three Times A Lady!' even applies to the 'Great Game Of Golf'! Remember,

**'THOUGHTS' Determine What We 'WANT'.**  
**'ACTIONS' Determine What We 'GET'!**

Another applicable thought is:

**"Few of us 'WORK' at our Games as hard as we 'HOPE' at them!"**

**"First We Do The Work, Then We Get Paid!"**

Set your 'Attainable Goals', easily attainable especially at first, and "EARN THEM" a little bit every day. You will see that throughout these, your 'GOLFMYTH Books', I have placed really useful and easily accomplished 'BULLET-PROOF Exercises and Drills', many of which can be done in the seclusion of your office or somewhere at work just slightly out of the way. Once you have been caught 'In The Act', you will discover that your 'Golfing Friends' will be curious. So Share! You may become a leader of sorts! Just another benefit provided by the 'Great Game Of Golf'!

Don't just sit on the sidelines warming the bench. Join the action on the field!

Best of luck!

## OBSTACLES

Q14)

'Lack Of Money' is not a great obstacle.

'Lack of a Clear Idea Followed by Relevant Actions'  
is an obstacle!

Dr. Harold C. Fischer

### **AN INTERESTING EXERCISE:**

You might consider the following questions if you are at all stimulated to be more professional or might have twinges of the urge to make changes:

- 1) What am I interested in?
- 2) What am I passionate about?
- 3) What subject or topic am I very knowledgeable about?
- 4) What advice do people come to me for?
- 5) Am I happy and productive in today's situation?
- 6) Am I prepared to make changes now?
- 7) Am I fulfilled?

How wonderful is it to have made a living for thirty plus years at my hobbies and passions, flying, fishing, horses and 'Teaching Golf'? There have been several other parallel ventures as well!

May you too gain wealth and fulfilment from your hobbies.

## FIRST FOUR STEPS TO SUCCESS

Good teaching sets things 'In Motion In A Specific Direction'. We create some 'PACE' and a sense of urgency. Then to keep the Momentum going you must consistently act on what you have learned. You must apply it. If learning only leads to 'Knowledge' we become overeducated. If learning leads to 'Action', we become dynamically unstoppable and learn to enjoy the taste of victory, on and off the course. Focus on results not excuses!

The '**First Four Steps to Success**' are as follows:

- 1) In the teaching process you must begin by defining with crystal clarity the '**Desires and Results**' that you have committed to achieving. We must define your goals and primary limits. I say 'Primary' because we will endlessly 'Raise the Cross-Bar' and we must start with '**MUSTS**'. (the 'A's in your 'ABC List')
- 2) You then assess with absolute clarity where you are right now. This is in order to determine the '**GAP**' between where you are and where you want to be.
- 3) Next, you identify the current and past '**OBSTACLES**' that have kept you from achieving the results you have desired. Then we will create a 'Game Plan' that not only works but is enjoyable at the same time. I want to tell you this is an awesome '**Formula For Freedom**'. This plan is your '**Pathway To Empowerment**'. It will not be based on hope. It is not going to be purely based on theory. But it will be founded on science and modelled on those who have already achieved the 'Consistent Results' you demand and deserve. You can perform at the highest and deepest levels soberly imagined. I know this and you will.
- 4) Finally, you and your coach must '**SCHEDULE YOUR SUCCESS**'. You must take massive, intelligent 'ACTIONS' in order to achieve your results. An extraordinary teacher will indeed 'Empower' you with the extraordinary '**Leverage Of Accountability**' and do so as a growing friend and ally; one who understands your ultimate desires. A coach will help you '**Measure, Monitor, Manage**' (the 3 M's) and will support you all the while insuring that you keep your 'Word To Yourself' and take the 'Consistent Actions' that lead to predestined accomplishment.

## THE 'STUFF' CHAMPIONS ARE MADE OF!

the right 'PHYSIOLOGY'

the right 'PSYCHOLOGY'

an overall strong 'MIND & WILL'

the right 'GROWTH ENVIRONMENT'

for twenty years or more!

(Keep Good Company!)

the best 'MENTORS'

(Keep Good Company!)

'TEAM SUPPORT'

(Champions Keep Good Company!)

the right 'PLACE' at the right 'TIME'

'FAITH' and 'BELIEF'

'GRATITUDE'

'REVERENCE'

That's all!





Angle Of Attack (AOA)

## **WHEN I EVALUATE a new client**

I approach this task very simply and methodically indeed. About 50% of the evaluation is completed in the first 300 seconds!

The following is how I like best to perform an evaluation, but it is certainly not the only sequence. For example, less than optimally, I may come upon my new client already fully warmed up on the tee line striking Balls comfortably. If so, my evaluation sequence is already 'In Motion' because I saw several Swings while walking up to this person and I might even sit back and watch ten or twelve shots. So I may not change this 'Impromptu Sequence'. I certainly want to see this '**Client Machine**' in full Motion sooner or later. Now is acceptable. It is always a very telling introduction. I maintain that, if I see but one or two warmed up, very average 'Golf Shots' by any client, I will have a pretty good handle on what this person is made of and capable of producing, even if what I am seeing is less than that level of performance. This is 'Relationship-Building' at its best!

My 'Optimal Sequence' is as follows:

1) **Meet the Person.** Light chatter with carefully chosen questions that seem casual so we get close to the truth early.

2) **Mental Evaluation.** I want to know some basics such as 'Why my client is here in the first place?' 'What my client's goals might be?' 'That these are realistic.' 'That these can be defined.' 'That these are reasonably accomplishable during a specific period of time.' 'That there is some commitment and resolve to complete a series of lessons.' 'That the client is prepared to listen, do and practise what I instruct.'

3) **Equipment Evaluation.** This needs to be done to determine that my client's clubs are at least reasonably suited to his or her physical properties.

4) **Physical Evaluations For Fitness.** It is fundamental that each golfer be capable of making a 'Personally Balanced Swing' that is within the reasonable 'Physical Realm or Limits' of this golfer. It is vital that you, the instructor, not allow the client to 'Over Swing' as injury is likely especially in the early stages of the Swing Development.



5) **Simple Discussion of Basic Swing 'PHYSICS and MECHANICS' that can lead to 'GEOMETRY and FEEL'**. One must understand, 'Conceptualize and Intellectualize' before and in order to 'Actualize' the 'Golf Swing'. We must build understanding progressively, starting from the simplest statements the teacher can make, even if they seem foolishly basic. The 'Golf Swing' is this simple.

6) **Physical Technique.** I developed the '**555 GOLF SYSTEM**' over years of this careful, sequential layering or progressive knowledge. It enables both my student and me to move naturally into and through the 'Evolution of Technique'. If we can learn how to make a proper 'Golf Swing' firstly in short Motions and then progressing to faster, bigger and ultimately 'Full Swings', we can and will grow and not explode onto the scene more by mistake than by plan. In order to make 'Repetitive, Reliable Swings', we must progress at a relatively slow pace. Both the teacher and the student must be 'Patient'.

I always start my clients off with the 'Putter', then 'Chipping' followed by 'Pitching, followed by 'Punching', followed by about  $\frac{3}{4}$  Abbreviated Swings and ending with the 'Full Swing'. This is progressive and very reasonable.

You will soon hear and understand 'IMPACT & SEPARATION Zone'; that 'There is a Putt in every Putt'; that 'There is a Putt in every Chip'; that 'There is a Putt in every Pitch'; that 'There is a Putt in every Punch'; that 'There is a Putt in every  $\frac{3}{4}$  Shot' and that 'There is a Putt in every Full Swing'. This being the case, our starting correctly with the 'Shortest Swing First' makes unavoidable sense. (see 'The 5 Essential Elements')

You will soon learn that your 'Short Swing Errors' are invariably found in your 'Long Swings'. These errors are easiest to correct in '**Slow MOTION**' and in '**Abbreviated or Short MOTIONS**'. So let us build our Swings in this manner. We get good at walking before we break stride into a trot or full gallop! Stumbles at a walk seldom cause spills!

It is my job as your teacher to get you happy and having fun quickly.

Following these 'Optimal Sequences' will get you there from here. More explanation very soon!

**E<sub>3</sub> = ICAN**

## WHAT'S YOUR PLEASURE?

This is a question that I always ask any new student and perhaps some that I have known for a while that need to answer it again. **"DESIRES?"** Constantly evaluate and maintain perspective. The range of answers that I get, as you can imagine, is varied and often entertaining. Valuable nevertheless. I like a sense of humour too!

Regardless of the moment, if I keep gently needling my client for more answers or a little more explanation or detail, he or she will soon or eventually give me one consistent answer; one that I always get one way or another. **"I want to be more CONSISTENT"**. I ask why you would want to be more consistently bad? They confirm that is not the case. **"Good!"** They will also tell me of a few really phenomenal shots that they have made recently or farther into the past. These shots stick in their mind. **"Why can I not make them more often or even 'Consistently'?"** they always ask. That is a very good question!

The answer is, "Because you are not disciplined enough in the right specific areas that are required to make repetitive or repeatable physical moves we call 'Golf Shots'. You may not know the right moves or may just not be exercising them. The usual situation is a bit of both!"

To get more 'Pleasure' out of your time spent immersed or just dipped into the waters of the 'Great Game Of Golf', one must get more **'Machine-Like'** or more capable of repeating these specific correct moves or actions. There is no other way! **'Get Lucky Golf'** will not make you any money! If you expect it will, be prepared to buy more lunches and many more glasses of beer!

### **CONSTANTS and VARIABLES:**

Life is all about these **'Constants and Variables'**. If you think about it for a moment, we have events or functions that repeat reliably every day or even much more often. Thank the Good Lord that my heart beats and that I breathe consistently! (autonomic events) Take a moment and think of more very common 'Consistencies'. It is a good exercise. Thank goodness that I eat every day (more or less) and that I have learned to get food onto my fork and then the fork to my mouth! This is a 'Learned Response' to having a fork full of 'Pre-Selected Food' and a taste for it!

This 'Training' is all about 'Constants and Variables' as well. I learn to select the desirable food. I know that when I make the right moves, getting it onto a spoon or fork, followed by the proper, pre-selected arm movements (motor skills) I get rewarded. Golf is like this. We shall, in these books, learn specific moves that fit you and that accomplish specific actions or reactions.

Now, if we learn to separate the 'Constants from the Variables' and study both the differences and requirements of the 'Constants', we should be able to get better at performing or creating 'Consistency'. More 'Machine-Like'!

Just a couple more comments as we shall certainly talk a great deal more about this in the following 'Golfmyth Books'.

The 'Custom-Fitted' or 'Off the Shelf' set of clubs (each item) that you bought are 'Constants'. Their properties never change unless you happen to wrap one or more of them around a tree! You can rely on their ability to generally perform your feats at will. They are good and faithful servants!

The 'Ball', although the manufacturers constantly brag and explain the radical differences between them and the other guy, is a 'Constant'. The 'Golf Ball' is both patient and loyal as well! I want to add that, until you are proficient at your skills of making the 'Clubhead' perform 'Consistently', you can buy decent quality average balls and nothing more expensive or you shall be wasting your hard-earned money.

You can see the pattern forming. '**Constants and Variables**' are a reality. 'Variables' are numerous as well and the trick is to minimize or learn to adjust and deal with them individually and collectively. Some major 'Variables' might be your 'Body Parts and their ability to perform' (Fitness) their specific 'Motions', the 'Environmental Factors or Natural Elements' such as wind, slope of the ground, type and condition of the grass, obstacles in the way of your direct 'A to B' shot, and more. You think of them and perhaps write them down. You will soon see that, when you can make 'Consistent Moves' with 'Consistently Fitted Tools' that you can perform 'Consistent Tasks' and get better results. (score better)

Knowledge, followed by training or practising good habits, is key to fulfilling the 'Golf Dream' of "**I want to be more consistent**". With some talented guidance, you can be! We are here for you!

## A DIFFICULT STUDENT?

First of all what is this animal, the 'Difficult Student'? Difficult from whose perspective?

Will any particular student think of himself as difficult? Will he or she agree that there is a teaching challenge? Will the student agree with the teacher on any or all points? Can the teacher make the points reasonably palatable so that they might be received in a positive light?

Is the teacher capable and correct or simply deficient in ability and perception? Teachers must firstly humbly adjust to the student. If that does not work, adjust again. There is a combination that will accomplish your goals, at least partially. A bigger carrot perhaps? More firmness in order? Don't give up!

These are all important questions that need to be addressed early on in order for there to be any possibility in forming a sound relationship between the student and teacher. I know the potential of my students in minutes. I know their ability in about the same period of time. I know if I can teach them shortly thereafter and prove my suspicions in short order. I do not want to waste my client's money. I value my time and reputation.

I believe that the student must have an acceptably open mind and allow the teacher, whom he or she has willfully and wisely chosen, to do the job of teaching whether it be flattering, mildly disappointing or even verging on insulting. As a student, we are not always going to hear what we want to hear or expect to hear. But we are paying for results and the truth is essential in this circumstance. The truth is the foundation of improvement and success both of the teacher and of the student.

I believe that the client must be prepared to learn and invest the necessary time in his or her practice to improve. This means following the teacher's advice to its letter! If there are to be no driver shots for a week, that means precisely that, **"THE DRIVER DOES NOT COME OUT OF THE BAG FOR A WEEK!"**

I believe that the teacher must be competent and equally must be able to express his or her knowledge accurately and in a manner suited to the client. Teachers must NOT talk down to their students. Trust must be gained immediately, built upon and protected at all times.

When I say 'Competent' I mean that any teacher must absolutely know **'The True Basics Of The Golf Swing'** and not fiddle with mythological 'Golf Swing' criteria which abounds in today's industry. When we think we know the foundation material as good as we can, look for more scientific material and investigate it thoroughly. Continually prove the validity of your basics and then sharpen your delivery of this material. No use presenting the good information and advice in the wrong language! This means that we should use the common language of the student and not attempt to impress them with the scientific or Latin terminology that we likely have come to know. It is not only the student who needs to understand but the teacher as well. Understand and then prove the condition to the student which is confirmed by responsive conversation and actions.

If the student seems difficult, always take a careful honest and humble look at yourself as a teacher to insure that there is good communication and common ground on which to stand. Teachers, to get their important job done, need the student's help as well as the other way around. Keep your focus acute by do not allow your perspective to get askew. This teaching business is a cooperative effort!

Both parties must be honest and respectful.

Goals must be defined so that suitable effort might produce quantifiable or tangible results.

Are there 'Difficult Students' who cannot be taught? Rarely! Are there instructors who have not learned the skill and earned the ability to teach? More commonly.

In this teacher to student collaboration, both parties must strive for excellence and be tenacious in doing so. If you find a difficult period, perhaps make some temporary changes in the situation that relieve the current problems. Teach a different topic for a short while and then return to the challenge when some more foundation material has been delivered and absorbed. Growth promotes success!

I think the truly 'Difficult Student' is a rare event!

**'I Drive As I Putt'!** (see 'The 5 Essential Elements')

**NEVER GIVE UP!**

## A FEW KEY EVALUATION POINTS

We teachers need to have a look at each customer quickly and unobtrusively with a very open mind so that we do not fall into that 'Modelling Trap'. You know, trying to make someone swing like Ernie Els when this person looks more like and is built more like Craig Stadler! You cannot get a dollar nicolodian song for a quarter. So do not try to force anyone into a mould.

I want to know right away if my client, male or female, is a '**BRACE HAND FLIPPER**' ('Throw Away' or not having a 'Flat Target Wrist Through the **IMPACT & SEPARATION Zone or Interval, resulting in not having 'Clubface AIM Control**'). We must insure that every client knows, can make or can learn to make a Swing 'FROM THE GROUND UP' and 'FROM THE INSIDE OUT'! Connected! (more in a minute) If not, we as teachers must not proceed until we determine what programmes and actions are in this student's best interest. We must know in advance what is practical, functionable and attainable. Teachers must ensure client success and enjoyment or we are cooked before we begin! Remember as well, we have lots of latitude to change our direction slightly whenever we so desire. We are, after all, in control aren't we!

There is an initial 'Bullet-Proof Exercise' that I always use first thing to determine if any student is a 'Brace Hand Flipper' which mean he or she is making the Swing, not from the 'Ground Up' but 'From The Top Down', backwards and without the very strong performance of the big muscles at the proper time. All golfers require to have 'Lower Body Machine LEAD' and 'Upper Body Machine LAG' in order to perform to their expectations. No exceptions unless they are exceptional 'Manipulators'! This is never a very reliable and repeatable way to score in this 'Silly Game'.

### 1) '**PALM - INDEX FINGER - CLUBFACE**' DRILL: (ARE YOU A FLIPPER DRILL)

Get your student to pull a #8 Iron out of the bag. Get properly 'SET-UP', both Hands on the Grip, or as best can be accomplished by this person. Stand with your chest about centre to their Target Shoulder. Set your Target Hand, 'Palm Up' about 'Solar Plexus High'. Have the student gently place the heel of the Clubhead on the 'Palm Of Your Target Hand'. Place the very end of your 'Brace Index Finger' on the 'Sweet Spot' of the Clubhead. Now, carefully explain and instruct the student to move your 'Index Finger'

towards his or her Target Side. Pay particular attention to how they accomplish this 'Mechanical Task'. Did their Hands or Brace Hand do all or most of the Work? If so, you have a 'Flipper' or a person who is far too active in their 'Upper Body Machine' (UBM) and, thus, far to inactive in their 'Lower Body Machine' (LBM).

Remember, the 'LBM', the 'Upper Leg, Hips and Trunk' create all the 'Horizontal Motion' and NOT the Hands or Lever Assemblies. If you student did not get the 'LBM' involved as the 'Primary Horizontal Engine' you are going to have to carefully explain the 'Physics and Mechanics' before proceeding. There will be no point in carrying on without this proper 'Engine Function'. No possibility of this person's playing to his or her optimal ability, ever without 'MATCHING Co-Operative Components and Procedures'!

## 2) **The Door Jamb Drill**

The Door 'Jamb Drill' below is elevated, but, if you place the 'Clubhead Sole' on the floor and the 'Leading Edge Of The Clubhead' against the floor end of the 'Door Jamb', you will arrive at the very useful 'Door Jamb Pivot Pressure Drill'.

What's next? Get 'Set-Up' properly and then forcefully press the 'Leading Edge' against and towards your 'Target Side'. You will feel push pressure or thrust on your 'Brace Big Toe and Foot'. This is really providing 'Forward Motion' with a 'Rotary Action' called 'Brace Leg Drive'. To accomplish really solid 'PUSH - PINCH' action, you will feel as though your 'Pressure is a 'Down & Out Force'.

Hence, your 'DOFT Discipline' ... 'Down, Out, Forward & Through'

You know these terms intimately by now!





The Door Jamb Drill  
Forward Inclined, Levers Elevated



The Door Jamb Drill  
Forward Inclined, Levers Lowered

3) **ONE LEVER STRAIGHT AT ALL TIMES:**  
(Target Lever ideally functioning?)

This 'Bullet-Proof Drill' is also very useful. And it is another 'FEEL Drill' too! Please remember (and you will soon learn more about this tenet) that, is your 'Lower Body' is doing its Work, your 'Upper Body' will not have to do as much as is generally accomplished by less than proficient golfers. The pros look so relaxed, fluid and efficient because they are!

'SET-UP', 'Address Ready or IMPACT FIX', with a #8 Iron held directly out in front of your tummy. Both Levers or Arms will be relatively straight with a slight flex at the elbows. Your Hands will be properly on the Grip.

'ZERO OUT your PIVOT'. Lock it out, mentally and physically, so you cannot 'Rotate or PIVOT' your 'LBM' either way, Brace (COIL - LOAD) or Target (Un-COIL - Un-LOAD). The 'LBM' includes from the soles of your feet or your toes to your 'Shoulder Sockets'; or the entire 'Axial Skeleton and the Soft Tissue' that uses it as a frame.

This done, both Hands on the Grip, move both your Hands and Levers towards the Brace Side or Brace Hip and Shoulder. You will have to 'Bend or Reflex' the Brace Elbow in order to enable your making this physical move even half way. You will not be able to make a 'Full Back Swing' with just your 'Upper Body Machine' involved and your Target or Swing Arm or Lever will have to yield as well in the 'Back Swing' to enable the Clubhead to get 'Back and Up' adequately to be considered to be a 'Full Swing'.

Perform the same manoeuvre but now in the other direction; towards the 'Target Side' where you might 'FEEL' as though your are 'Un-Loading or Un-Coiling' the Lever Assemblies; just the opposite of the previous move. Remember, you use NO PIVOT or NO Rotation of your Hips and Shoulders. Again your Target or Leading Lever will have to bend or yield. Remember, you are NOT trying to create any 'Lifting or Biceps Action'; just 'Round & Round' which is the absolute responsibility of the 'Lower Body Machine'.



The Windmill Drill  
Straight Armed Rotations, Brace & Target  
Shoulder Height



Here is the point or critical aspect of this Drill. If you now 'Release The Zeroed Out PIVOT or LBM' and allow your 'Belly Button' to travel at the same 'RPM' as your Hands, you will not have to 'Flex and Reflex' either of your 'Lever Assemblies'. Your Hands will always be out in front of you where they can benefit from the 'Work' that the 'LBM' is creating. That is the 'R&R' Motion!

Might I suggest that you perform this 'B-P Drill' in 'Slow Motion' first or regularly. When we are training the muscles into following new 'Brain Synapses or Instructions', we had best give them time to keep up to the thought process. Again, those 'Bigger LBM Muscles' perform much more slowly than do the soft tissue of the 'UBM'. To make it all come together, culminating in a great 'Golf Swing', we need to enable the necessary 'LBM LEAD' and 'UBM LAG' 'Motions or Movements'. It will not work any other way without some serious and talented 'Manipulation'!

Use your imagination, skill and knowledge to make up more very sound 'Drills' to show and correct all your 'Primary Functions'. You will become a much better teacher or instructor for doing so.

#### 4) **CONNECTED:**

This term is very important and should be easily understood.

Our 'Power Source', in the 'Golf Full Swing' is the 'Lower Body Machine' (Axial Components, Legs, Hips, Trunk and Abdomen) or comes from the Brace (Back) or Push Foot just as it does in making a big 'Home Run' baseball swing.

If we were to make a proper base ball swing and then were to lift our 'Brace Foot' off the ground or just place the very toe of our shoe on the ground for balance only (not Power as there will not be any) we could not hit home runs or likely even get out of the infield! I, and some of my colleagues, like to call this 'Being Connected' as to the ground. It is more scientifically called taking advantage of having 'Resistance' from the ground or Mother Earth. We 'Brace' against her and 'Push Off' her so we can propel forward and create Motion in the direction of our 'Thrust'. When we have this 'Brace Foot' 'Braced' against 'Mother Earth', we are '**CONNECTED**' to her and can thus propel from her.

The same in 'Golf'... '**Brace Foot Connected To Clubface**'

If you go to your 'Friendly Tour Guide INDEX' you will find quite a lot of 'Bullet-Proof Drills and Exercises', one of which is called the 'Brace Toe Drill'. It is about this topic. There is a 'Target Toe Drill' as well that demonstrates similar physical facts of life. These are 'Isolate The Parts Drills' that focus on 'FEEL' and physical truth.

I will not steal the thunder of the 'Drills and Exercises' but, if you were to place the palm of your 'Brace Hand' against a resistive friend's shoulder (trying to push this person away), you could only make him or her move by applying 'POWER'. This 'POWER' can only effectively come from your 'MASS' but more so from your 'Brace Foot' being planted firmly on the ground to 'Resist' you moving away from the 'Power Source in the Opposite Direction'. Some of Newton's 'For Every Action There Is An Equal and Opposite Reaction'. This effective 'Bracing' prevents the 'Equal And Opposite Reaction' of falling away from the thrust.

If you were to unfortunately run out of gas in your car and had to push it across the street to the gas station, you would put your hands on the trunk or back fender and push it to the pumps. To do so you would have to exert considerable pressure on your feet to move the car forward. This 'Pressure On The Ground' is 'Resistance' and, other than a two-footed start push, the back foot only produces the push until the front foot becomes the back foot! Similar to walking!

Just a little simple physical dynamics. Stay connected to the ground and to your great golf teacher!

#### 5) **FALLING BACK:**

I want to add right here and now that lots of 'Aspiring Golfers' 'Fall Back' through their swings. They fall away from the direction they want the Clubhead and Ball to travel due to or for what reason? **'No Brace' and thus 'No PIVOT'!** No strongly planted 'Brace Foot' against Mother Earth to prevent moving away from the swinging and energetic 'Upper Body'. **'No RESISTANCE'!** When you throw your 'Hands, Arms and that Golf Club' at and hopefully through the waiting Ball, if you are not 'Braced', you will fall backwards or in the 'Opposite Direction' of the thrusting tool and 'Body Machine'. In 'Golf' you must have a very stable and quite strong and active 'Brace Leg' to drive your Hips and Trunk (Lower Body Machine) around and towards the Target. This MOTION effectively



supports the 'Work' being done by the 'Upper Body Machine' (Shoulders, Arms, Hands and Golf Club) and counteracts the 'Equal And Opposite Reaction' of falling back.

So we must be 'Connected' to Mother Earth by our 'Brace Foot' to produce the necessary 'Resistance' to oppose the natural 'Reaction' of 'Falling Back' or 'Moving Away From The Direction Of Motion'.

This is what we mean by being 'Braced and Connected'. Simple stuff! Right?

Q15) "We develop as human beings through the Game of Golf. We don't do anything that we think might lead to lower scores which may, at the same time, not be good for us in our lives as a whole. Who we are is, for us, always more important than what we do."

**Pia Nilsson**

**To play the best GOLF 'You' can play,  
you have to make a Healthy, Balanced  
Commitment to the Game and to Improvement.**

**You have to be Prepared to Invest in Yourself,  
in Practice and Discipline;  
as well as  
You have to Invest some in Your Equipment.**

we must

**TRUST OUR CLUBS and TRUST OUR SWINGS**

..... always

..... and we all need a little help  
from our friends in this challenge!

**So 'JUST ASK US'!**

## ENJOY LIFE

### This Ain't No Dress Rehearsal!

Life is a very 'Short Trip'  
in what is perhaps a 'Journey' of considerable length  
although we are never certain.

#### **DON'T SLEEP THROUGH IT!**

You'll miss the beautiful scenery.

Don't just be a passenger! Drive your own bus!

In youth we have very few concerns but those extemporaneous. As we mature, one asset that we become more aware of is the 'Value of Time'. My wonderful Father said to me a very long time ago; **"Another man might steal a dollar from me. I can earn it back. But, if another man steals but one minute of 'My Time', I shall never be able to gain it back."** I remember this and much more. He was a wise man. I am also grateful for his being married to my unique, highly-respected, driven and very philanthropic Mother.

Select your 'Pleasures' with care, and having chosen, devote the necessary time and resources in them to get the most out of them. Treat yourself very well. Some of the simplest of pleasures are fleeting at best; 'Good Health' being one of them. When but one page in your 'Life Book' has turned it cannot be rewritten and, far too often, cannot even be revisited except in one's mind.

#### **ENJOY GOLF!**



Floor Plan Swing Layout  
The three 'Dark Blue Lines' are the Railway Tracks.

$$E = mc^2$$

We all know this very pivotal formula. It has affected all our lives from a knowledge perspective and, perhaps even from an actual point of view. It's quite unavoidable!

$$E_3 = ICAN$$

This is a formula created for you, just without the traditional scientific background that is required to support a classic formula, but then it is new on the scene. Its hypothesis is standing the test of time so far!

What does it stand for?

Success or the road to '*IT*'.

**E**NTERTAIN !

**E**DUcate !

**E**MPower !

The '**ICAN**' part is an acronym for

**I**MPROVEMENT, **C**ONSTANT **A**ND **N**EVERENDING'.

By making my knowledge '**Entertaining**', I can 'Constantly' '**Educate**' and '**Empower**' you with 'Never-ending' skills that 'Improve' you to the best of both our abilities.

Sounds like '**GOLF**' to me!

As an educator and a human being, I can tell you that these three entities are critical in the process of bettering the well-being of my clients and our patients.

**'All The Best!'**

## A SPECIAL THANKS

....to all those people, associates, friends and companions who have wondered what I have been doing for quite some time (years) while I was supposed to be accomplishing other deeds and tasks, including working around the house, tending to business affairs, attending social functions, sharing more time with those close and even playing more Golf ... a lot more Golf! One to three rounds a year is below my maintenance level! I am about to adjust these priorities and serve older masters in a more usual and deserving fashion. The 'BOOK' is completed and I can and will now come out of the closet ..... my library and study!

"Thank You" to my family, immediate and more removed. (Some of them do not even know I am 'Grateful'!)

"Thank you" to my staff and professional associates (John Dudley, Chuck Waltz, Alvie Thompson, Gordon Murray, Chuck Evans, Carolyn Longland and many more) who have been a big part of this 'Journey' and will continue to be important in the lives of those who Golf. We appreciatively call all 'Golfers' "Customers and Friends".

Thank you to all those who have contributed even more to my 'Affliction and Addiction'. **I Am 'PASSIONATE' About This Subject And All Its Manifold Facets!** Many of these folks have died long ago, but their written record combined with the works of those who are still around encourages me daily. Recognition to all those who have influenced and even bent my approach to Golf! I am respectful.

It is my fervent desire that I too contribute in some meaningful, long-term way to the 'Great Game Of Golf'. I know I have done so, and I am grateful to my 'Students and Customers' for confirming it and for helping me along the way.

Your thanks is all I have ever needed or wanted. The monetary rewards are just frosting on the cake that allows this old teacher to while away the hours on the practice facility knowing that the term deposits are secure and doing their job, just like a trusty 'Not-Often-Used' VII Wood, which we can pull out when needed.

## **IRGIE**

Everyone needs a pal, even if he or she is almost a figment of ones imagination!

Once you put a pen and ink to papare and create the character, you then have a representative friend!

This little fellow has been on my store fronts and around the world via many forms of transportation.

He will be loyal to you as well!

## " I TAKE RESPONSIBILITY "

Many books and articles are written by a third party, under the shadow or in the light of a public figure, whose identity and reputation sells. These writers are called '**Shadow Writers**' and are a reality in the literary process. They take ideas and information, write about it under the influence of the celebrity who signs it. Interestingly, the only Golf book Jack Nicklaus has ever read was his own! (he said) I read every one I could procure. Perhaps that is why he plays better and has made and lost more money!

My being able to point a finger at someone else, a 'Shadow Writer', if you find this book not worthy of your investment of both time and money, is not possible. I thought about writing this and kept immersed in '**THINGS GOLF**' long enough to get inspired and driven. I wrote this book! I'm accountable and must swing by my own rope or ride this train from the station to its destination. I took the swing and made the shot! It's on my card!

Aspects of this book will be 'Old Hat' to some yet entirely foreign to others. I know this, but have diligently endeavoured to '**Cover The Bases**' and there should be lots of interest for each reader. I know some of the material is absolutely fresh because my teaching associates and I have ground through lots of techniques and options discovering ways that have yet to be disclosed. '**THE 555 SYSTEM**' is an example. In many cases we have worked at putting the general 'Stuff' into a form that is more easily understood and absorbed ... permanently! For we teachers, this is a full-time job.

I am convinced what we have done and you are about to experience is worthwhile. The '**Table Of Contents**' will have provided a clue. It is on our 'Website Home Page' under 'GOLFMYTH'. [www.555golf.com](http://www.555golf.com)

**Let Me Know Your Thoughts!**



Q16)

'Too few accomplish as much as too many!'

Malcolm Forbes

(perhaps 'Necessity is the Mother of Invention')  
and this may minimize distraction along the way.

Q17)

'In the long run,  
a short-cut seldom is!'

Malcolm Forbes

(again, perhaps like Golf)  
real strides forward are earned

## FRIENDSHIP

Q18)

"False friendship, like the ivy, decays and ruins the walls it embraces; but true friendship gives new life and animation to the object it supports."

Burton

Q19)

"Life has no blessing like a prudent friend.'

Euripides

Q20)

"Real friendship is a slow grower, and never thrives unless grafted upon a stock of known and reciprocal merit."

Chesterfield

**"Me Thinks GOLF And What It Offers Is A Lot Like This!"**

## A MESSY BOOK

I want this to be a '**Messy Book**'. Underline and bookmark passages you think are especially helpful. Stick page markers anywhere. Fold corners. Flag sections that deserve a second look. Because a good book is your friend, spend adequate and intimate time with it.

The test of a good book is that every time you pick it up, you get more out of it. Scribble notes and ideas. Highlight key words. Share this value with your 'Golfing Partner', that is unless he beats you soundly already! When you improve, then tell him you found something special but optionally avoid sharing it with him. '**GOLF Is A Mind Game**' and you will be in his head!

Copy pages for distant relatives. Carry the book in the front seat of your car. Find a place in the 'John right next to the SEARS catalogue. Give it a 'Front Row Seat'. This is what a good book is all about. The more you use one, the more proof there is of its value and worth!

Like a 'Great Golf Swing', the harder you work a book, the better it performs. A good book and a solid 'Golf Swing' are two very tangible assets and I wish you both of them.

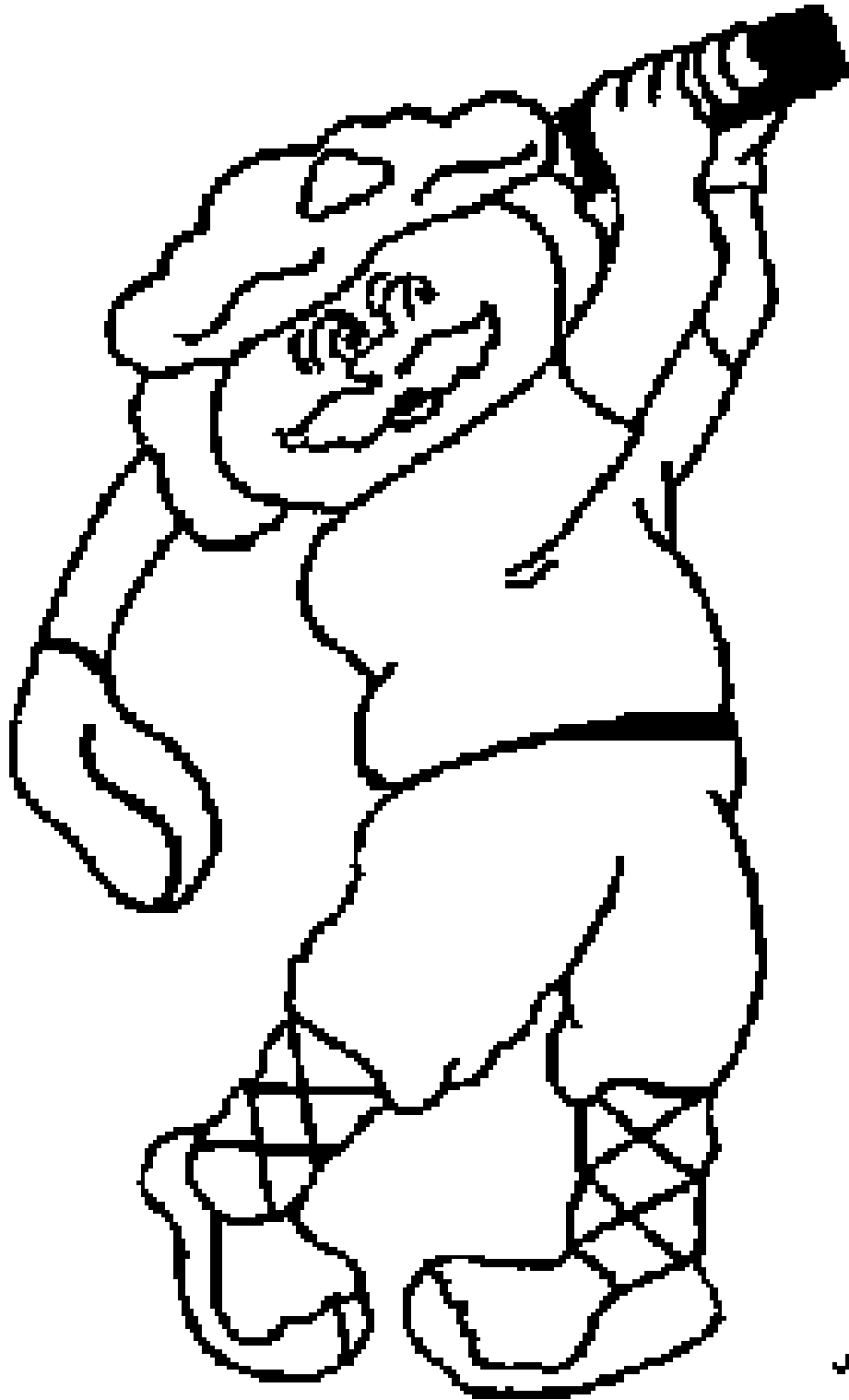
**"Welcome Aboard!"**

**"Enjoy The Ride!"**

the "IRGIE" drawing

**GOLF.....'Solving The Complexity Myth'**  
(an encyclopaedia)

This 'Little Fellow' has been in our equation for a lifetime  
as have our students!



The struggle in Golf is not overcoming '**Complexity**'  
but  
understanding, maintaining and protecting its '**Simplicity**'.

(If you do not believe this, just think about your 'Putting'.)

Just '**5 SET-UPS**' and '**5 ESSENTIAL ELEMENTS**'  
properly applied  
after a dedicated '**Pre-Shot Routine**'.

Q21)

A 'GREAT GOLF INSTRUCTOR or MENTOR' is someone whose hindsight can become your foresight, usually with the intricacy of an emerging butterfly or delicately unfolding flower reaching for the warming morning sun. At times his influence needs the subtlety of a sledgehammer, but it is his magic timing that softly delivers the sensitive exacting educational blow!

Dr. Karl M. Fischer

One of my most revered teachers once long ago said to me, **"We both have jobs! Mine, right now, is teaching and yours is learning. I wish us both well."** This thought is always in my mind while with someone who might gain by knowing me. What a privilege it is to be a 'Teacher'.

Q22)

**STANDING ON THE SHOULDERS OF GIANTS  
WE CAN SEE FARTHER THAN THEY.**



## SELECTING A TEACHER

My opinions and criteria in this matter are neither silent nor timid. They apply most strictly to me. It's do as I do and not do as I say!

Firstly you, (all of you), need a good 'Golf Teacher' in your life if you desire or intend to develop your 'Game'. We cannot see ourselves swing. Mirrors may be an affordable alternative, but a poor one, for they cannot interpret based on experience and a keen eye. I have seen far too many aspiring students engrossed in seeing their own image in a mirror (you remember the mythological story of Narcissus). A little 'Seeing Ourselves' is satisfactory but it is the Ball we want to see while we are swinging! You can sense there is a little 'Tongue In Cheek' but not much. I think most of the people that I have seen looking in those five foot high 'Golfing Mirrors' really do not know what they are looking for, just at!

Since the advent of the '**High Speed Video Camera**', (HSVC) we can now actually see ourselves swing and benefit from this experience. What this process may lack is the opinion and guidance of a learned, wise old sooth! We seasoned old teachers learned what we know over a long period of time and we are more than willing to share it with nice people. There is no substitute for experience. It is worth note that half an hour with a good 'Teacher' and a poor 'instructor' takes the same amount of time, and likely money. Choose well!

When you select or are in the selection process for guidance, choose a '**Teacher**' and not an instructor. Make sure your 'short-list' is made up of good communicators who make you 'Comfortable'.

**'Arrogance & Ignorance'** are not beneficial traits. One who professes to be a great instructor and exudes arrogance is usually 'masking or covering up' something. It is generally lack of knowledge and ability to perform. It is key that your perspective teachers show more concern about you than themselves. If they spend more time talking about themselves than asking questions and promoting dialogue about you, keep looking.

However, the best teachers are clearly very sure of themselves and must show 'Confidence'. They should make you 'FEEL' certain that you are on or will be on the right trail and will get somewhere, to a 'Destination' that will be beneficial.

Might I suggest a personal 'yardstick or rule' by which you should evaluate a potential Golf Teacher. (not a model or book bound instructor who does not effectively FEEL your personal traits and know numerous ways to satisfy your needs). When you first speak with him or her, count how many times the word 'I' is used. If this number exceeds the use of the pronouns 'WE or YOU', there is no need continuing the relationship. It will most certainly be 'Teacher Centred' which is of no use to your aspirations.

The reason I added this 'Sharing of Opinion and Guideline' is that I recently attended a Golf Clinic as an 'unknown entity'. The presenter was advertised locally as 'One of the greatest teachers of all time.' This being the case, I was compelled to attend!

I paid for the experience just like everyone else. It tested my patience and tolerance as we spent close to 50% of the time listening to the gentleman's personal achievements and watching him hit Golf Balls. I was very tempted to leave but the fair and the Scottish in me kept me on my seat to the very end. Then when I asked simple questions about 'Absolute Basics', he showed very little interest. He was on a different 'PLANE'. Without prejudice, he offered shallow value and the clients came away from the session with but a minimum of 'Primary Information'. Confusion increased. Clarity decreased. Not good signs!

You must FEEL that a teacher sincerely 'Cares about You'.

It's your future and well-being at stake.

Don't settle for anything less!

**'TURN THE MIRROR INTO A WINDOW!'**

Might I offer this very small, six word, bit of advice to any instructor or teacher who might, from time to time, feel twinges of 'Arrogance' even way to the periphery of his professional stage!



Ground Shaft Keeps Brace Knee Flex  
Target Posts and Ground Sticks are terrific!

## WHAT MAKES A GREAT TEACHER?

There are many virtues and qualities that all come together to make a great 'Golf Teacher' but I tribute 'Jim McLean' to defining 'Five Traits' that match up with those that I have selected and refined over the years.

They are 1) **KNOWLEDGE and EXPERIENCE in GOLF**, 2) **the ABILITY to COMMUNICATE this KNOWLEDGE and EXPERIENCE**, 3) **the ABILITY to MOTIVATE the STUDENT**, 4) **STRONG ENERGY and ENTHUSIASM** and 5) **CREDIBILITY of the INSTRUCTOR to the STUDENT**.

It is key that the 'Teacher' not only be able to demonstrate the 'Golf Swing and Various Shots' but to relate to the actual 'Golf World' and have depth of both 'Knowledge and Experience'; the more the better! A good 'Golf Teacher' has been there and done that! He can tell the truthful stories and show the evidence. He can 'Talk The Talk' and 'Walk The Walk'. This is important.

We can expand on the above 'Virtues and Qualities' or what we have called now the 'Five Traits'. I recently read what Craig Shankland had to say about this elaboration. It is worthy of paraphrase. Some of this expansion alphabetically might then well be:

- 1) 'Ambition' to be the best you can be.
- 2) 'Articulate' clearly and precisely
- 3) Be 'Businesslike' in your profession ... promote!
- 4) Be a 'Good Communicator' via simple accurate messages.
- 5) Be 'Compassionate' which means kind and understanding.
- 6) 'Provide Discipline' which is the foundation of 'Learning'.
- 7) Be a 'Humble Demonstrator of Skills'
- 8) Be 'Enthusiastic and Energetic'
- 9) Establish a 'Comfortable Learning Atmosphere'
- 10) Be 'Visually Acute' so you can see even minute 'Swing Flaws'. This is 'Knowledge and Experience' applied.

- 11) Be 'Visibly Experienced' and portray 'Knowledge That Is Not Generally Found In The Books'. This is 'Value'.
- 12) Develop and 'Image As A Professional Role Model'
- 13) Be 'Innovative' in your teaching, delivery and aids
- 14) Gain and present 'Knowledge'
- 15) Be a 'Motivator'. Inspire, Stimulate and Influence.
- 16) Be 'Organized and Prepared'. Have 'Method and Procedure'.
- 17) Be 'Passionate' with sincerity
- 18) Be 'Patient' and 'Understanding' as no two people are cut precisely out of the same cloth. It is the variety of individuals that makes the magic come through or out of each one of us! We are all specially talented and can contribute if enabled and allowed.
- 19) Be 'Personable' with your own style and character. Thus you shall be remembered and succeed.
- 20) Be a 'Psychologist' to the best of your ability. Teachers need a basic understanding of how the student thinks and how his character evolves and performs.
- 21) Be a 'Specialist'. A great teacher strives to be the best he or she can be. It is important that you select and develop a 'Specialty'. Mine is the 'Short Game', where the money is made.
- 22) Be 'Understanding' at all times. Know what your student is going through so you can be there to reinforce good habits along the 'Golf Journey'.
- 23) Be a 'Worker' so you can be the example to your student. In a good lesson, I always feel as though I have worked harder than my client.

## HUMILITY

Q23)

'Humility' is the 'Benchmark For Arrogance'  
just on the right side of the fence!

All one has to do is understand 'Humility', with its intrinsic gift of strength, and any meaningful possibility of arrogance for a rational man is seriously diminished or gone!

Q24)

'A person all wrapped up in himself  
makes a very small package!'

KF

Q25)

'One should spend time daily being 'Grateful',  
for gratitude is the first step to wealth  
and 'Personal Fulfilment'.

KF

Q26)

'Knowing Our Proportions Enables Our Perspectives.'

KF



## CHINESE WISDOM

There is a Chinese Proverb that I think sums up what I am feeling and have felt for a very long time on this subject of 'Arrogance and Humility', especially in the field of teaching where we teachers must all have and exercise a common trust.

Again the saying is,

**'TURN THE MIRROR INTO A WINDOW'**

If any one of us, who has had the privilege of becoming learned or wise in a specific field, while in the presence of a student or students, an audience, feels and acts more about ourselves than about them, we had better quickly re-evaluate. If we feel such sensations while alone, it is simply less damaging but no less dangerous! Generally we all become wise on the backs of our predecessors. There is very little new in the 'Anatomy and Physics' of 'Golf', just in our relationship with the 'Truths and Realities' of the wonderful 'Game'! Our perspectives have continued to evolved.

What can be seen out of the picture window certainly exceeds what can be seen in the mirror! No evolution there. It has always been the case. Just ask all the philosophers and sooths throughout the ages and recorded time!

Does this Chinese wisdom not apply to all our daily lives?



## SIMPLE TUTILEGE

**GOOD TEACHING** is 'Truth and Accurate Knowledge' delivered through open-ears to open minds, by caring minds.

**GOOD TEACHING** in Golf is having the ability to communicate 'Truth and Accurate Knowledge' in enough various ways (patiently generally but with less patience at appropriate times) to get the 'Message' understood and the 'Motion' applied by the student through his 'Golf Club' to his 'Golf Ball'!

### OF NOTE:

Simply Taking a Golf Lesson will NOT make you a Better Player!

It is 'Imperative' that you 'Practise Smart' so that you can benefit from '**Perfect Practice Making Permanent**'. That's what this Golf is all about. Growth will be 'On-Going' as long as your smart search for improvement continues.

Q27)

"Correct one fault at a time.  
Focus on this one fault until it is overcome."

Sam Snead

## LOGICAL FEES?

It is reported that a 'Teaching Professional' was once asked "How can you charge \$525.00 for a series of three lessons and \$1,000 for just one that fixes everything?"

His crisp reply was, "If the student expects a miracle, then he should have to pay for a miracle!"

Although said with 'Tongue In Cheek', there is a sense of truth and honesty in these words. One is NOT going to learn the entire skill gamut of 'Golf' in one lesson.

**'The Game Is An Endless Journey  
and not  
Just A Single Short Trip'**

Always define your 'Goals' and thereafter select prudent methods and sequences of accomplishing them. Be prepared to manage your 'Sequences' too as plans do not always work out or on time.

Just like in 'Physical Fitness', we need to always keep 'Range Of Motion' and the actual 'Motions' in clear consideration. Flexibility is key!

We must both 'Stretch & Strengthen' to be safe and efficient.

'Get and Stay In Balance'!

**'WORK SMART'!**

**ISN'T 'IT' AMAZING**

Q28)

Isn't it amazing the wisdom you pick up just by listening to someone with talent who cares about you?

We are all here for a purpose.

I hope you have discovered yours.

If not, keep stepping up to the plate and swinging.

You soon will!

KF

Q29)

I got the thread of this thought from the very sensitive and talented Rod McKuen.

"I was listening!"

KF

## DOUBTS, DREAMS & DUTY

Q30)

'When young, you're shocked by the number of people who turn out  
to have feet of clay.  
When older, you're surprised by the number who don't'.

Malcolm Forbes

Q31)

'The believer is happy.  
The doubter is wise'.

Hungarian Proverb

Q32)

'Nothing will ever be attempted if all possible objections  
must first be overcome'.

Samuel Johnson

Q33)

'Among the safe courses, the safest of all is to doubt'.

Spanish Proverb

Q34)

'Our doubts are traitors.  
By fearing to attempt, we are caused to oft miss  
the good we might easily win'.

William Shakespeare

Q35)

'Doubts are more cruel than the worst of truths'.

Moliere

Q36)

'When we cease to dream,  
we cease to live'.

Malcolm Forbes

Q37)

'Dreams and beasts are two keys by which we find  
the real keys to our own nature'.

Ralph Waldo Emerson

(Golf, if you discover its Power, can be a key that opens great  
adventures and doors allowing entry to the inner sanctum'.)

## GOOD ADVICE

Here I am getting really personal  
or motherly!

Teachers are allowed to do that.  
Thank you for the privilege!

Golf is a 'Microcosm' of Life, the 'Macrocosm',  
so, let us build good habits and 'ROUTINES' in both.  
Golf's discipline invariably works in Life.  
Might as well start right now!

"I want you to always 'BACK' your car into its  
night-time parking space, be it a carport or a garage!  
In this manner and discipline  
you will always start off your day going forward!"

(thanks to Dr. Harold Carl Fischer)

This is just a very simple positive exercise we can put into motion, into our 'Routines', so that we subtly begin every day doing a specific task in a positive direction. Besides, it's safer too! Do everything you can to make 'Life' more productive every minute of every day. It's the only pass you will have at it at least on this 'Journey', whether there is another or not. Even if our 'Soles' live on forever, we deserve to take the best swing possible at the shot before us.

## WONDER and VISION

Q38)

'Wonder is the beginning of Wisdom'.

Mortimer Adler

(Have you ever wondered about the Golf Swing?)

Q39)

'Wonder is the feeling of a philosopher;  
and philosophy begins in wonder'.

Plato

Q40)

'Among all human constructions, the only ones  
that avoid the dissolving hands of time  
are castles in the air'.

Frederico de Roberto

(In Golf, our Dreams and Visions ultimately prevail.)

Q41)

'Vision is the art of seeing things invisible'.

Jonathan Swift

(Always Visualize your shots before Painting the Picture'.)  
Make three practice 'Brush Strokes' first too!



Q42)

'There is not a moment without some duty'.

Cicero

Q43)

'The reward of one duty done  
is the power to fulfil yet another'.

George Eliot

Q44)

'Only aim to do your duty wisely  
and then mankind will give you credit where you fail'.

Thomas Jefferson

Q45)

'It is not enough to be ready to go where and when duty calls.  
A wise man should stand around where he can hear the call!'

Robert Louis Stevenson

(This is how I look upon my many hours walking the line on the  
public driving range. What a great place to be!)

For you other teaching pros, this place is full of  
needy and prequalified customers.  
Avoid it if you do not want to increase your business!

## THANK YOU TONY ROBBINS

Q46)

"Change is inevitable.  
Progress is not!"

Q47)

"Stress is a code word for FEAR."  
If you want an edge in GOLF, overcome your FEARS.  
The real edge is '**Living Life On Your Terms**'.  
Define and Set them!

Q48)

"Don't spend time 'Majoring' in 'Minor' things."  
Prioritize daily!

Q49)

We all get our 'MUSTS'  
None of us gets our 'SHOULD'S'

Q50)

Life with no 'Real Passion' has no 'Real Meaning'.  
Find core things about which you can be passionate.

Q51)

40% of success is 'Physiology' and 60% is 'Psychology'.  
but  
'Physiology' effects or governs 'Psychology'.  
(The 'Sound Body' enabling the 'Sound Mind')

## IN PERSPECTIVE

It amazes and intrigues me at the so often 'Complex' attitude or approach people and even players have towards the 'Game of Golf'. We, more often than not, seem to just get in our own way of playing the game and garnering the true wealth of knowledge and enjoyment Golf has to offer. What amazes me is that very nice people go out time after time (punishingly) and still feel they are having fun. Then it must be so. Just think what one great shot every sixth hole might do for ones outlook! It's well within your reach. The region in which I am at this time has 'SIXTY COURSES'.

Years of teaching has proven to me that we would all be better served by never forgetting this 'Tool & Ball Skill' was likely played best by us between the ages of 11 and 16. If we are just beginning the 'Sport' at a more 'mature age', let me suggest that you start with a good lesson or, baring either access to a teacher or the patience for the schooling (which should take neither patience nor humility), simply go out and '**Swing The Clubhead THROUGH The Little White Ball**' at about 1/2 to 3/4 pace and 'Range of Motion' for the first day or two before adding any 'FEEL of Power'. Watch the ball carefully and 'Direct' your efforts '**THROUGH**' (not 'AT') it and then fully towards a carefully defined Target, the smaller the better. Do this with about a #7 or #8 Iron at first. Never ever lay your hands on the 'Driver' for a period longer than you might like. Until the #7 is performing, you will do yourself a disservice by trying to be John Daly. You may not fully recover.

Humbling and revealing as it might be, this 'Swinging of the Stick' is not even close to new, even though those major brand name folks would like us to perceive their technology as discoveries worth hundreds of dollars for each item and promising new realms of performance.

This 'Golf Swing' is Newtonian and began very much earlier, in fact, as early as recorded time. The caveman certainly picked up useful sticks and performed feats from digging to killing. The 'Swinging Hitting Motion' was perhaps never even born but always existed. Its usefulness was discovered very long ago and has been applied ever since with not the greatest of change. Swinging a stick at an object hasn't changed much! Applying a piece of sharpened rock or careful manufactured 'Forged Titanium' head to a piece of space age composite with a meticulously cured leather

thong as a handle changes very little. It is still just a stick being swung at an object for a purpose.  
If necessary for you, '**Lighten Up**' !

P.S. That includes your 'Grip'.

Soft is good in '**Almost**' all physical activities!

Now that got your 'Mental Wheels' turning. I can hear you thinking and that's a good sign. There's a strong heartbeat and active brainwaves. This is going to be a great trip in the lifelong 'Journey' we call 'Golf and Learning'. Don't ever stop!

You were thinking of the physical activities where soft is not a benefit? and got definite feed-back too, I bet!

I like that participation!

## FROM THE HEART

As a person who cares sincerely about even your small accomplishments, which all, regardless of size, breathe life into our happiness, I implore you to always approach this 'Great Game of GOLF' as a pure source of carefully distilled and generous 'Pleasure'. Golf is a connected series of small things and small events accumulating to become significant. Play it with a mental and physical dedication to '**Striking The Ball Dead At The Target**'. Never settle for simply 'Somewhere Near The Green' or 'Hopefully In The Fairway'. Develop trust based on reaching goals. Strive to improve just a little every time you go out to play a round or practise.

## INCH BY INCH, IT'S A CINCH.

'**Taking Dead Aim**' at a carefully pre-selected destination or Target gives GOLF a remarkable purpose and makes possible it's well-known ability to offer meaningful rewards.

I shall remind you of this at the end of the book.

Q52)

'In GOLF, whilst there is life,  
there is hope.'

Anon

## OVERRIDING PHILOSOPHY

..... never losing sight of the 'Absolute Reason' that we must have to be playing Golf **'PURE PERSONAL PLEASURE'**,

We teachers must stay focused on the best means to lead our clients to having more fun, consistently and reliably.

I believe that sound 'Physics and Mechanics' should be established with as much subtle finesse as the teacher can muster. Failing this, less subtlety may be required! It is our job to convert this slightly technical stuff, to 'Geometry and FEEL' as soon as possible so that the student can begin playing **'REMEMBERED FEEL GOLF'** without delay. We at the '555 ACADEMY' want you to become a **'REFLEX GOLFER'** meaning that you can look at the 'Shot Picture or Target', formulate a plan, pull an appropriate 'Stick' and then **'JUST DO IT'!** EXECUTE! Doing this successfully produces a great deal of pleasure.

I believe it is the teacher's responsibility to develop the personal knowledge and discipline to be able to analyse every student's 'Strengths and Weaknesses'. This does not happen overnight as many 'Instructors' presume. This innate ability does not come with the certificate, but through hours and even years of humbly and carefully viewing hundreds of swings and tens of thousands of shots while asking questions such as 'Why, What and How was that Ball Flight or Shot Pattern created?' 'How did that FEEL?' 'What did you FEEL?' Teachers must have answers or get them promptly.

### **DUE CARE AND DILIGENCE:**

Doing this 'Due Care and Diligence' will provide the ability and process of evaluation.

Once you know, as a teacher or student, what your 'Strengths and Weaknesses' are, I would strongly suggest that you respect the strenghts but work on the weaknesses. You will improve more by improving the 'Bottom' than admiring the 'Top'. You protect good tools but must build new ones and repair faulty ones.

It is plain to see that all golfers' ability to score is primarily determined or governed by their weaknesses and not by their strengths. Strengths produce while weaknesses detract. If we as teachers simply remove the weaknesses, the lost shots or number of accumulated strokes will decrease. The creative, talented touring pros will be heard more often muttering about 'Getting that one bad shot at #17 back' than you will ever hear them expound on or brag about the one or two 'Perfectly Executed Miracles'.

This is **Reality!**

Cleaning up the 'Bottom End' automatically improves your scoring ability and position on the tour ladder or leader board.

It is easiest too!



## DON HUNTER EDITORIAL

### OUT and ABOUT

(full page editorial for the Vancouver Sun / Province)

Don was an avid golfer who was a very close friend to one of my 'Primary Golf Teachers'. Gordon prodded Don to take a really functional lesson from Karl Fischer.

He had heard good things and wanted to just take a thorough look (Due Care & Diligence) before the lesson. He envisioned doing an 'Out & About Editorial' relating his saga to the golf reading public., so, the next day, a Wednesday, he told me he was coming out to see our operation.

Understatement! He arrived with two video news trucks and two videographers. He just told me to 'Keep Doing What You Are Doing". I had a prize lady student and she was really in good form. Mr. Hunter was impressed. Asked me a few 'About His Lesson Structure' questions ( a man of relatively few words). He enquired a bit about my background. We hit some golf balls with each of his clubs. He was like a sponge when it came to learning! Then, without any todo, he just left!

I thought "Wow is that all there is to 'Don Hunter'? He called on Friday with a few benign questions and got my permission to write about us. "Of course, but we are going to work on your game too!"

A really close golf instructor friend of mine called me the next Sunday morning. He was a bit persnickity and asked me how it felt to be 'Butt Kissing Famous'. I had no idea what he was talking about. He said "I coming right over!" He brought both of the really big weekend newspapers. (over 650,000 subscribers in western Canada) My buddy threw the papers on my desk and said "Look at the sport section!" Full page spread! It was really quite flattering!

A local golf aficionado and association activist appeared to be

jealous. He actually wrote Mr. Hunter a scathing letter which he faxed directly to this very practised 'Pen and Paper Phenom'. Don faxed it to me. It was rather insultingly arrogant and even disrespectful towards Mr. Hunter and the two biggest newspapers. Could not locate it or I would have included it in this format.

So what did Mr. Hunter do in respectful response? Talked to me about the 'Nasty Fellows jab that 'There Were No Quick Fixes.' Well I keep up with all the prominent 'Golf Magazines' and the previous Cover of the biggest in North America read "QUICK FIXES FOR YOU"!

Oh you should not kick the 'Sleeping Respected Writer'. Mr. Hunter responded with a 'Full Page' volley not over this arrogant fool's bow but into his midships! Direct hit and it sank in just moments! We were double booked for months and had new customers traveling hundreds of miles from the U.S. and Western Canada for time with our teaching team!

Don took our skills and methods to heart. He told me and many other golfers how fruitful his golf lessons were.

Those were good times!

We were grateful and reverent!

Our thanks to all involved, most certainly my fellow 'Golf Teachers or Instructors'. There is a distinct difference.

Happy to explain any time!

We are here because your are here with us.

We have put on some miles in your golf shoes.

You student teach us soemthing new regularly!

Thank you!

## **NOTE TO THE 'DON HUNTER ARTICLE'**

( 'Out And About' )

The talent and effectiveness, the usefulness and contribution of a teacher must necessarily be judged by the students and not by any protectionist third party group that effects a monopolistic hold on Golf's most essential of services ..... **'TEACHING'**.

If any one of us loses sight of the true centre of the 'Teaching Profession', in Golf and elsewhere, our purpose and worth shall certainly diminish markedly. Our priorities must be kept in order.

The entire 'Golf Community' must not only guard against frivolous instruction but also solidly apply resistance to a closed shop environment which has currently grown over a period of time; a door costing in the range of \$1,000.00 per year for passage privileges which is a very expensive ticket. There are great teachers in all fraternities.

The quality of performance is always earned and never bought. Becoming a great 'Teacher of Golf' is a long and varied road followed, miles covered, by those who truly know of what I am speaking. Attaining this level of astute understanding of student needs is a 'Journey' started by many but accomplished by few.

Neither association nor simply putting in time guarantees quality.

### **'The Proof Is In The Pudding'!**

Freedom of association is a 'Constitutional Right' and equally any exclusion is contrary to this document and the companion writ known as the 'Bill Of Rights'.

All nice people who have interest in the 'Great Game Of Golf' deserve the widest and the best range of knowledge, resources and guidance regardless of its source.

This book is all about that, 'Quality Teaching Without Prejudice', to the best of all our abilities.

Best Wishes!

# THE 555 NATURAL PROGRESSION OF THE GOLF SWING a new paradigm

Enjoy this novel concept and methodology! It is based on the logical, science-based thread that 'There Is A Putt In Every Drive' ... that, if YOU can master the 'Stage 1 Procedure', the 'Push Basic Putting Stroke' (with 'No Wrist Cock or No Pivot'), you can simply increase that 'Stroke Length' ('Add More Energy') to make the ball go farther with the same golf club. More 'Brace Hand Travel Distance' ('BHTD') produces more 'Ball Rolling Length'.

'BHTD' also applies directly to all your golf clubs including your 'Driver' as well. (see 'The Balsa Airplane Concept') The farther your 'Brace Hand' (Tip Of The Propeller) travels, the more 'Coil or Energy Load' you produce. That means you have more energy with which to strike the ball farther. Pretty simple! The 'Brace Hand', as in tennis, baseball, hockey, delivers the blow in golf. The 'Target Lever' controls the general "Swinging Motion" while the 'Brace Hand Hits'.

The common notion of 'Hitting Against The Target Side' is also a bit of misinformation. The 'Target Hip' clears aft and around. With proper 'Stance' you shall clear with little resistance.

Remember, it is one of your '555 Team' primary goals to 'Take The Hands Out Of Your Swing'. Less 'Manipulation' is essential to consistent ball striking. (see 'Flippy Handed Delivery')

Please consider and remember this? The first 8-12 inches of your 'Driver Take-Away' is fundamentally 'THE SAME' as your 8-12 inch 'Putting Stroke' or the 'Take-Away' of your longer 'Putting Stroke'! (see 'Optimal Stroke Length' - 'OSL') I know there are 'Set-Up Differences', but the 'Hand Wrist Forearm Triangles' are fundamentally the same ... QUIET and sweeping smoothly and feeling 'Low To The Ground'! (meaning good 'Lever Extension')

Now the magic begins. If you additionally change the 'Golf Tool' ('Club Selection') you shall be able to vary the 'Distance & Trajectory' ('Ball Flight Shape') by this simple selection. "A Chip Is A Putt With A Hop"! Longer shafted clubs generate more 'Club Head Speed' due to their increased length. The 'Loft' also creates more height to the 'Ball Flight' which generates more 'Distance'.

There are lots of scientific formulae but you do not need them. When you learn the unique 555 Golf copyrighted 'Body Clocking' and thereafter 'Calibrate Your Bag' ('Determining each clubs 'Full & Less Than Full Swing Distance'), you shall be blessed and rewarded!

Let's keep making this as simple as we can. Excited?

### **HIGHER MATH**

Higher math such as calculus and trigonometry are based on some very primary concepts and realities. When we learn how to count we are laying the foundation for higher math! Without being able to manage 0,1,2,3,4,5,6,7,8,9,10 we are doomed to the intellectual dark ages! Similarly, if we have not mastered our own language, and a couple more, we are equally doomed to subservience and degraded accomplishments. Glad you are here sharing time and space with the dedicated and very savvy '555 Team'.

What do we mean by 'Natural Progression'?

All infants learn to wiggle and eventually roll over. Not too long after they crawl, kneel, and then, usually with some help, human or furniture, they manage to stand up. Then curiosity and parental modeling or imprinting prompts a step. Soon we have dynamic 'Toddlers' at our feet ... and now he or she is grown and making babies of their own! What a progression! Not really a 'Paradigm' but certainly a 'Progression!'

You know, one of the dumbest things we ever see at our golf properties is a fully grown adult 'Golf Neophyte' with a 'Driver' in hand trying to wail away at a large bucket of balls in pursuit of predictably improving and forthcoming perfection! We are supposed to be thinking beings with a higher intellect than a fencepost! Golf is always logical when human beings are not!

Let's see if your dedicated, long at 'IT', '555 Team' can make more sense and solve complexity with some good old simplicity?

Let me firstly tell you that we, like the toddler, need to walk before we run!

Here is our **'Mental Progression'** ...

- 1) Human Life
- 2) Curiosity
- 3) Knowledge
- 4) Experience
- 5) Wisdom

... as it leads us, if we are fortunate enough, to and through 'The Great Game Of Golf'. Common sense is to start small and work up! So let us do that!

Here is our **'Mechanical Progression'** ...

- 6) Putting
- 7) Chipping
- 8) Bump & Run
- 9) Bunker
- 10) Knock Down Shots
- 11) Punch Shots
- 12) Pitch Shots
- 13) Full Swing
- 14) Driver
- 15) Specialty Shots
- 16) Trouble Shots
- 17) Unusual Lies
- 18) other

If we can 'Master Golf Basics' ('MGB') and 'Focus On Fundamentals' ('FOF') [Copyrighted 555 Golf Assets' along with over 6,000 more 'Proven Professional Pages'] we shall surely progress in an equally logical and predictable manner.

A very real goal in golf is to hit a good or great shot and then to follow it up with yet another good or great shot. The all too common 'Get Lucky Golf' will not get that job done!

If we do not have a system, we are not very likely to accomplish this pleasurable activity.

Frustration will infect us, set in and we shall sooner than later quit the game due to what we refer to as 'The Frustration Quotient'. It is a nasty and epidemic, pandemic worldwide golf malady. The source of this shortfall is sadly and provenly 'Lack Of Quality Instruction'. Strangely, those who profess to monitor and guide 'The Great Game' are at fault! The quality of instruction here in North America is sadly very weak and undisciplined.

All the 'Junior Golf Activities', such as 'The First Tee' and others, will not avoid or overcome weak teaching standards without a conscious and concerted effort from the top down. In fact, a weak baseline makes the situation even worse! How can we tell if instruction is on the right track? There is dedicated 'Class Room Time With Paperwork' from which we learn 'Golf Basics'.

If we tolerate and/or promote bad habits, all we will practise is bad habits.

Rather bring Einstein's say to mind ... 'The height of stupidity is doing the same thing over and over expecting different results!'

Do not hire any 'Golfing Professional' without talking to several of his or her recent students. If they cannot provide names and contact information, keep looking! If any instructor does not have printed material ('Handouts') keep looking! If any instructor spends more time talking about him or herself, rather than you or your child, keep looking! Mediocrity in golf instruction must be opposed at every opportunity.

A good solid start in golf is essential so as to not spend your time practising bad habits as stated above. Once you firm up bad mechanics, you are stuck erasing and rebuilding better ones. Hard road to hoe!

Make good decisions with your wallet and credit card. You must starve a fever!

#### **TO THE NEW PARADIGM**

Every single golf stroke on the entire planet has 'Constants'. The less 'Variables' we own the better off we shall be. If we want to



repeat those 'Good or Great Shots' we must have a 'Consistent', 'Science Based' plan with known guidelines.

The 5 Set-Ups, The 5 Executions, The 5 Controls and The 5 Essential Elements are the 'Key Stones' to this great athletic structure. Not one single golf swing does not have all of these elements or components integral as the foundation! That, in this savvy airline heavy captain and flight engineer's opinion, gives this material merit! We fly aircraft logically and with certain dedication to science with safer performance as our goal.

You do not want to practise bad habits. Your brain is paying attention and forming precise 'Synapses' by which you shall repeat specific processes, 'Good or Bad'.

#### **PUTTING IS THE BASELINE**

"I Drive As I Putt!"

How can that be? I accomplish similar mechanics with a 25 foot 'Putt' as I do with a 250 yard 'Drive'? Absolutely true!

There are 'Swing Procedure Protocol Differences', but the 'Basics' are the same.

You need to take a look at 'The 5 Set-Ups' and '**The 5 Essential Elements**' without delay. (see 'Clubface Aim, Clubhead Path, Clubhead Speed, Sweet Spot & Angle Of Attack' Each of these are in 'Every Golf Procedure') Worthy of our time!

These two very short lists contain the ten 'Always Present' components or elements of every swing worldwide. If for no other self-motivated reason, learn these for your 'Playing Partners'. You will not hold them up in your struggles. You will post lower scores and win more prizes. That usually means buying less 'Food & Beverage' at the 19th Hole!

You know that typically costs more than the round, right? We should strive to be financially responsible and prudent with our golf expenditures?

Fully understanding that the 'Set-Up Protocols' are different, the first 8 to 12 inches of your 'Driver Take-Away' is almost exactly the same as is your 'Putting Take-Away' for that 25 footer!

Pretty amazing revelation based on 'The 5 Essential Elements'. You know then well. If you have any questions you have two options ... 1) Look the material up on YOUR [www.555golf.com](http://www.555golf.com) website or 2) give your very own 'Certified 555 Teaching Professional' a call or 'Text Message or E-Mail. No excuse for following the common path of least resistance and suffering from that epidemic golf mediocrity!

Improvement and dedicated 24/7 support is close at hand!

It's your parade!



# THE 555 PROBLEM SOLVING CONCEPTS

## Simplicity In Action

There are always real raw fundamentals in most 'Physical' or 'Behavioural' disciplines. The '555 Golf' '9 Concepts' are truly 'Baseline Information' upon which you might build a lasting, reliable, repeatable, consistent, enjoyable 'Golf Swing'. We give you this scientific 'Physical Mechanical Information' in a very palatable form ... 'The 555 Concepts'. You can easily understand and learn from this simplicity.

- 1) 'The Golfing Machine Concept' ['LBM, UBM' & that 'Mind Machine']
- 2) 'The Human Tether Ball Pole Concept' ['Orbiting Object & Axis']
- 3) 'The Human Ratchet Concept' ['Golf Socket Set Concept']
- 4) 'The Balsa Airplane Concept' ['Body Rubber Band']
- 5) 'The Target & Brace Lever Concept'
- 6) 'The Target Lever Dead Rope Concept' ['BOSA']
- 7) 'The Brace Lever Bend & Straighten Concept' ['123-123']
- 8) 'The Three Lever Single Action Concept' ['BOSA & BLEA']
- 9) 'The Matching Components & Procedures Concept'

When you grasp these core examples of applied 'Science & Physics', you will have a 'Ford Has A Better Idea' moment and that light bulb may actually turn on permanently!

**“Welcome Aboard!”**  
**“Enjoy The Ride!”**

### **SATISFACTION GUARANTEED**

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

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

Telephone: (817) 673-8888

24/7

Q53)

'Instead of being concerned that you have no station in life,  
become concerned and think of how you might fit yourself for  
office.'

Instead of being concerned that you are known,  
see to your worthiness of being known.'

Confucius

Q54)

'The significance of man is not in what he attains,  
but in what he longs to attain.'

Kahlil Gibran

Q55)

'If you think you are tops,  
you won't do much climbing.'

Arnold Glasow

(great teachers, although very sure of their knowledge,  
are more humble than brazen.)

Q56)

"From a scientific viewpoint, a volume could be written about the physics and mechanics of golf but the practical application of such information would be limited since **'Hitting a Golf Ball is more of an Art than a Science'**. It's the human element that makes the performance an art.

Tommy Armour

Q57)

"It's impossible to teach you to play as well as you hope you'll play because you will never work on your Golf as hard as you hope at it!"

Q58)

**IF YOU CANNOT BREAK 80,  
YOU'VE GOT NO BUSINESS ON THE GOLF COURSE.**

**IF YOU CAN BREAK 80,  
YOU'VE PROBABLY GOT NO BUSINESS!**

## FORWARD

by special golf addicted friends who  
have love and respect for 'GOLF', the  
learning process and the 'Game'.

I owe a great deal to each of these people and to many more for their contribution to my well-being as a Golf Teacher, as a writer, as a player and as a person who has become more tempered and tolerant with time. Being a perfectionist has its drawbacks. My father desired it. My profession as a commercial pilot demanded it. I always strive to be more patient and sensitive now as I get older and, you know, 'More Mature'. That somehow sounds better than 'Old' doesn't it? A good Golf Swing never gets old! To all my students under the age of thirty; you drive me to 'Jealousy' which is still a long way from 'Drink'!

I know there are people that deserve specific mention that I will have temporarily overlooked. All your contributions are meaningful and very much a part of this effort that is far too big for just one very average individual to accomplish. I have learned so much from so many. Perhaps being a good teacher means ones transition first through being a respectable student?

Thank you all!



## FORWARD

By **DAVE BARNHART**, PGA Golf Professional  
Competitor  
Las Vegas, Nevada

When I first met Karl Fischer I was the Head Golf Professional at Angel Park Golf Club in Las Vegas. He was a 'Director of the Canadian I.G.A.' He was a certified 'Resort Golf Master Teaching Professional' and was brought into the teaching program as a full-time instructor to add depth and strength. I remember well his first weeks on site. He was the first there in the morning and usually the last to leave late in the evening. He worked the line every day helping scores of golfers of all levels if they would simply take a moment to listen. This was free! Karl's ease and quick success with absolute strangers was a great asset.

Karl became very popular with all my staff as someone who they could trust and go to for simple little observations and suggestions.

When we would have lunch together Karl and I always talked about the golf swing and his teaching principles. I liked what I heard. It made simple sense. So, when the opportunity came that I had time to devote a little effort towards improving my game and competing more, I asked Karl to spend some time with me. We started to work together.

I want to tell you, my biggest fear with taking lessons was that I was going to have to change everything. I am certainly not alone in this reservation. No players like the prospect of rebuilding their swing. That's so personal and difficult. The process is rather intrusive and risky; like going to a strange doctor with a man's problem!

Karl identified the very specific but basic areas of concern. He even told me that we may not change them; just make sure that the 'various components and procedures', as he calls them, matched. To my surprise all the defined changes took place by working on the positives of my routine. We focused on my strengths and made a few adjustments and the negatives went away; the major one, over about three to four weeks, almost without my noticing. My playing partners just, one day, mentioned how my swing had improved. I was pleased!

I do not want to take your time describing what my challenges were, but Karl and I (he insists we both did it) made lasting improvements that were both sensible and comfortable.

This made me a first-hand believer in Karl's principles and abilities, but even more so in his sincere concern for my welfare. I talk to him whenever I compete just to bounce ideas and report my progress or difficulties. He cares. Our telephone conversations are really very productive, almost like lessons because he is such a good listener. He asks very pointed questions and provides just the right responses to promote my sticking to necessary basics. He makes me feel confident and important. You are getting a very positive-minded psychologist with this teacher. I think it is the 'Whole Package'.

What you are about to read will make an impression.

Simplicity really does solve complexity.

**Dave**

Las Vegas, U.S.A.

## FORWARD

By **JOHN DUDLEY**, C.P.G.A. Golf Professional  
International Touring Pro  
(winner of 17 Championships)

I was first introduced to the game of golf in 1955. A thirst for improving and learning more about the simplicity and mystery was established. My knowledge was acquired from two basic sources; every book I could read and from good old trial and error ... lots of it!

As I grew in this adventure, I surrounded myself with the best golfers, players and teachers that I could find. This led me around the world both playing and working in the industry. I think I have had the pleasure of playing with the world's best; household names in golf. My experience in the C.P.G.A. as executive director added another dimension. I dealt with the operational side, running tournaments and above all, coordinating hundreds of members, both playing and teaching. This is where reality really set in.

It is here in Vancouver, British Columbia, that I met Karl Fischer who I have come to know, admire and respect. He is perhaps the best teacher and communicator that I have had the pleasure of working with in golf.

This book is not extraordinary for Karl, but exhibits the 'usual' standard, energy and commitment that his overall relationship with the 'Great Game' embodies. His qualities, talent and sensitivity to his students and customers, are rare indeed. He has that depth in understanding and range in resources that is needed to serve the needs of all levels of golfer, from novice to truly accomplished players. I have seen him work with both and he is at home in each very different world. But you know his 'Basics' never change. He is a 'Teacher' with sincere caring for his students which is quite different from being an instructor. He has taught me the difference when at first I just thought he was 'knit-picking'.

The '555 Golf Academy' curriculum with its '**10 BASICS**' broken down into the '**5 SET-UPS**' and the '**5 EXECUTIONS**' can be understood by anyone who decides to invest some time and effort in their pursuit of the game. The addition of his '**5 CONTROLS**' as an insurance policy to protect the 'Basics' makes the I.G.A.'s unique '**5 5 5 SYSTEM**'

very reliable indeed. Karl calls it 'Bullet Proof' and I think it's 'Bomb Proof' as well.

This book, '**GOLF....Solving The Complexity Myth**' is very special. At first I thought that about 2000+ pages was going too far. Now, having read it many times as it has developed, in fact having assisted in some of its growth, I know it is truly unique, world class! The depth of knowledge is spread over very large carefully-defined areas so as to be easily absorbed. Karl's attention to keeping the content entertaining is key to the book's certain success. The book takes on the form of an encyclopaedia and its Index is most functional. It's not a 'one-sitting read', but neither is Golf 'one round and you've got it'! Golf is never completed.

This is really a collection especially when you include a companion video that closely parallels the written work.

It is of interest to note that in all my years of reading, listening to live presentations, attending clinics, watching videos and the Golf Channel, much of Karl's material and his approach to the problem areas of the game is new and fresh. He humbly attributes it to his great teachers but I assure you there is more. He has learned along the way and truly earned the right to make this presentation in book form. He is intuitive and relentless in his pursuit of knowing more about Golf. The putting information and personal teaching I have received has brought my deep feeling of futility and frustration over the past decade to a new confidence in this 'Short Stroke' as he calls it. Karl has revived my love of playing the game. I am grateful and respectful for his companionship on the links. I am having fun again!

This book is a worthy undertaking and it shall most certainly set Karl apart from the multitudes whose more limited experience and knowledge and different delivery may not as broadly serve the needs of hungry Golf enthusiasts. His delivery is special. When he says 'teaching comes with responsibility to truth and reality', he both knows what he is saying and means it.

Whatever your level of play, sit back and enjoy! You have a treasure in your hands that may last or serve you faithfully for a lifetime.

This book makes me proud!

**John**  
Aldergrove, Canada

## FORWARD

By **COLLEEN HENRY**, LPGA,  
Club Professional Division

'Excellence is the result of caring more than others think wise; risking more than others think safe; dreaming more than others think is practical and expecting more than others think is possible.'

Anonymous

Congratulate yourself right now for picking up this book!

This is not your average 'How To' golf instruction book. By reading all or a portion of this text you are putting yourself and your game in a position to be above average. Understanding is the first step towards improving. You have made the next right step in moving towards your personal goals within the game. Whether your purpose in reading is to shoot better scores, improve your competitive edge or just have more fun, this book is for you. Whether you choose to read all or a portion of this information you will undoubtedly come away with heightened awareness of the golf game, the swing as well as the mental and emotional gymnastics golf often pulls out of each of us. This book is about Life!

As an LPGA Member and teaching professional I recommend this book if you are interested in improving any or all parts of your game. Mr. Fischer's experience and intellect come together with his true concern for us and years of experience to produce the most thorough and comprehensive manuscript to date about golf's laws, principles and preferences. The pictures and illustrations are unique in their thoroughness and placement. Karl's concept of 'Components and Procedures' is fresh. Getting each one of us to play comfortable 'Alignment Golf' by his '555 Golf' method is very attainable.

What can you expect from this collection of books? Results. When can you expect these results? Immediately ... in relation to your goals which you must define. There is no doubt in my mind that you will find the information Karl presents to have a positive impact

in helping you move towards your goals within the game and possibly life depending on where your personal sights are aimed.

I have experienced first hand the benefits of Karl's instruction techniques. His 'Keep It Stupid Simple' (KISS) style has introduced me to new ways of thinking about my game. Along with that, I have greatly improved the consistency of my play. I have become a 'Ball-Pin' (Two-Point) golfer as he puts it; better visualization with primary focus on the target as he suggests.

While on the driving range doing my job as 'Product Tester' for Acushnet's R&D Division (Titleist, Cobra, Pinnacle and Foot-Joy), I continually witnessed Karl in action with scratch golfers as well as novices. As in this manuscript, he never left the tee-line until the student understood the lesson being covered and mastered something. Negative aspects were minimized. His courtesy towards and understanding of the student combined with his patience was a rare combination. This kind of commitment to excellence is something we can all benefit from in our lives both on and off the golf course.

I am happy and proud to recommend this book and its companion Video and DVD to all levels of golfer. You now have a true reference base for the game and you can even approach or contact the author.

Hit 'em long and straight.

Enjoy!

**Colleen**  
Indianapolis, Indiana

## FORWARD

By **LANCE BRADFORD**  
Dedicated Golfer

Karl Fischer has taken my golf to the next level, providing me with a vast wealth of practical knowledge that will always be a part of my game. It is now part of me!

Before I met Karl, I was an inconsistent player, going to the course and hoping I would play well, but fearing I wouldn't. Now I understand my swing and my game and I am always ready to play well. He combined his skills as a seasoned 'International Master Teaching Professional', airline captain and an engineer to present golf in a simple yet complete manner. Now there is discipline and routine with which I can play well. That is a thrill!

I have learned that having Karl and his books as a resource gives me an edge over other players. My resulting confidence is a key ingredient to winning. I strongly recommend the teachings of Karl Fischer to anyone at any level who wants to improve his or her game. I can assure you, it is more fun when the ball is struck soundly at the target!

**Lance**  
Las Vegas, Nevada

## FORWARD

By **Dr. ROBERT E. BRADEN**  
Sports Medicine Specialist

Knowing muscles and bones, how they interact and work together, is a very big part of my life. My patients rely on my understanding and application of this knowledge which I constantly update year after year. So far it has worked very well!

One of my current and growing specialties is in the 'Physical Discipline Of Golf'. I spent quite some time struggling to blend my intimate knowledge of the body with the skill of swinging a golf club. I have to admit I was struggling as I did not truly understand the proper swing mechanics. I am not a golfer!

Then along came Karl Fischer as a patient. I soon discovered he was a very deep study with broad experience in the golf swing. His first appointment with me was about twenty minutes but we spent at least another hour just talking about each other's passions. One of his is certainly helping people like me better understand the golf swing. I am so grateful for having met Karl. We have spent uncountable hours discussing physiology and what makes "Golf Balls Go Away" as he so aptly puts it.

What you are about to read, although very lengthy and, at first, perhaps a bit daunting, is really well written and very entertaining. It is more than just your average 'Golf Teaching Book'. A lot more!

I am proud of this literary effort and thank Karl for allowing me to contribute.

Enjoy it for years to come!

I will!

**Robert**  
Las Vegas, Nevada



## FORWARD

By **IAN A. ELLIS**, Golfer

I have had the pleasure of reading **'GOLF....Solving The Complexity Myth'** carefully from cover to cover with a critical and curious approach. I have come to know the author and this 'Game' a whole lot better.

If you are undertaking a reading of this book you are in for a real treat. The author has made the approach to learning or improving your golf game a lot simpler than I expected and has done so with the dedication of a professional golfer and teacher with love of both. The diagrams and illustrations are of significant importance and you find them in just the right places, even more than once if the author feels it is of benefit to your learning. This extensive work might occasionally seem repetitive, but now I know why. So is Golf. Karl obviously knows this.

Golf certainly has a philosophical side and this author has managed to expound on this from a rather deep but fresh point of view. The qualities of a rewarding joust with golf and a good life have a lot in common. Perhaps this is why the 'walk in the park chasing a ball with a stick' has and will survive for a very long while more than it has already.

Exceptional teachers like Karl (he's better in person) are the key to keeping this game growing and enjoyable. One must learn golf skills else they fall prey to the hard-hitting frustration that comes with the chronic inconsistency golf so generously meets out!

While the book may appear long, it is well indexed and broken up with anecdotal stories and very appropriate quotations. There is a lot to digest but it is so laid out as to allow you to both wander effectively and to zero in on particular problems, always with a very strong emphasis on the '10 Basics'. These pages to me are a wise, long-term investment in my future enjoyment. I will read it many more times in the future; moments and hours. This is the author's design and purpose.

It is also wonderful to have so many exercises made available for working on improving my game. I guess that after more than twenty-

five years of teaching golf, and paying attention to details, knowing what works and what doesn't, has resulted in Karl's depth of knowledge. I have personally seen him teach golfers of various levels, some of whom spoke no English. His mental library is well equipped for any situation. Student needs are always met with a generous dose of patience, respect and a good sense of humour.

I really enjoy Karl's ever-present and very alive philosophical approach to the game blended with his quick wit and that very wry sense of humour he never leaves home!

This book is unique.

Enjoy! Good reading! Good golfing!

**Ian**

Vancouver, Canada

Hong Kong, China

Q56)

"Golf seems to me an arduous way to go for a walk.  
I prefer to take the dogs out."

Princess Anne  
(more royalty speaking)

## FORWARD

By **JAMES PAYTON**, very serious and accomplished 19 year old golfer intending to turn professional very soon.

James has won a wall full of trophies and awards. They include being 'Champion' in more than nine Southern Nevada golf events. He was the winner of the 'CalPak Western Championship' as well as having come second in such events as the 'World Cup Junior Championship', the 'Bill Dickey Amateur Championship', the 'Western States Junior Championship' and more. This young man is no stranger to the pressures and intricacies of being out there on your own in the heat of battle, one shot at a time. Few know this thrill. James knows and truly thrives on it!

I met Karl Fischer during my junior year of high-school on one of the local driving ranges where he was head teaching professional. I was struggling with my swing mechanics and he obviously recognized some deficiencies from a distance over a period of time. My attitude was negative too! Things were wrong! We had high-school golf instructors but none of them understood my swing which consistently scored quite well. They had all but given up on my quirks! We were all frustrated which further hurt my team performance and contribution. I bumped into Karl deliberately, as I had heard such good things about his knowledge and patience; both very good assets! I would sneak over and listen to what he was saying to his other students too. He made sense. Karl was hesitant to get too involved with me because we had high-school instructors. I insisted that we discuss my swing so we met very early one Saturday morning in the far corner at the far end of the driving range and the connection was made. What a great day that has turned out to be!

Since then my golf game and my life have changed for the better. I have very high hopes that we both know are equally realistic. I am going to reach the goals we set together. I am going to change my life! Karl is a very important part of this dream that is going to or is coming true. I have had a taste of college ball and this has further confirmed that we are working on solid basics. This experience away from Nevada has also confirmed my trust in Karl.

Karl really knows what makes a clubhead go and he has figured out why that gets a golf ball from A to B directly. He can make anyone understand the same real world stuff and how it applies to each individual. I now know that!

Mr. Fischer is a man that believes in his own knowledge and experience. He believes in and trust me to do what we need to do to grow and improve. Karl is dedicated to teaching his students the right basics about the 'Swing'. He even has me capitalizing the word! He has very simple necessary fundamentals that are flexible, ('Custom-Fitted') for each individual which makes great sense as we are all different. My past coaches seemed to want to make me into Tiger or Ernie Els. Nice thought but we are different individuals and I know Tiger personally! I have played golf with him!

Unlike other coaches, Karl listens to me. He wants my feedback and honest dialogue. He is stern! He says that neither of us is a mind reader so we must share lots of honest information. I really appreciate that about him. To me this is a great attribute of his and certainly has contributed to his well-earned reputation and our relationship. I am playing better all the time and am very confident of my increasing ability.

Thanks for all your continuing support and trust in me Karl!

**J.P.**  
Las Vegas, Nevada

## FORWARD

By **JOHN SHIELDS**, Lawyer & Golfer on a Harley 94

I first met Karl Fischer about five years ago regarding a business matter unrelated to the 'Game Of Golf'. (you see he has me capitalizing the letters too!)

Over the next year and a half we developed a friendship and I learned that he was a golf teacher and philosopher. When Karl learned of my weekend forays on the golf course he took a casual interest in my game and periodically would offer a tip or two or an insight into the strategy of this crazy game.

Later Karl disclosed that he was writing a book on golf instruction and asked me to read his draft and return it with any candid comments I felt appropriate. Being a 21 to 22 handicap, I was flattered. He told me that is why he wrote the books, for people like me. So over the next several months I read it from cover to cover and scribbled pointed notes. It was an informative read that I really enjoyed, even before the pictures and illustrations had been inserted.

In this book, Karl certainly presents his views on improving the golf swing through a simple 'Set-Up Routine' (**5 Set-Ups**) and what he calls his '**5 Executions**' and the '**5 Controls**'. This makes up his unique teaching system called '**555 Golf**'.

The beauty of his philosophy and delivery is that it allows for a golfer of any skill level to go into as much depth as he could possibly want about any aspect of his game. The design of the 'Collection Of Books', using the great Index, enables us to quickly and easily refer to a single point of concern for an easily-understood solution to a problem that we may be experiencing. Karl often gives us several approaches to a single question. Sometimes we need several!

There is a caveat, however. Even the most curious and careful student of Karl's work will not improve to his or her potential unless willing to put in the time and effort on the practice tee necessary to get it right and 'Consistent', repeatable. If you are like me, that is a problem which will not be totally solvable,

given the demands on time for family, work and the often poor weather in these northern latitudes (Pacific Northwest) which truly limit my golf. I have managed, however, to reduce my handicap to a 15 over the past eighteen months and on one occasion shot a career '78' on a real course called 'Battle Creek'! This is a number I didn't believe to be possible. While I have not significantly increase my practice time, following Karl's generous and well-thought-out recommendations, my practice has become much more focused and the results show on the course. He says "Practise Smart so you can Play Smart". Your improvement, like mine, will also be directly related to this improved focus you bring with you to your session during which you apply the very simple 'Golfmyth Basics'. The '**5 Controls**' are really key to consistency. You may soon adopt them as well.

My expectation is that, like me, you can improve your skills and reduce your handicap by referring to these literary efforts. Maximize your practise time by concentrating on the very clearly-defined fundamentals which Karl calls 'Mastering The Basics'. Walk before you run! Focus on the key items most needing your attention and, most importantly, you will then play a better and more enjoyable game for the rest of your golfing life.

I hope you too enjoy the 'Golfmyth' and play well!

**JOHN**  
Marysville, WA.

## FORWARD

By **LYNN SZTO**, Novice and Admirer

Karl says I contributed to his book yet I wonder "In what manner"? He told me it was because I was such a good student. He said I was inspirational in my diligence, inquisitiveness, attention to detail and that he and I both benefited accordingly. He asked me to read one of his first drafts. Perhaps that may be my contribution.

You are about to read something of more worth than you could have ever hoped for or imagined while making your substantial purchase. This collection of books, if you give it a chance, will become a friend. '**GOLF ... Solving The Complexity Myth**' has the possibility of becoming one of your personal literary treasures. It truly is a 'Collection of Works', of a lifetime pursuit of excellence, supported by a 'Companion DVD Video' that adds another very powerful dimension to your experience. These two are created so you can understand what has always seemed so complex and usually just out of reach. Making another good shot always reminds me of chasing moon-beans in a misty night.

Hope that you are fortunate enough to someday meet the writer.

This literary commitment, which truly reflects Karl's sincerity, knowledge, devotion, tenacity and humility, is a good second best. He says he is not an instructor, but a 'Teacher'. I do not know there to be so much in a name, but I do know first-hand that he deeply cares about every student regardless of his or her potential or level of development. That to me is his greatness and he is also a teacher. This effort will have impact. What you are about to experience will become a true legacy to the 'Game of Golf' and very likely more.

A lot of what Karl includes in this book is inspirational.

Enjoy!

**Lynn**  
Delta, Canada

## FORWARD

By **TOM JOHNSON**, Avid Player and Student of the Game

Karl Fischer first approached me as he observed my 'mechanically challenged' amateur swing on the driving range at Angel Park in Las Vegas in January 2000. As he quietly offered sound advice and introduced me to the simple concept of 'alignment golf' rather than more complex 'mechanics', on which I was over-focused, I immediately sensed an instructor who possessed supreme knowledge of the golf swing, a passion for the game and a sincere and genuine intention to help others. After watching too many of my tension-filled, upright and over-the-top swing moves, I discovered that patience and tolerance were also key Karl Fischer attributes.

For me, the pieces all started to come together with the term 'brace toe pressure' which is unique to Karl's teaching system. When I first heard it, I had trouble grasping the true meaning and function. However, as time went on and golf balls started flying consistently towards their targets, I realized Karl had opened my eyes to one of the true insights to this golf swing; 'Bracing'. I invested a lot into my previous lessons and practise. This was actually the first time I truly felt the 'transition move' through the ball because it was 'from the ground up' as Karl so aptly puts it. I finally could feel the turn into the right side, brace against it and then simply allow the 'abdominal' uncoiling and 'brace leg drive' to return me to and through impact with my lower body leading the way. I, like most amateurs, strive to find tempo, rhythm, consistency and effortless power in my 'driving range' swings. To obtain these things, a golfer must recognize, understand and employ some basic insights that Karl constantly reinforces. He is relentless in his 'Mastering the Basics'. As he puts it, "You can only solve complexity with simplicity".

What is contained in this encyclopaedia, as overwhelming as it may appear, is a chance for a golf student to find an answer or answers to every aspect of his swing and game. Even when golfers are not swinging away on the fairways, they love reading about the great game and discovering more of the insights that will help them improve. Within these pages, the swing is discussed in much orderly depth but eventually the information is simplified in such a way that is easy to understand and hard to forget. There are numerous



opportunities for learning one thing, the golf swing. '555 GOLF' is powerful. I truly hope you get it too!

When Karl asked me to make a contribution to his book, I felt tremendously honoured. I wondered what I could possibly offer to a man who has spent so many years diligently acquiring information on the swing and teaching this to his many students. He told me he learned more from us than he taught us! I suggest that you read what follows with the intention of picking up something that you can incorporate into your own swing. The book is designed so that you can read it in bits and pieces or in long sessions. It is truly a reference source. In only a few months under Karl's influence I was able to see and feel some very positive and lasting changes in my swing and I gained a fruitful friendship as well. As you read through his writings, his true passion for the game and his sincere desire to help others will become evident. If you are really persistent you may get the chance to spend some time with this teacher in person. I am very fortunate for having done so.

This book will become a valuable addition to your golfing library and a reliable reference to turn to whenever your swing gets off track. '555 Golf' is simple good old distilled common sense that is not always all that common! We should never stop learning. That is what makes life so precious and challenging. Read on, absorb what you can and remember to play well and have fun!

**Tom**  
Las Vegas, Nevada

Q59)

"Golf is a good walk spoiled."

**Mark Twain**

**WHY, IN HEAVEN'S NAME? WHY?**

This is a silly 'Sport' of grown adults and ageing weanlings. I still struggle to put a name on my good friends who have survived 70 plus years. 'Golf Archiotypes?' So I won't, but they are in this silliness up to their derrieres, none the less. This 'Sport' of chasing a 'Little White Ball' (colour doesn't seem to matter) with our legs in various states of disrepair covered by the damnedest array of clothing and carrying an adapted stick, while even keeping score, makes little sense.

**So Why?** God only knows why but it may be in pursuit of the most basic of higher math skills; you know adding small numbers with big totals!

This 'Game of Golf and Life' keeps church pews occupied or empty; confessionals warm or needing to be; weighs down the squeaky light leather of the psychologist's couch and prods old and hard-earned cash nest-eggs into the open to buy ridiculously expensive, ill-applied 'Golf Tools' that lead us wrongfully into a trusting belief that one can buy a great Golf Swing. The 'Sport' might even beckon prematurely those of us to an early snuffing out of our candles, willingly on occasion (suicide). It may seem the only workable solution at a moment of despair but it is not.

The frustration and the satisfaction, the suffering and the pleasure of the 'Sport' are at best juxtaposed. Golf is an anomaly. Its nose runs and its feet smell!

Why in Hell do we suffer such self-inflicted ills? Truly, only God may know.

What we want in Golf, our personal games, is to be in a smooth reliable groove, (not far from the same basic physical structure known as a ditch, just smaller), and not to be in any form of bumpy rut, as seems to often be the case. Teaching this 'Game' has proven this allusive reality for all of my many years playing soft-saviour and teacher. The ruts are far too full for the occupants' liking.

Yet, there are ways of overcoming these athletic 'Off-Road Excursions' that make bumpy trips. Welcome aboard. Come along for the ride and enjoy!

## MOTIVE AND RATIONELLE

Huge numbers of good people, moment by moment, blissfully decide to 'Take Up The Game' and, often with borrowed 'Tools', strike out.

Unfortunately, in their infancy, a few bad experiences, a few terrible and embarrassing holes or frustrating rounds, often end up with their quitting when each neophyte's potential might have been tremendous. Certainly, most could have prevailed and had FUN!

As 'Teachers and Leaders', we are charged with the responsibility of quickly getting our clients having FUN! When I fail, I am saddened just a little by each poor event. We soon learn that 'Pleasure' must be created and sustained very early on in each new participant's introduction to the Game. Statistics tell us that for every hundred entrants into Golf nationwide about seventy five exit or never really find the pleasure they had anticipated. Sad and unnecessary!

So when you examine the future of the Game, which must certainly include 'Growth In Participation', it is an unavoidable conclusion that we as teachers must strive diligently to do two things;

- 1) reach out to and be a positive influence  
to more 'beginners' on a daily basis
- 2) reach out to and be a positive influence  
to more 'strugglers' on a daily basis

The old adage that 'It is easier to retain a customer than it is to seek out and establish a new one' is so true about the 'Great Game of Golf'.

To every person who ventures into the field of teaching, I implore you to do it based on simple fundamentals and no 'Smoke and Mirrors'. Don't become a part of the problem. When you speak, worthy or not, people will listen. I encourage you to never stop learning yourself; you must be a student so as to be able to continually grow with your clients. I also encourage you to be patient and sincere. Teach as you would like to be taught!

C5]

## RATIONALIZATION

When you clearly examine and define the necessary changes you really need to implement in order to increase your likelihood of success, **'RATIONALIZATION WILL NO LONGER BE AN OPTION'**. You know .. the 'Woulda, Coulda, Shoulda'! Any rationalization is like excuses justifying mediocrity. If you have deficiencies, overcome them or live with them!

Define desires. Examine your artillery. Count the troops. Inventory the assets. Set goals. Pick realistic targets. Make Massive Moves!

These are just like 'Components and Procedures'. When in motion, they are inseparable.

Save the excuses!

Get a handful of reins, "Head 'Em Up And Move 'Em Out!"

Drama's for Mama!

I bet you do not know where the "Head 'Em Up" comes from! The Old Country Gentleman Teacher' knows! When you ride (if you do you will know) and take a break, sitting on or off your horse, on the coach seat or off, the horse is a very practical animal. He knows when the labour is over even if temporarily. He will want to do one of three things: rest, eat and drink and get out of the gear if the day is completed. When the day is not finished and the saddle is not coming off and there is no food or drink, when there are more miles and work to do, the wise horse will very quickly exercise the 'Rest Option'. This usually includes 'Dropping His Head' which is part of the rest function. You climb back up into the saddle or buckboard seat. Take the reins in hand and give them a shake. This talks to the horse or team of horses that have their heads down resting. The pick them up! That's 'Head 'Em Up'!

So now you know 'The Rest Of The Story'!

C6]

## METHOD IN MY MADDNESS

Q60)

'Something said in several ways  
may last many more days!'

KF

The 'Teaching-Learning Process' is sometimes magical but is more often just simple carefully-thought-out and precisely communicated messages logically applied at the right moment causing diligent responses likely including some hard work. 'Smart Practice' is better than lots of time spent going through the motions. Perspiration is good for cleaning our pores but it should be efficiently created for some purpose! Two steps forward followed by one falling back might be relatively expected sometimes but should be avoided at all times!

We as teachers must say the right thing at the right time to ears that are anxious to hear. More than once, repetition of basics is an essential ingredient in our recipe.

There is 'Redundancy' in these your 'Golfmyth Collection Of Books' and it was planned that way for 'YOU'. Quite candidly, I often did not get important things until about the third kick at the cat! I was a slow learner at times! My repetition is in case I have '**Like Fellow Travellers**'! Suspect I may have!

I thank you for reading and listening so often for so many wonderful years!

I am not planning on going away any time soon!



Target & Brace Posts  
Swing Sequence #10, Top Of Front Swing  
Full Pivot Engine Delivered and Released

Q61)           Before the beginning of great brilliance,  
                  there must be chaos and lack of order.  
Before a brilliant person begins something great,  
                  he likely looks foolish to the crowds.

(Ancient Chinese Proverb)

C7]

## **AUTHOR'S PREFACE**

"You have just made the 'BEST or WORST' shot of your life!  
Explain simply and clearly how it happened, right now."

**YOU CAN'T?**

Herein lies the problem!

### **PRIMARY OBJECTIVE:**

A primary objective of the '**555 GOLF ACADEMY**' ('I.G.A.') and this book '**GOLF...Solving The Complexity Myth**', which will take you through a very thorough 'Role-Playing Golf Lesson' called the 'Big Picture', as opposed to a whole litany of 'Theory and Physics', (but there is some science), is to provide you with the basic knowledge which will enable you, in the near future, to answer that question. Simple answers are essential to your Golf growth and pleasure. Life likes simple answers!

The '555 Golf Academy' was started and developed expressly by me, as a life challenge, to provide a theatre in which we might demonstrate and promote what you are about to experience in print. The pronoun 'WE' is used because teachers of like mind and commitment need a place to prove, share and effect their talents and knowledge. They are rare.



I have been told on occasion that videotapes are the only modern way of getting this message across; that a book of this magnitude is **"Ten Years Behind The Times"**. I cannot tell you how much I disagree. However, I clearly understand the 'Visual Value' of the video. It is for this reason we are preparing a 'Companion Video' to these books and a 'DVD'. They are an enhancement to this effort and not a replacement, except for those who cannot or do not read. What is herein stated cannot be totally accommodated visually just as neither a book nor a video can replace a great living, breathing sensitive teacher. There's something about face to face and the raw fleshy form! More than thirty years of teaching has proven this beyond any need for discussion.

#### **CRAP-SHOOT GOLF:**

**'GET LUCKY or CRAP-SHOOT GOLF'** is a brand of 'BALL and STICK' entertainment in which you make terrible or great shots for years and do not quite know what created them. In this 'Knowledge Vacuum' you may have been stuck playing at the same performance level for years or even decades, in fact may have deteriorated, when you should 'ALWAYS' be improving both mentally and physically at any age. 'GOLF' is not purely a game of 'POWER' or brute force. There is room for all of us in it. We can clearly perform beyond our expectations.

What is a good 'Golf Swing' made of? What are the good 'Swing Attributes' or the bad? When you do not know what made the good shots good, or the bad shots bad, how can you reliably repeat or avoid these polarized varieties?

When improving is so readily at-hand, you deserve some simple basics, mental and physical, that will serve you loyally and effectively for the rest of your life. Good habits weather well you know! You deserve simple answers to your simple questions.

When a great player makes changes he never, or rarely, alters the fundamentals. He might put some frosting on the cake but the cake had better be baked first by a good recipe.

If this were a cook book, we would work on the cake first and get to the icing soon enough. This 'Solving The Complexity Myth' intends to get us walking before we stretch it out to a controlled run; besides smart and efficient golfers are not sprinters. They are determined, confident and enduring closers.



## 'HOW TO READ THIS BOOK'

You can read 'GOLF...Solving The Complexity Myth' '[Cover-To-Cover](#)'. If drawn, read it cover-to-cover twice; two sittings is fine! You can read it '[Front-To-Back](#)'. This is recommended, especially in the first reading, but you can read it '[Back-To-Front](#)'. You may simply jump around '[Topic By Topic](#)' as each chapter is quite singular, although connected. So, you can source items from the '[Table Of Contents](#)' and from the '[Tour-Guide Index](#)', from either end.

I intend this effort to be more '[Encyclopaedic](#)' than pure narrative instruction. Golf is such a big topic for so many good people it requires something more than just a 'Short Book of Tips or Experiences'. I have always felt a 'Golf Encyclopaedia' was needed so we average mortals, working souls trying valiantly to stave off the wolves at our doors while serving our families and employers well enough to find time for Golf, could have one book at hand that at least came close to having a good many answers to our good many questions.

I have read great Golf books, far too many mediocre ones that prescribed more confusion than clarity and some that were just weak subject matter poorly applied to anyone willing to be painted with it. Wish the great teachers were all still around to collaborate in one expansive effort. Perhaps it is best they are not. I am not certain. But I thank them one and all for what they have taught me.

The 'Encyclopaedic' design is so that you can look up your problem or focal topic through a '[RECIPROCAL INDEXING SYSTEM](#)' and go straight to those pertinent sections. Please use your '[Tour-Guide INDEX](#)' and '[Glossary](#)' liberally.

### STARTING AT THE END:

With this 'Reverse Approach', even in Life, everything going to 'Hell In A Hand basket', you will at least appear, by only turning around, to be winning the race or be home first if you start at the finish line and then quit early!

Often I have found that reading the last chapter of a book 'First' is useful for me. I then know what I am about to undertake and where I am headed. This approach gives me at least a glance at the completed 'Jig Saw Puzzle' before I am confronted with all the pieces. Previewing the conclusion gives me an 'Up-Front Skeleton'

on which to hang the muscle and tissue gained from the entire exercise.

For this reason, you will find what I consider to be the absolute distilled framework of my teachings in the next few very short chapters after this 'Preface' and the section I call the 'Pure Stuff'.

#### **FRAMEWORK:**

This 'Golf' framework, which I like to think of as '**555 GOLF Or The TEN BASICS**' is only '**ONE PAGE**' (stretched a little at this initial point to give more explanation). These 'Ten Basics' say it all in such abbreviated form that you may indeed have to read the entire book to understand them, but I want you to have a full view of our 'Distilled Destination' before departure. I want you to know where we are heading. I will give this to you very shortly.

#### **ABSOLUTE BASICS:**

The '**VERY ABBREVIATED CHECK LIST**' ('**V.A.C.L.**') is one additional page that puts our entire programme in perspective. It still deals with only 'Ten Basics'. This check-list is designed for you to carry in your hip pocket for on-course reference. You will find three of these little cards with this book. If you wear all three out or lose them to a friend, we have more with a simple call, 'E-Mail' or 'FAX', 24 hours a day!

The ten very distilled basic items are arranged in two groups of five, the '**5 X 5**', quite a small enough pill for any one of us to swallow and digest. Like counting on ten fingers, or juggling ten balls, it is simpler to handle two groups of five than one of ten. I do not know about you, but I cannot juggle ten balls!

You will find also a section dealing with important items such as the '**PRIMARY IMPERATIVE**', '**SECONDARY ABSOLUTES**', '**5 ESSENTIAL ELEMENTS**' and '**COMPONENTS and PROCEDURES**'. These will become very well-known to you before long. Be patient when you read as I do not expect you to grasp all the material at this end of the book. Rest assured you will have a good grasp by the last pages. If you have questions, pick up the phone, E-Mail, FAX or arrange to attend one of our '**HIGH DESERT GOLF CLINICS**'. Don't delay the start of getting better. It is close at hand.

## TWO GROUPS of 5:

Our famous '5 X 5' of which you are about to learn a great deal more.

They are the '5 SET-UPS or Static - Passive' (not Swinging) components and the '5 EXECUTIONS or Dynamic - Active' (Swinging) ensemble. It is my long-term and hard-earned opinion that if you can master or get a handle on just these ten (10) items, you will be firmly-footed and ready to better understand your game well enough to be on the road to substantial improvement and playability. Most importantly again, to give you encouragement, you need only do these five one hand at a time. The '555 GOLF' basics are very clear and easy indeed. You will soon see 'first hand', one hand at a time.

Seldom do we have an opportunity to at least ponder such 'Complexity' as GOLF presents in a potentially simplistic form that will prove to be permanently beneficial.

## '5 CONTROLS':

Finally, I have developed what I call the '5 CONTROLS' (the Third Group of 5) which, when all is said and done, will be your refuge in a storm and guard your performance like a highly-trained 'Special Team' of bodyguards. Their loyalty will only be realized in time when you are tested on Golf's battlefields and win. The pilot in me urges 'Bullet-Proof CHECK LISTS' to keep us on course and steered away from the storms and sometimes 'Lumpy Route' we tend to take. You too may rely on just these '5 CONTROLS' to keep your 'Well-Oiled Machine' on track. I am dead-certain this 'Check List' will serve your GOLF needs as they have mine and I am honoured to give them to you.

Some of my instruction team and students have come to call these '5 X 5' and the '5 CONTROLS' our '5 5 5 SYSTEM' or more simply, just '5 5 5 GOLF'. I rather like that. You may as well. It says exactly what we are all about. The team would be pleased if you did adopt the system. I personally find it makes great sense and is simple which always helps good old country boys!

You will soon find a 'One Page' description of this '5 5 5 GOLF' system in the book. The location of such primary items can always

be found in the 'Table of Contents' and your most-useful INDEX.

#### **ABOUT THE INDEX:**

(at the tail-end of the books)

I cannot stress how important and useful I think a thorough 'Index' should be to each reader. It is your reliable road-map to points of interest and need. It will truly help you 'Navigate On This Voyage'. Numerous 'TRIPS' make up the 'JOURNEY'.

You should find the '**INDEX**' most useful as you can locate specific information based on topics of your choice via what is an alpha-numeric system of listings based on Chapter and Section. Pick up the book, locate your topic alphabetically in the 'Index', find the answer, (often in more than one location) and then work at applying it first to your mind and then to your game.

The 'Encyclopaedic' design allows you to find what you want without reading volumes sequentially.

If you find a word, term or phrase that is confusing or seems as though it should be referenced, simply place a book-mark where you are reading and turn to your 'Glossary Of Terms' (dictionary), to 'Golf Lingo', the 'Glossary of No-No Terms' or to your '**INDEX**' and alphabetically look for the specific item. Use Webster's if a word confuses you. Your side trips may well be the most productive part of this reading experience. Make lots of them as you will quite easily pick up where you left off.

I designed this book so you could enjoy managing this process.

#### **GOLF RULES:**

You will find numbered '**555 GOLF RULES**' interspersed between the chapters as well as explained in the body of the book. '**RED RULES**' are primary. Make sure you understand these and apply them to the best of your ability. They are listed in your 'Table Of Contents'.

#### **SUBSTANCE & PURPOSE:**

If **'GOLF...Solving The Complexity Myth'** has substance, you will get something new and meaningful from it every time you pick it up, whether it be for five minutes or five hours. This is my purpose. Your current interest in this 'Great Game Of Golf' has become or is becoming a lasting relationship. There is a very good likelihood that it will become an infatuation or obsession, if it has not already done so. It's worthy !

I want this book to warrant a few moments of your time ...'OFTEN'. I hope and trust it too, like 'Golf', is worthy of your precious spare time.

#### **SOME HELP IN GETTING THE MOST OUT OF THIS BOOK:**

When I want to 'Emphasize' an item or word it is put in single quotation marks.

To make an item of significant 'IMPORTANCE' clear to you I have used 'CAPITALS' throughout the book. There is a special purpose, however subtle.

To strongly emphasize items of '**PRIORITY**' I have used bold, and all '**CAPITALS**'. Items such as our '**PRIMARY IMPERATIVE**' and our '**SECONDARY ABSOLUTES**' are always presented in this manner.

#### **THE MAIN COURSE:**

The '**MEAT AND POTATOES**' chapter is key. Another section is the '555 GOLF ACADEMY LESSON FORMAT', the '**BIG PICTURE**' which has grown over the years into a very natural, safe learning and skilled delivery sequence. Rather than reinvent the wheel, I prefer to stick to what has worked so reliably.

May I suggest that you approach this book as a friendly lesson, one in which you can either observe (be the fly on the wall or the picture with ears) or '**ROLE PLAY**' and participate. The latter suits me. When we are doing clinics, we do not object to observers. We invite observers. What we do is to get them involved as soon as

possible ...off the bench or sidelines and out onto the field where the action is. That's where the fun begins. Being an 'arm-chair quarterback' leaves something still in the breach.

Anyone who can walk and has one hand or one leg, with or without eyesight, while even lacking in great motor skills, with his or her mind set and focused on the task and putting in the work, can Golf.

I have and continue to teach wonderful people with these real deficiencies. Their lives are better for having come in touch with this 'Great Game Of Golf'.

#### **APPETIZERS & DESERT:**

Over the years I have written for numerous publications. I have had lots of E-Mail and letters. Because I think there is value in these accumulated efforts and as the articles are necessarily quite short, I have included a carefully selected 'pot-pourrie' of these for you to read at random, whenever the urge beckons. You will find them titled '**EDITORIALS**' and located after the '**Meat and Potatoes .... BIG PICTURE**' so that our discipline and structure meets you first.

Also we at the 'Academy' have effectively aired an on-going series of '**BULLET-PROOF GOLF TIPS**' on local radio stations over the seasons. These cover an entire gamut of subjects, cumulative in worth, but not necessarily in any progressive educational sequence. They are '60 Second Sound Nibblers' and are clearly titled so you can again randomly select and enjoy their subject matter, just as you might do listening to the radio on your way to work or driving home daily while fighting frustrating traffic. Our 'GOLF TIPS' are always aired at these 'Pressure Cooker or Unwinding' times of day. We hear from our listeners that the content was beneficial and entertaining and that's what we intended so it was a 'Birdie' effort.

Our '**BULLET-PROOF GOLF EXERCISES and SKILL DRILLS**' likewise should prove to be of use in your daily Golfing lives, whether playing or teaching. The 'Exercises' are 'Fitness' related while the 'Drills' are 'Skill Related. Do not hesitate to design and adopt some of your own. This is part of the fun of the 'Game'. Be adventuresome.

We have also placed these on the 'Internet' via our carefully

developed E-Commerce WEBSITE [www.555golf.com](http://www.555golf.com) and our 'E-Mail' address [AskUs@555golf.com](mailto:AskUs@555golf.com) Visit us !

Through this process of being available to our readers, we have over many years kept track of your '**QUESTIONS & ANSWERS**'. Some of these appear near the end of the book. You should find them of interest as they are real questions from real folks about this surreal undertaking we have come to know as 'GOLF'. Feel free to contact us by any form of communication most conveniently available to you. We will always answer you queries.

#### **SMALL PARTS IN A BIG PUZZLE:**

Both the 'Editorial Articles' and the 'Golf Tips' are fundamental to our academy strategy. I will have most certainly repeated the messages in the central portion of 'Irgie's Book'. He is the little character on the front cover.

Please forgive any feeling of '**REDUNDANCY**', but the 'Greatest Golf Swings' in history, to a point, are both boring and wonderfully redundant. We, in the professional and educational segment of the Golf industry, tend to call it 'Consistency, Reliability or Grooved'! Some things are worth repeating. If I am redundant, I hope it is entertainingly and educationally so.

If you got it the first time around, someone else may require several exposures. Pat yourself on the back for being bright and quick-to-learn. Forgive me for my diligent attention to those slower. I haven't always been the nimblest learner and know through my teaching career that slow starters very often make the best pilots and players of the 'Great Game of Golf'. A great many of them finish first! You know the fable of the 'Tortoise And The Hare'.

#### **REPETITION:**

I have certainly repeated terms such as 'SEE THE BALL COME OFF THE CLUBFACE' and 'SWING THE CLUBHEAD **T H R O U G H** THE BUTT OF THE BALL DOWN THE LINE TO AND **T H R O U G H** THE TARGET' just slightly more than '13,263,179' times as of yesterday at 13:00 hours. (That's aviation 'Lingo' for 1:00 in the afternoon!) As long as you privilege me to continue in my teaching career, I intend to keep on repeating what I know is worthwhile repeating!

I think one of the talents and tools of a great teacher is his or her ability to say the same thing in more than one or many ways. Multiple deliveries enables a teacher to reach the naturally diverse audience more effectively. There are huge ranges in the personalities, desires and objectives in our students. Their experiential background, their psyches and physical abilities are all widely varied and the specific method and route by which we share our information asset, leaving strong, meaningful and workable knowledge residue, must be equally diverse.

#### **DIVERSIFIED AUDIENCE:**

I am writing this '**GOLF....Solving The Complexity Myth**' for you whether you are a beginner, a low-handicapper, a professional or another fortunate enough to have the opportunity and the customer base or following to teach. So the audience is large. For this reason, again, please forgive me for saying the same thing more than once, trying to get similar messages across in one book, in more than one manner to more than one category of individual. (that's a mouthful) I hope you end up the owner of '**more than one way of thinking about this wonderful opportunity called GOLF**'. It deserves such range and your many rounds to come will certainly provide you with occasions to apply every tiny bit of information, variety of knowledge and experience I or others might have the pleasure of leaving you. Note, we do not lend knowledge to you, we gift it permanently.

#### **DEFICIENCIES & RECOVERIES:**

(the nature of the game)

**'Swing Flaws and Ball Flight Errors are invariably the result of very Basic 'SET-UP and EXECUTION' Errors'**. Any poor shot has a breakdown reason or source of error. It usually starts very early on in your 'Routine or Execution' and is fundamental in nature. Thus the breakdown will be relatively repairable or avoidable early as well. Golf, good or bad, is a matter of 'Cause & Effect'.

There is always great hope for us in Golf. Those of us who feel frustration and experience difficulty always overcome it if we persist to try intelligently to do so. Golf is realistically brutal, and can be punishing while being magically fair and rewarding beyond most players' dreams.



**BOLD BASICS:**

(when you follow **555 GOLF ACADEMY** rules)

Soon into this book, you will know that if you strike the ball **THIN**, you likely did not SEE IT COME OFF THE CLUBFACE or failed to establish and maintain 'Primary Lever EXTENSION'. If your shot is **FAT** you either dropped your Chin from ADDRESS FIX, or you SET UP improperly in the first place. Too simple? Not at all. Just sound basics. More on these '**10 BASICS**' soon and, I guarantee their presence throughout this book.

I have 'NEVER' had a student, those unrelenting explorers and testers of teachers, 'EVER' tell me that either of my two (2) major tenets, the 'SWINGING MOTION of the CLUBHEAD' and this 'SEEING THE BALL COME OFF THE CLUBFACE', and the Academy's several other 'SECONDARY ABSOLUTES' at the centre of our repertoire, were either boring or not worthy of emphasis. These are proven worthy roughly 'Once Per Shot'!

If one little section of this book hits home and makes a positive difference for my readers, one at a time, I will be humbly satisfied and grateful for the opportunity of sharing my knowledge with you. It is my hope that this literary work might stimulate and assist good people to become effective instructors and teachers. In that manner I will have the numbers working with me. A growing number of teachers will help a growing number of students. What great prospects!

Q62) "You can get everything in life that you want,  
if you will just help enough other people  
to get what they desire."

**Zig Zigler**

### **PERSONAL GROWTH:**

This personal growth, clearer perspective and reliable pleasure that I, as a golf teacher, flying instructor and airline pilot, obtain by helping others to succeed is **'MY'** 'Carrot at the End of the Stick'. It stimulates me every day to keep going back to the range, airport, right seat or left, to meet more students and do the jobs I dearly love. Sometimes this 'Labour of Love' takes twelve hours a day, which is a very long time to deal intensely with the same material, but it is never the same twice. Each client is a wonderfully different soul; every take-off and landing, the 'Flight Planned Routes' and the destinations, are tantalizingly different. Like that pure and spectacular shot in Golf, the sum of the parts, all these ingredients, beckon us back. And we return.

You too should strive to discover the great 'differences and samenesses' in Golf's every day. Sort out the good ones. Properly attended, tilled like deep rich soil, **'IT'**, (You and your game), will surely grow to become a series of stimulating and rewarding, alluring, events that can and may well change your very lives. Invest in it! Take some risks!

I truly have never met one golfer who, in his clear and sober mind, sees this silly game of chasing a 'Little White Ball With a Stick' as anything less than 'Worthwhile'; even when the momentary pain and punishment, so ruthlessly delivered and generally deserved, pushes us towards surrendering against the headwinds and currents of the challenge. Yet the same task, in another instant can deal us a hand, 'Full House', or provide us with a thrill memorable for years to come, strengthening our well-being and resolve to accomplish the 'seemingly unattainable'. Lo and Behold! I've done it!

Exciting prospects for this old country boy!

GOLF DELIVERS!

### **SELFISH MOTIVES:**

This teacher often gets more out of you than you could imagine in your wildest dreams. Remember that 'The Absolute Objective of GOLF' is **'PURE PERSONAL PLEASURE'** and I am selfishly gaining that every day with your generous help. I am sincerely grateful even though I may have perhaps neglect to express my gratitude in person.

Enjoy this book and thank you for investing both your time and always scarce financial resources in Irgie's '[GOLF...Solving The Complexity Myth](#)' (an Encyclopaedia). What is knowledge worth? What will improving your 'Game' mean to your general pleasure? You will certainly get your money's worth out of this literary investment many times over!

Good reading and best of luck in all your endeavours.

Sincerely,

Dr. Karl M. Fischer

USGA, IGAD, CIMTP, CMCB, CGC  
PFe, ATR, CFI, CFII, CGI, CRH

Q63) Writing is easy. All you have to do is cross  
out the wrong words.

**Mark Twain** (1835-1910)

I pray that I have done so.

AND SO ...

Now that's a bit about how I feel and what I want and am hopefully about to do for 'YOU'.

**QUESTION:**

"What is the job of we 'Golf Teachers' ('Helpers to Swingers') who are called 'Golfing Professionals' instead of, 'Professional Golfers' who strive to win at playing?"

**ANSWER:**

"To permanently lend basic information on the 'Golf Swing' to anyone interested so they 'Master The Basics' including simple things like, '5 SET-UPS' and '5 EXECUTIONS'. Too complicated? O.K. How about just '5 CONTROLS' and that might be about it?"

"Fixin' to get ready comes first."

"Once you get that 'CHIN Tallish', 'GRIP in order', those 'FEET' in the best position to get some 'Work Done' ('STANCE and ALIGNMENT') and your 'BALL' where you can give it a 'Lick', well, you just get a big smile on and 'Give that 'Little White Ball' a hell of a swat. Twice is O.K. too, as long as you manage it into the 'Hole' in the least strokes possible. Some folks cotton to callin' it the 'Cup'. Your pleasure!"

"Don't make too much of it. Fussin' gets in the way of just lettin' the thing rip. Hittin' and follerin' I calls it. Not much more than that!"

"I see the youngins just having a fun time of it. Boy some of them can putt so naturally. Seems those older folks are too serious. That's a shame."

Q64) "Go as far as you can see; when you get there  
you will be able to see farther."

Thomas Carlyle

This very logical statement applies solidly to GOLF. Many nice people relate to me that their games have been stuck at that common 90 - 95 scoring level for "Twenty Five Years, but I still love the Game".

Even if we are not seriously improving our games with some conscious dedication and investment, we should, simply respecting our ability to enjoy Life, be advancing to a point on the horizon. We should keep moving forward and, with the carefully chosen help of a teacher, our futures will be brighter.

Never resign yourself to the '**Same Old, Same Old**'. Life is too short and the quality must be always be improved just a little every day.

Adding to and improving our 'Golf Repertoire', even seeming too little to matter, matters. 'Inch By Inch, It's A Cinch'.

If you doubt this, simply reflect for a moment on the very first day you picked up and felt a Golf Club. Have you advanced?

INDEED !

and you have certainly enjoyed a great deal of the trip. The best is yet to come.

" **Keep On Truckin'** "

**SWINGIN'**

Q65)

'Golf is too humbling to allow arrogance.'

Tom Watson

We pros, teaching and playing, should always clearly remember this quotation as this arrogance has an ugly way of creeping into the lives of those in this 'Great Game', those who least need it. 'Golf' produces role-models at every turn and from all the varied walks of 'Life'. Good people are always watching and our times are hungry for social leaders. Teachers must avoid arrogance at all cost, but often fail to do so. That's a shame.

Q66)

'Arrogance is the deceit of small minds  
over those more substantial  
and on a higher plane.'

Aldous Huxley

The sadness is not found in the actual arrogance, but in the fact that it is so evident to those on the higher plane. Really, no one is fooled except briefly those who have not experienced it before. Best that those in positions of trust stave off the weakness and, in doing so, learn humility. Teachers must not be arrogant lest they fail at their chosen profession. If it is not their choice, for any reason, depart in peace, early!

I CANNOT PUT **'IT'** MORE SIMPLY!

Having **'FUN'** is the  
ABSOLUTE OBJECTIVE of GOLF.

Producing or Developing, Learning a good repeatably sound,  
reflex **'SWINGING MOTION'** is the **'KEY TASK'**.

**'SOLID IMPACT AND RELEASE'**

Compression, Restitution, Separation and  
Maintaining the Line of Compression of the Golf Ball  
is **'INCIDENTAL'** to a good SWINGING MOTION.

**'PRECISE BALL FLIGHT'**

and ultimately Reliable or the Desired Pre-Selected Results,  
**'Low Scoring'**, will become

**'ROUTINE'** from SOLID IMPACT and RELEASE.

.....and YOU CAN DO IT  
with some proper help, followed by acquired knowledge  
through perseverance and courage.

There are very few **'Natural Golf Swings'** born.  
The others, those that stand the test of competition,  
are **'WELL EARNED'**.

C10]

## WHAT IS 'IT'?

Such a small word!

Meaning so much!

If you have ever had one of those blissful 'Golf Moments', the ones where everything goes right, where every single shot rolls 'Dead Weight' at the hole, then you will then know the meaning of the 'Golf' term '**Stone Dead**'.

You will also know what that 'State Of Mind' feels like; the one we have come to call '**In The Zone**'!

Often asked what that means, I know! '**IT is that 'Event or Period When Our Mental Energy All Flows To The White Light'**'! '**IT**' is a little piece of 'Heaven Here On Earth'! You deserve the experience. Strike out and stay the course!

If you have not experienced this 'Gift', keep studying and working towards 'A TO B Golf' and, one day soon, you shall. Remember, 'Golf Is Straight Lines Drawn With A Club and Ball, Point To Point'. Can't put it any simpler than that!

Let your '555 TEAM' know when your moment happens. We can help you along the way so '**JUST ASK US!**' without delay. You need a 'Savvy Old Golf Guide'. Don't take this lightly! I have never met a champion or great 'Player' who has arrived at his or her 'Golf Destination' without poignant help of some kind. This 'Golf' is not a trip we can go alone! Too many potholes in the road and the ditches are too deep and full of serpents. The long outstretched 'Goey Golf Pond' is no place to be! The faint of heart do not survive one single night!

By the way, you cannot '**Make 'IT' Happen**'. You can only strive daily and diligently to improve both your 'Mechanics' and your 'Mental' aspects. You can only achieve '**IT**' the old fashioned way, you must 'Earn IT'!

Best of luck!



C11]

## IN ALL MY YEARS

..... I have not come across very many 'Questions, Answers or Statements' that I would classify as primary or central to what I feel is the heart of the Game of Golf. I think that is because there are few.

Have you ever sat for a moment to ponder what really makes Golf grab hold of you, hold your attention, force you to endure hours of painful or painless practice, productive or not, to force occasional frustration and even some embarrassment upon yourself? Is it really worth it? It must be since we keep coming back for more.

You have personal answers to these questions but I will not provide mine at this time. Think of yours.

Here are a couple of questions I will put to you that, I think, are at the very heart of the 'MOTION', the making of the Golf Clubhead to move and 'ORBIT' properly and the making of the Ball to 'GO AWAY STUFF' we so much admire and seek.

The questions are strictly and very specifically about the physical 'Motion or Movements' of your 'Golf Body Machine'. The questions are about your 'HIPS' (part of the 'Lower Body Machine'(LBM) and your 'HANDS & FOREARMS' (part of the 'Upper Body Machine'(UBM).

1)

**What specific 'Motions or Movements'  
do your 'HIPS, Abdomen or TRUNK' ('LBM - CORE') make?**

2)

**What specific 'Motions or Movements'  
do your 'HANDS & FOREARMS' ('UBM – Lever Assemblies') make?**

When you can answer these two queries, you will be very much farther down the path of 'Golf Understanding' and, then, certainly much closer to making your 'Game' work easier and more effectively. The answers will draw you ever closer to 'Consistent FUN', which is what the 'Ball And Stick In The Park' is all about.

These answers, and a lot more, are in these books.

C12]

## ASPIRING TEACHERS

To all 'Aspiring Teachers' and practising Golf instructors:

Please do not attempt generally to make any student into something he or she is not. There are certain natural limitations that must be observed and respected otherwise frustration will overpower the 'Pleasure' of both teacher and student.

Discover very quickly what the natural strengths and weaknesses of your student are and develop strategies to enhance or overcome them as best you can. Remember, you are not magicians.

Likewise, always help your client to become or stay realistic. Develop progress time frames and check-lists. Not only be of the opinion that there are gains being made but also ensure that your subject knows that they exist. We all need fresh carrots!

Schedule regular reviews so you 'Quantify & Qualify' progress.

If you see tendencies creeping into the picture that you do not like, nip them in the bud and make sure your student clearly knows what you are both up to. Over a period of time negative trends can creep in without notice and they are costly to repair.

As you will see throughout this literary effort, 'Check-Listing' is a great tool that can be referred to often to make sure the all hands are on deck and performing co-operatively. Help your students to use the '**555 SYSTEM**' which should require little if any modification. Whatever you do, don't make it more complicated. The '**5 CONTROLS**' is a prime example of an effective, long-term 'Check-List' that has stood the test of time. It deals with 'Absolute Basics'. You and your student may build your own but the items must not be more than one or two words and they must be primary functions or considerations. Do not be fearful of making changes to it but do not do so very often as you will be as consistent as your 'Check-List'!

Design your 'Check-List' to instil confidence and focus.

**Keep It Stupid Simple!** ('KISS')



Swing Sequence #11 ... Chase Follow Finish  
Bounce Back & Hold  
Abbreviated Punch & Hold?

## SENSORY BEINGS

We are inherently, by birthright, endowed with capabilities both conscious and subconscious. We are naturally 'Five Sensory Beings'. We are animals of some substance for which we must be grateful but humbly aware. We are endowed with the ability to 'See, Hear' Touch, Taste and Smell'. That is the 'Five Sensory' dowry. We are also blessed with the inherent ability to become 'Multi-Sensory'. This simply means that we develop a subconscious sixth sense called '**UNIVERSAL INTUITION**'. This very special sense or awareness is the reality of being connected to our 'Souls'. Our 'Souls' are where endless, timeless 'Celestial Energy' affects our very beings, everyday, now and forever, regardless of whether we know or believe! We are '**Instinctive Creatures OF Habit**'.

The conscious aspect of 'Intuition' is embodied in our 'Intentions' according to what we desire to create. 'Intentions' lead us to make 'Responsible Choices'. Four 'Intentions' might be 'Harmony', 'Cooperation', 'Sharing' and 'Reverence'. When we are one with these we can become the owner of 'Authentic Power' which is universal authority engendered in 'Humility, Emotion, Justice, Compassion, Truth and Love'.

Our daily waking and sleeping 'Celestial Energy' or 'Celestial Bank Accounts' are constantly being accounted. Our every thought and action makes either deposits or withdrawals. '**Energy Can Neither Be Created nor Destroyed But Simply Altered In Its Form And State**' is a well known truth and reality. Our thoughts require energy and thus they survive. In the end, we cannot take our Earthly possessions with us in our crossing over, but our 'Celestial Bank Accounts' are precisely that, 'Celestial' and not primarily of the Earth and this life. They preceded and follow us. They stay with our 'Souls', which are everlasting.

Good Earthly stewards, as effective teachers must be, make contributions, deposits, every day without prejudice and selection and with consistent 'Intentions' that are inextricably connected to our 'Intuitions'. Thus we are both fulfilled and judged by our every thought and action. As the 1000 year old 'Sequoia Redwood' is joined at the hip to 'Mother Earth' along with the multitude of its harmonious, cooperative strongly reverent other creatures, so too are we all joined. We are part of Her fold. The degree to which we succeed in our 'Earthly Voyage' depends on our conscious 'Intentions' which are converted to ever meaningful deeds.



## TARGET AND BRACE

I will soon give you a very short few but unique '555' pages I call '**A FEW SPECIAL WORDS**' that familiarize you with some terms we use that are exclusive to our 'Twist in the Game of Teaching **'The Game'**'. But right now I must introduce you two of my very close literary friends, '**TARGET and BRACE**' because they are coming right at you.

The term 'Target' means anything on the 'PIN or TARGET Side of any perpendicular Body Line in Golf'. The term 'Brace' means anything on the 'Other Or PUSH Side' of the Line.

We in the 'Academy Team' use these two words generally referring to 'Body Parts or Components' about which you are going to read next. So, any 'Component' on the 'PIN or TARGET Side' of my or your 'Sternum and Spine' is called a 'Target Part' and anything on the opposite side is called 'Brace'. The word 'Brace' is used because it is from this side of our 'Body Machines' that we push off or 'Brace our Motion'. It can accurately be called 'Resistance'. Pressure, FORCE or Power is always from the 'Back Side' of the 'Golfing Machine' and not from the 'Headlights End'. (just like base ball)

We also use the terms 'Low and High Energy Side Of The Target Line' to describe 'Ball Flight Direction and Shape' for 'Fade-Slice and Draw-Hook', Push and Pull'. **Then We Are Not 'HANDED'**.

You are going to hear a great deal about these two ends or sides of 'Us'. The sooner you join us in using these terms, the more quickly you will join us in understanding this 'Golf Swing'. We want you to become at least a little 'Like Us'. Welcome to the 'New Vocabulary'!

### **LEFTIES:**

PS. It is this writer's opinion that 'Lefties' deserve equal and fair treatment. Respect! Why should they or you have to read, explain and understand everything 'Backwards' or 'Turn our Terms Around' before you can interpret them as easily as the other guys?

It is for this reason you will only seldom find me using the terms 'Left and Right'. This is simply a matter of 'Courtesy'.

C15]

## WHY ARE WE HERE DOING THIS?

I have many irons in the fire!

Just finished transporting four wonderful clients to Lake Las Vegas in one of our ultra-stretch limousines (our customers do not take cabs while in our care). We all had a truly candid golf conversation. Not a rare occurrence! Our '**555 TEAM**' seems to have a way of stimulating good folks every minute of every day. Not a difficult task when 'Golf' is the subject! Do you know anyone passionate about this obsessive past-time?

I was sharing some ideas and knowledge when a soft-spoken and reserved very bright fellow asked me "What will an average novice golfer do or want to do with relatively complex information about 'Neuro-Synapse and Muscular Activity in the Golf Swing? Will it be of any use to him or her? Won't it just confuse them?" My answer was "**It may!**" We were discussing what the first muscles were to get involved in the 'Front Swing'. We now scientifically know!

But, the way I feel about my passion, 'Teaching Golf' to anyone who will listen and has some desire to know more and improve his or her skill level in or enjoyment of this 'Chasing the Little White Ball About With A Stick', should be able to 'HAVE MORE FUN' with the help of these books. The information contained herein is not absolutely complete. It cannot be, but I want you to be able to wet your appetite and at least start to accurately satisfy your hunger for knowledge, if you have one. Is it useful and beneficial to know what muscles start the 'Front Swing'? Absolutely! Do you have to know this to enjoy 'Golf'? Absolutely not! Reading any part of these books is a voluntary exercise!

I want to stimulate a hunger for knowledge and then humbly present or make some of it simply and understandably available to the best of my ability while I am still capable or around to do so. Life is so short an event and I wasted a lot of time getting to this progressing point in my writing, teaching and playing. Would that I had started at the age of 14 years and paid more attention to the great teachers with whom I have had contact sooner! Woulda! Shoulda! Coulda!

These books attempt to provide you with opening doors through which you might walk and even return. There are few absolutes in 'Golf And Life' so we are flexible and free to do so!

A COUPLE QUICK POINTS  
Finishing Your Hands Efficiently



TOSSING THE BALL  
MEDIUM TOSS - Delivery



TOSSING THE BALL  
LOW TOSS - Bowling Delivery





TOSSING THE BALL  
HIGH TOSS - Pitch & Lob Delivery

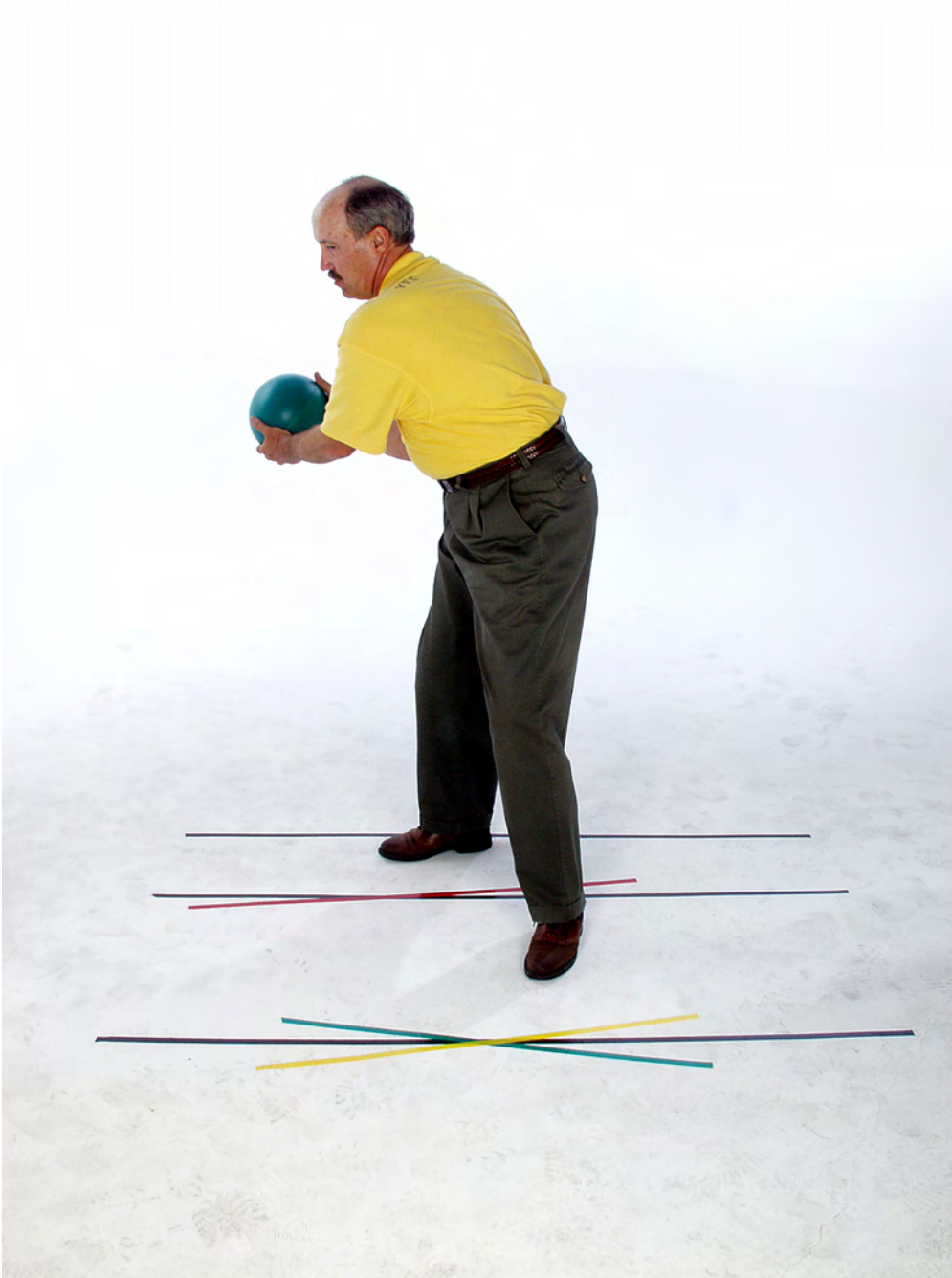
This very simple exercise is about 'Feel'. Where we finish our 'Hands' influences our 'Ball Flight Shape' and 'Trajectory'. (see 'Parabola') Assume for a moment that we use just our 'Pitching Wedge' (#PW) for this discussion.

Think of our 'Swing Sequences'. If we Chase and Follow (SS#8a) we will feel like we are 'Bowling'. This is a great precursor to making 'The Bump & Run Shot'... Low Hands equals a 'Low Ball'.

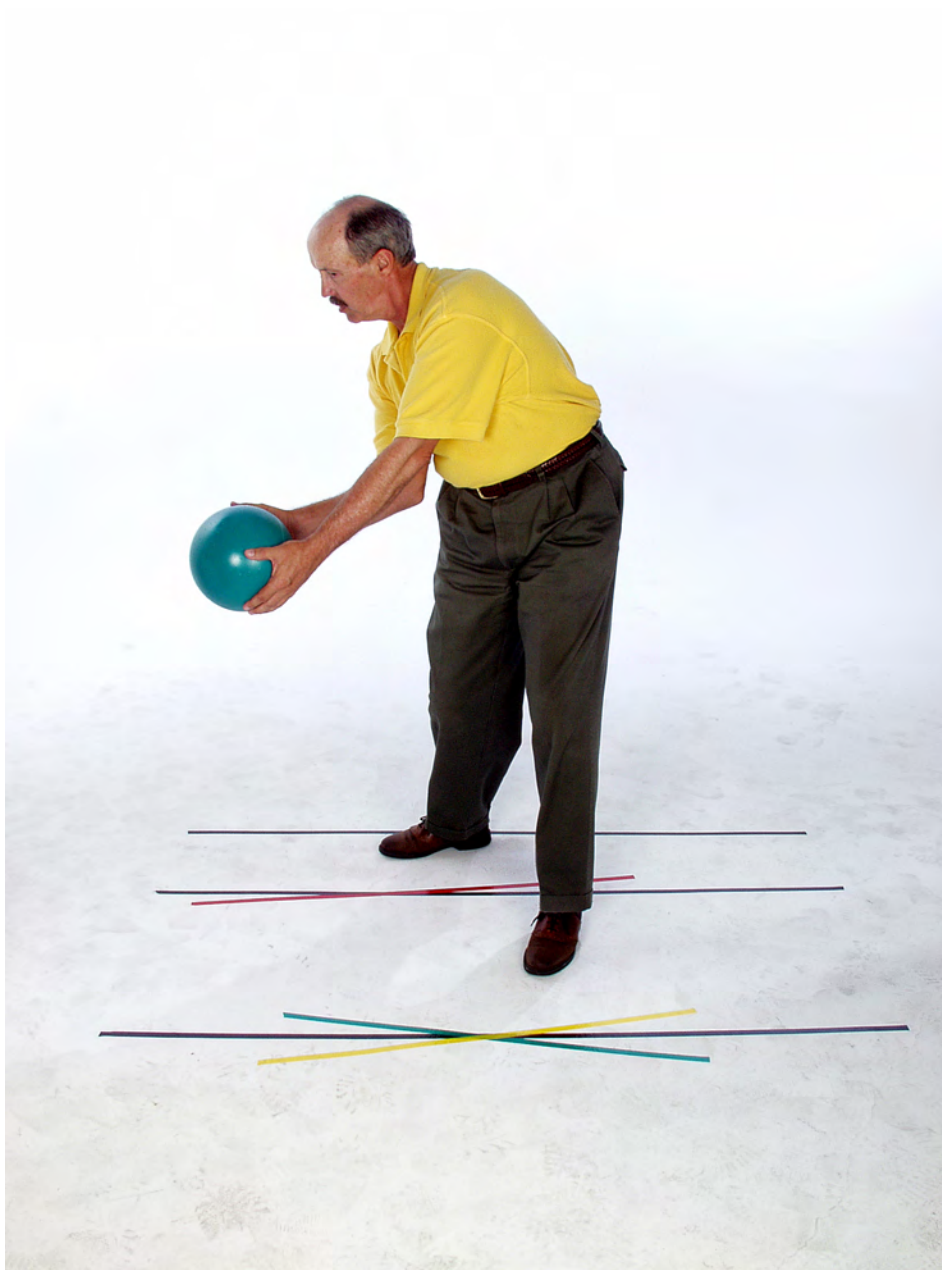
If we want to create more height, we could 'Chase and Follow' a little higher with our hands.

If we desire a big tall soft 'Pitch', we should increase our 'Finish Conditions'. (see 'SS#10')

## 1) THE MEDICINE BALL DRILL



Accumulate, Load & Store Point  
ALSDR - The Power Line Delivery Sequence  
Similar to Swing Sequence #4 ... Target Lever Horizontal



Almost BOSA ... Bottom Of Swing Arc  
Similar To The Swing Sequence #8 ... Impact Point  
Not Quite Full Lever Extension



Delivery Point  
Similar to the 'Chase Follow' ... Swing Sequence #9  
Full Lever Extension  
The Ball Goes Where The Hands Go  
and the 'Pivot Engine provides the Directional Thrust'

This 'Bullet-Proof Drill' is very much like a real gold swing. The 'Mass' makes us work to accomplish the task. We 'Load' just like making a solid \$5 Iron strike. The energy comes 'From The Ground Up' and 'From The Inside Out'.

Importantly, we had to accomplish a disciplined 'Chase Follow' or 'Energy Delivery' (see 'ALSDR - Accumulate Load Store Deliver & Release' ... The Power Line Delivery Sequence')

This 'Drill' demands a thorough 'Set-Up'. One has to have a 'Target Line' and it is very useful to have an 'Intermediate Target' at our 15 inch point in order to get our 'Medicine Ball Throw' 'ON LINE'.

**"The Ball Goes Where Your Hands Go!"**

Knowing this, do not attempt this 'Bullet-Proof Drill' until your 'Set-Up Procedure' includes a 'Precise Target'.

**"If You Have Nowhere To Go, You Shall Likely Go Nowhere!"**

In making Good Golf happen, 'Little Things Matter'!

**Keep Having FUN!**

## YOUR CONCRETE FOUNDATION AS SIMPLE AS I CAN MAKE IT

I can assure you, the topic 'GOLF' and all the fantasies, realities, pleasures and nightmares that come with it will continue to evolve as long as you are alive. Once bitten you will likely be barb-hooked, in the lip or deep in the jaw. Whenever you think you've got it all figured out, enjoy the moment but beware! Don't tell but your very best golfing buddies about your revelations. In perhaps only moments you may strangely have cause to rethink that position! I have done so for decades.

My students have consistently asked me to build a foundation for their thinking and I have tried to do so over the years. We all need firm footing and should be able to find it with a little help and lots of curiosity.

So what is this 'Game Of Golf' from a physical practical perspective and NOT the metaphysical? Not going there! My life is too short. Leave that to Mr. Shivas Irons In The Kingdom! See if this makes sense and might help you set up camp. We shall talk about all this further and throughout the books and beyond too. We can always modify as required depending on your growth and interest.

There are only two swings in your bag! ...the '**FULL SWING**' and those that are not. I call any shot that is not full a '**Less Than FULL SWING**'. Make sense? All the 'Full Swings' are called '**Stage Three Swings**' while all the 'Less Than FULL SWINGS' fall into the '**Stage Two and One**' categories. More specifics later. Once you have finished this short section, you can go to your 'Friendly Tour Guide INDEX' and seek out more information but, for now, stand by!

I think the actual game is broken into three defined segments; the '**SHORT GAME**', the '**APPROACH GAME**' and the '**LONG GAME**'. Some people throw in a 'MID GAME' that employs the mid irons and that is quite acceptable too but the 'Approach Game' takes care of those irons in my opinion. The 'Short Game' is only 'Stage One and Two'. You do not make any 'Full Swings' in this specialized area. I look upon my 'Short Game' as being all the tools and strokes just inside my 'Full Swing #PW' or #AW and #SW shots as well but not my 'Lob Wedge'. You can group it in if you eventually see fit to do so. For me it is too much of a 'Finesse Shot' to be lumped into the 'Full



Swing' group. Just my feelings.

So my 'Putting', 'Chipping', 'Bump and Run' and 'Pitching' shots are all included in the 'Short Game'.

We have mentioned the '**APPROACH GAME**' and I think it warrants a little explanation too. Any shot to the green and flag (the 'Primary Target') is an 'Approach Shot', regardless of the club selected. So you can make an 'Approach Shot' with your 'Driver' from 325 if you have the courage and ability! We know you must have a 'Precise Take Dead Aim TARGET' for every stroke but in many instances you will use a 'Secondary Target' which might include, for example, one of the now common 'Barber Poles' (striped PVC poles) located at either 125 yards or 150 yards out from the leading edge or centre of the green. This is a great help if they are present. Use them to set up you short to the stick. If all your 'Approach Shots' were to be 125 yards from centre fairway or close, you will be very blessed! By the way, the pros generally measure or consider all 'Approach Shots' to the leading edge of the green (closest point of the green to the centre-line of the fairway) and then factor 'Paces' or yards on and distance left and right from there to calculate their shot shape, spin rate and club selection. They are very fussy about yardages. Whatever you come to do, keep it simple but do the math. Preparation is much better than frustration and perspiration!

The '**LONG GAME**' is comprised of 'FULL SWING Shots' with long-shafted clubs only which you can categorize. I think the 'Drive and all woods plus the #1 through the #3 Irons' are all in the 'Long-Shafted Group'. I think the '#4, #5 and #6 Irons' are mid. The #7 may be included in this group. Then the rest of the clubs, #8 and #9 including all your Wedges' are 'Short Irons'. Remember, all of the long shots with 'Long Shafted Clubs' are still definitely to 'Precise Targets', either 'Primary or Secondary'. Again, all 'Full Swing Procedures' are 'Stage Three Strokes'.

I think two very useful categories as well are the 'Physical Game' and then, of course, the 'Mental Game' and 'Course Management'. Very important stuff! More later.

See if this framework makes sense to your. If you want to modify it slightly, do so but keep open minded as your opinions may change. But define your 'Game'. This guideline is very safe and, I hope, useful.



## EXPLODE & IMplode

One of my really outstanding students who resides in Las Vegas, Nevada just asked me about the learning process that he and I are going through over a ten week programme and then for years to come! We never stop learning until we die!

Well, we have all the 'Izes & Ises' that you can and will read about, but I wanted to come up with a better explanation. So I had to think! The cerebral pressure was on!

I often tell my new students that we are going to explore a considerable amount of new material over the next short while. I assure them that I will explain things very carefully and in simple terms. If the terms are new, so be it. But they are all based on clear English definition and make sense, new or not! That is how effective expanding communication works.

Lance Bradford knew that was the case. We had been piling on the information for five weeks and he was surviving, in fact, becoming proficient both in his 'Ball Striking Skills' and his specific use of terminology and his knowledge. This gentleman was '**Mastering The Basics Of The Great Game of Golf**' and having fun at the same time! Can you imagine that, when there are so many very nice folks out there in 'Purgatory Golf Land'. Some of the courses and practice properties just do not put out an enjoyable and effective product. What a shame!

'Explode'? Well, the student's information and knowledge level really does '**EXPLODE**' if there is a real genuine interest and desire to improve. Together, we pile on the information and hone the skills. Then, remarkably, as Lance agreed, we subtly start taking some of the items away. They have been mastered and no longer require the recent level of concentration and dedication. I like to think of this as more running these focal skills, exercises and drills in the background than in the foreground.

I call this the '**IMplode**' stage which is an appropriate term. Implosion in the contraction of matter as opposed to its expansion and that fits our discussion to a 'Tee'!

The more you learn about the purity of the 'Golf Swing' the simpler and more rewardingly efficient it becomes. '**YOU**' can truly become a '**REFLEX GOLFER**'. Oh what a marvelous accomplishment that is!

## POWER SOURCES

You are soon going to read more about our referring to your 'Golf Body Machine' as having '**Engines or Power Sources**' as all machines tend to have. Very simple and fresh approach! **Know your stuff!**

This approach and perspective will help you to appreciate and understand how your personal '**Golfing Body Machine**' performs.

You will soon comprehend that the two 'Stacked Aspects Of Your Body Machine' are the 'Lower ('LBM') and the Upper Body ('UBM')'.

The '**PRIMARY ENGINE Or The Lower Body Machine**' ('LBM') provides all the 'Horizontal Motion' which is all the 'Round & Round' activity. This is really the 'Full Swing or Stage Three Pivot Procedural' function. If you want to create more 'Horizontal Clubhead Speed' it is your 'LRM' that produces it. Your 'Brace Toe Pressure, Brace Foot Pre-Load and Brace Leg Drive' ('Power Drive Line') produce the 'LRM' propulsion and pressure that creates the 'Action'. So 'Distance' is the exclusive by-product of the 'Lower Body Machine'. ('**PUSH**') You also know that the 'Upper Body Machine' produces all the 'Vertical or Up & Down Motion'. ('**PINCH**') More soon.

The '**SECONDARY ENGINE Or The Upper Body Machine**' ('UBM') is utilized to provide 'Motion For Putting, Chipping and Bump & Run' or 'Stage One and Two Procedures'. This 'Vertical Engine' moves around your 'Forward Inclined Spine or Tilted Vertical Axis' and is located in your 'Brace Shoulder or Deltoid Muscles'. It is this 'Motion Source' that provides the 'Rocking Chair Shoulders' or the movement of the 'Shoulders Around The Adam's Apple or Upper Spinal Pivot or Crankshaft'. This is what moves the very quiet 'Putting Lever Triangles'. If you want more 'Distance' in your 'Putting, Chipping and Bump & Run', you must add more 'Kinetic Energy' or 'Brace Shoulder Drop or Deltoid Pressure'. 'Brace Shoulder Movement' is 'Range Of Motion' ('ROM') just as the 'BHTD' in the 'LBM Engine'. We also know that the farther we want to move the 'Ball' in these 'Procedures', the farther we must move our 'Brace Hand In The Triangular Package' ('BHTD'). Always keep this in mind! It is fundamental to your 'Mechanics' and success.

So now you know a little about your 'Lower and Upper Body Engines'! Hope that helps you to get just a little better 'GRIP' on 'PHYSICAL THINGS GOLF'! More questions ... '**JUST ASK US!**'

## THE BRACE SHOULDER

With its sibling 'Target Shoulder' (having a totally different function) they are both called 'Primary Articulating Joints' (PAJ). The 'Shoulder Sockets' have very important 'Vertical, Angled and Horizontal Motion' capability. The Golf Swng depends on solid and strong 'Frontal and Rear Fredom, Range Of Motion and Power.



B17

SS#5 ... Top Of Back Swing



B18

Swing Sequence #6 ... Levers Horizontal





B19

Swing Sequence #7  
Clubshaft Horizontal - Pre Impact



B20

Swing Sequence #8 - #8a  
Impact and Chase Follow



B28

Top Of Back Swing  
Swing Sequence #5  
The Bend & Straighten Drill  
Lower & Upper Body In Place!  
Accumulate, Load, Store (ALSDR)





B29

Swing Sequence #6  
Lever Level and Shaft Vertical





B30

Pre Impact Stage  
Swing Sequence #7 ... Shaft Horizontal



B31

Impact  
Swing Sequence #8  
A little detail?  
Look at the Brace Index Finger  
#3 Pressure Point Controls the Toe Of The Clubhead  
... with no golf club here

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## YOUR ENGINES

"Oh really? Engines! I have engines? How many might I have?"

The answer is **'TWO'**! One for each of your 'Machines'!

"Oh! And how many of those 'Machines' do I have Doctor Golf?"

The answer again is **'TWO'**! Remember we have this soft personal objective to become more 'Machine Like In Our Golf Motions'? You have your **'LOWER BODY ENGINE'** (**'Primary Power Source'**) in the 'Lower Body Machine' ('LBM') that creates all the **'HORIZONTAL MOTION'** or **'PUSH or Round & Round'**. Then you have your **'UPPER BODY ENGINE'** (**'Secondary Power Source'**) in your 'Upper Body Machine' ('UBM') that produces all the **'VERTICAL MOTION'** or the **'PINCH or Up & Down'**. That adds up to two, right?

"So what are they, these 'Two Engines'?"

Good question get good answers!

### ROUND & ROUND MOTION

The **'Lower Body Engine'** ('LBE') is the 'Coiling, Loading or Winding' (Turning To Brace, Accumulating Energy and Re-Turning To Target, Releasing Energy) of the 'Lower Body Machine Components'. These 'Components' include the 'Feet, Lower Leg, Knees, Upper Leg or Thigh, Hips, Abdomen or Trunk and the Shoulders'. In other words, it is all the paraphernalia that is supported by the 'Axial or Core Skelton'. The 'Spine' is herein primary. You knew that!

'Coiling, Loading or Winding' takes place **'FROM THE TOP DOWN'** and **'FROM THE OUTSIDE-IN'**. Thus the 'Un-Coiling or Delivery and Release' ('Kinetic or Active Energy') evolves in the reverse direction. (see 'The Little Balsa Airplane') This 'Drive Line Power Application' takes place **'FROM THE GROUND UP'** and **'FROM THE INSIDE-OUT'**. Picture your 'Lower Body Machine' as a 'Big Rubber Band' from your 'Brace Heel' to your 'Target Shoulder'. When you 'Coil' it twists up and thus 'Stores Potential or Ready Energy'.

## UP & DOWN MOTION

The '**Upper Body Engine**' ('UBE') is the 'Raising and Lowering' (with or without 'Thrust') of the 'Lever Assemblies' including the 'Golf Club' as the 'Secondary Lever'. This '**Target Lever Assembly**' is comprised of the 'Target Arm Primary Lever' and the 'Golf Club'. Of course, it is located on the 'Target or Pin Side of Things Golf'. It contains the 'Target Shoulder Socket, the Upper Arm, Elbow, Lower or Forearm, the Wrist and Hand'. The '**Brace Lever Assembly**' is the other 'Arm' and it is on the 'PUSH or Brace Side' of your body. "How Do they work?" Pretty simple question with a pretty simple answer!

Just a very quick hint is that both the '**Lever Assemblies**' combined are a 'Lift and Lower Mechanism' (with and without 'Thrust' or variable 'PINCH Energy') as well as a 'Bend & Straighten Function' for the 'Brace Side' only. 'Wrist Cocked, Elbow Bent and Shoulder Raised' means 'Cocked and Loaded' as well (see 'Three Lever Single Action').

## THE TWO BODY MACHINE ASPECTS TOGETHER

You will recall or soon know that we have 'Three Stages or Procedures'. '**Stage One**' is 'Putting' and very short 'Chips'. There is not 'Wrist Cock and No Pivot'. '**Stage Two**' employs 'Wrist Cock but No Pivot' and produces larger 'Chips' and what your '555 TEAM' calls the 'Bump & Run Procedure'. (see your friendly 'Tour Guide Index' for more information) The '**Stage Three Procedure**' includes or involves both 'Wrist Cock and Pivot' and is better known as the 'Full Swing or Close TO Full Swing'. It definitely contains 'Lower Body Machine Coiling, Loading or Winding' to 'Accumulate, Deliver and Release Energy' in that 'Horizontal or Round and Round Plane'.

We have a '**Stage One and Two Engine**'. It is the '**Rocking Chair Shoulder Motion**' involving solid 'Forward Inclination' and the 'Rotating Of The Shoulders About The Spinal or Forward Inclined Axis'. When you call for 'More Energy' from the 'Upper Body Machine Engine' you get it from the 'Deltoid or Shoulder Muscles' in an 'Energy Assisted Dropping Manner' depending on the 'Pre-Selected Components and Procedures' (see 'Components & Procedures'). The more 'Dropping or Down FORCE' you apply with your 'Brace Shoulder' through the 'Forward or Down Stroke' the farther your 'Ball' will travel. Sensibly, then, the farther you move your 'Brace Hand', known as '**Brace Hand Travel Distance**' ('BHTD') the farther the

'Ball' will travel as well! (see 'One Inch Rule' and 'Body Clocking') This is truly 'Energy Management'.

You will be well served to understand this really useful '555 Golf Concept'.

Your '**Stage Three Pivot Engine**' is simply that 'Horizontal Coiling, Loading or Winding'. The 'Tighter You Wind That Rubber Band Up' ('Potential or Passive Energy'), the more 'Kinetic or Active Energy' it will 'Deliver and Release' (see 'ALS DR'). Thus the greater will be your 'Clubhead Speed and Distance' as they are forever related or inextricably tied together.

Remember, when you have a 'Stage Three Procedure' you have all the 'Stage One and Two Components and Procedures' included. Isn't this 'Stuff' wonderfully balanced and connected?

### **MOTION RATIOS**

Now that you understand the individual 'Motions', 'R&R' as well as U&D', and have a 'Grip' on this 'Staging Stuff', you are ready for one more really useful and valuable bit of information. Your '555 TEAM' calls it '**Lift To Turn Ratio**' ('**Up & Down : Round & Round Ratio**'). While your 'LBM' is 'Turning' at a certain rate, you cooperating 'UBM' is coordinating with it by 'Lifting' at a certain rate as well. If you have two 'Motions' taking place together regularly, they can soon be analyzed. What and how are their 'Motions Related Or Coordinating'? How is the 'Lifting and Turning' related? This in mind, you can now consider the aspect of 'Swing Plane' as well for it is simply a matter of 'Lift to Turn Ratio'.

How simple is this material?

If you can get this, you can very quickly conquer 'Golf' single handed or, better yet, with two! I have actually had a number of 'One Handed Students' over my more than three decades of teaching this 'Silly Game'. They do very well as soon as they grasp these few concepts. They are the 'Gut Issues'! You too know that now! When doors open, we get many more places to go!

Glad you are 'On Board' and well done!



**MORE HELP?**

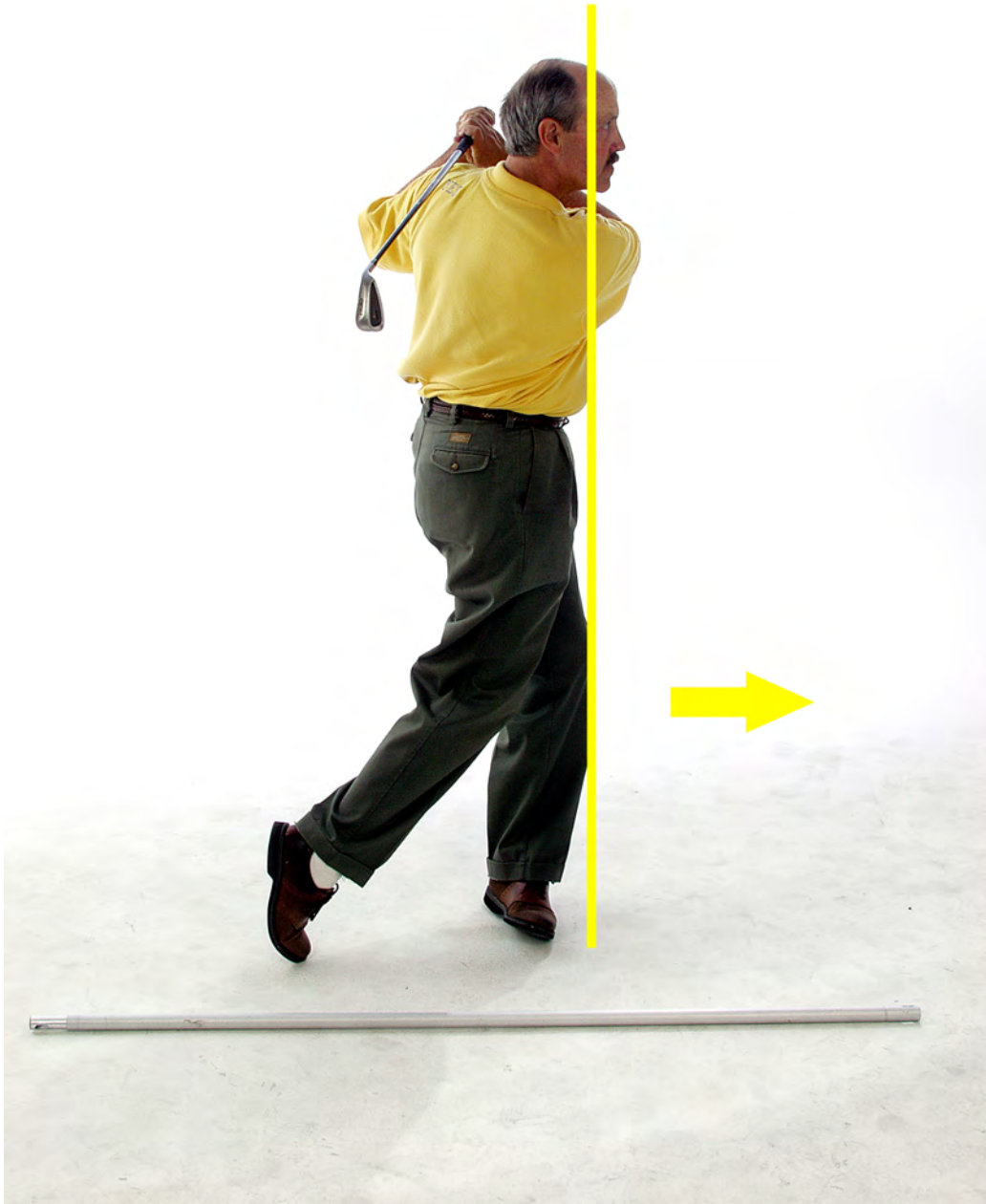
Need help? Buy the '**555 Golf Videos**' and the '**Golfmyth Collection Of Books**'. Then, if you still have difficulties, get in contact with your own 'Certified Personal 555 Master Teaching Professional'. You have one, of course? Any 'Locker Room Member' has that 'Membership Privilege'.

**'JUST ASK US'!**

**PIVOT  
WEIGHT SHIFT**



**STANCE**  
**TARGET FOOT & TARGET POST**



Target Foot Rolled ... Too Square To Release  
Stuck with impending injury!

**STANCE - LOWER LEGS - Square Brace Foot**





**STANCE - LOWER LEGS - Lazy Brace Foot & Ankle**



**STANCE - LOWER LEGS - Active Brace Foot**



**STANCE WIDTH & FOOT AIM**  
**Square & Slightly Open Target Foot**





**STANCE WIDTH & FOOT AIM**  
**Steer So You Can Clear The Target Hip**



**STANCE WIDTH & OPEN or STEERING TARGET FOOT  
STEERING SO YOU CAN CLEAR YOUR ROTATIONAL PIVOT ENGINE**



## COIL OR PIVOT

**"So what is this 'Loading, Coiling and Winding' anyway? I have heard of the 'X Factor'. Is it similar?"**

Yes! Put as simply as possible, 'Coil, Loading and Winding Of The Lower Body Machine' is your 'Lower Body Engine'. As you know, it creates all the 'Horizontal Motion or Round & Round'. If you want more 'Clubhead Speed', the 'LBM' is your exclusive source. It is the same in baseball and tennis. The 'Body Powers'!

Various degrees of 'Coiling' are essential to your '**Stage Three Procedure**' ('Wrist Cock and Pivot'). 'Coiling' can be simply put as 'Turning, Rotating or Pivoting' your 'Target Shoulder' to your 'Tallish CHIN' levellish and thus to the 'Brace Side' and perhaps about over your 'Brace Foot' while still clearly 'Seeing The Butt Of The Ball' ('BIC' or 'Bottom Inside Cheek').

Then, with this move, your 'Shoulder Axis' will be superimposed over your 'Hip Axis' making the shape of an 'X'. **Thus The Term 'X Factor'**. With 'Feet Parallel', the 'Hips Rotate' about 45 degrees and the 'Shoulders Rotate' about 90 degrees or about 45 degrees farther than the 'Hips'. The very flexible athletes can get as much as 120 degrees of total shoulder turn from their 'Address Ready Position'. Lots! **Do NOT attempt to 'Over-Rotate or Over-Coil'!** You will get too far from the 'Dog House' and then struggle to get back! It is not generally efficient and it is dangerous! 'Golf likes everything in balance and moderation!

Always learning something new and interesting in the 'Golfmyth Collection of Books'! Right? Never a dull moment! I know there are a few, but very few I hope. Let me know please!

The more supple or flexible you are, the 'Fitter' you are, the farther you can 'Coil' ('Accumulate, Load, Store, Deliver and Release', '**ALSDR**') and likely the greater will be your 'Clubhead Speed' and resulting 'Ball Flight Distance'.

You must 'Wind Up So You Un-WIND' ... 'Load So You Can Un-LOAD'.

'Mastering Golf Basics'!

'Inch By Inch, It's A Cinch'! 'Keep at it'!

## NATURAL WEIGHT SHIFT

While on the subject, and we are always on the subject of 'Coil & Pivot', we might spend a moment on a very common term you have all heard and read.

### "WEIGHT SHIFT" ... "THE LATERAL BUMP"

It is a useful term, however, it may be misleading at times.

I have had and seen many students of the 'Game' '**SWAY & SLIDE**' ('Move Laterally') to accomplish what they perceive as this 'Weight Shift'.

When one 'Sways To The Brace Side To Feel Weight Shifted', that is about as poor a move as one can make in the golf swing mechanics. The worst may well be the '**Reflexive Slide**' which takes place in the opposite direction or to the 'Target Side'. What you load in, shall come back out!

This is 'Physical Weight Shift' but is about as different and nonproductive as 'Beneficial Host Bacteria' are when compared with some deadly foreign botulism! Both may be bacteria, but they are not friendly team members!

### 'SWAY SLIDE Are Actually Negative Rotation Or Negative Coil'!

Knowing that this 'Coil and Pivot' is essential to a solid 'Golf Swing', that 'Negative Rotation' even sounds bad!

When I say 'Negative Rotation' I mean that any excessive 'Lateral Shift In Position' really is counterproductive and counteracts your 'Attempt to 'Coil, Load and Wind' in order to 'Accumulate, Load and Store Muscular Energy'. It is equally as counterproductive to you 'Delivery and Release' of this same 'Potential Energy' into its 'Kinetic or Dynamic State'.

### 'SWAY & SLIDE Negate Coil, Load and Wind'.

Thus, your '555 TEAM' is not all that enamored with the term 'Weight Shift' as it tends to paint a 'Lateral Move Picture'. By the way, when you 'Coil, Load Wind' to the 'Brace Side', you unavoidably 'Transfer Weight or Body Mass' to your 'Brace Side'. You DO NOT have to make it happen. More 'Let It Happen'!

## DIRECT YOUR ENERGY

Remember, your 'Energy' comes from the 'Coiled Lower Body Engine' and from the 'Raised or Cocked Upper Body Lever Assembly'. Once 'Triggered' and converting 'Potential To Kinetic Energy', these two 'Power Sources' cooperate to deliver the 'Energy' **'ON LINE & ON PLANE'** via proper **'Lift To Turn Ratio'** which evolves in both directions, 'Back & Up' as well as 'Down and Out'. (see 'DOFT')

Now that we have a handle on the very useful concept of **'COMPONENTS & PROCEDURES'**, parts and actions, let us take just one more step towards the 'Goal'. What is our 'Goal' anyway? I think it is to better understand why we have undertaken this silly 'Game of Golf' and to excel within our own personal realm ... to have 'FUN'! That means we reasonably do and become the best we can be! Just you and I! Then, if I get sociable about it, I shall learn how I stack up against others. Now that is another bag of balls! Competition!

I have for a very long time taught my students to **'Direct Their Energy At The Target'**. We are well served if we 'Conceive and Feel' that all the energy in our bodies, **'FROM THE GROUND UP'** and **'FROM THE INSIDE OUT'**, from the tips of our toes, through our 'Lower and Upper Bodies' is transmitted smoothly through the 'Golf Shaft and Head to the Ball' in a 'Down The Line Direction' ('DTL' & 'DOFT').

I feel **'Connected'** from my 'Brace Foot through my body to my 'Clubhead'. I feel like my 'Brace Foot' smoothly and powerfully pushes and delivers the 'Clubhead Through The Ball' and 'DTL' to and through the 'Pre-Selected Target'.

Now, if I can 'SET-UP' properly, get my primary 'Components' in the right place and relationship to all the other 'Components' and make good 'Procedures or Motions', I can make a good 'Golf Swing' and get good results. This requires knowing precisely where my 'Target' is located so I can actually 'Direct My Energy' there. Pick good Targets and get good results! Know and 'Feel' where the 'Quarter' is located. **'Feel The Sweet Spot ('Centre Of Mass') Of The Clubhead'** flying through the 'Butt Of The Ball' with the 'Clubface' being 'Square To The Pre-Selected Target or Ball Flight Line Especially At Separation'. Then just 'Let IT Happen'!

Let your 'Energy From The Brace Leg Drive Flow Through The Ball' and then directly to and through the 'Target'. (see **'The Ball Goes Where Your Hands Go'** and **'Parallel Thrust Lines'**)



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## PARALLEL THRUST LINES

When you make '**Underhanded Ball Tosses**', you should 'Feel' that your 'Brace or Throwing Arm' is 'Delivering The Ball Via Your Brace Foot and Leg Drive'. This means that the known 'Pressure Sequence' should be alive and well! 'Brace Toe Pressure, Brace Foot Pre-Load and Brace Leg Drive' moves the 'Brace Lever Assembly' and thus the 'Object Ball' in the 'Prescribed or Pre-Selected Direction'.

You should 'Feel' that the bones in your 'Brace Forearm' are 'ALIGNED' with the 'Target, Ball Flight or Delivery Line'.

If this is the case, when the 'Thrust Is Applied' '**FROM THE GROUND UP**' you should 'Feel' like your 'Brace Lever' is delivering the 'Energy' smoothly 'Down The Thrust Line' ('DTL').

If this is the case, and you have any 'Lower Body Machine Pre-LOAD, or COIL', you will 'Feel' like the 'Brace Leg Drives Your Brace Lever, Forearm and Brace Hand' 'Down The Line' ('DTL')

If this is the case, 'Feeling Your Brace Leg Thrusting Down The Line', you will 'Feel' as though your 'Brace Lower Leg or Shin' is also 'Aligned' '**Parallel To The Thrust Line**'. How else might 'Stored Energy Be Released In A Specific Precise Direction'? Predictably cooperative 'Components and Procedures'!

Thus, your 'Brace Forearm' also provides or creates 'Motion or Thrust' along '**PARALLEL THRUST LINES**' when making an 'Underhanded Ball Toss' or 'Bowling'.

The same 'Lower and Upper Body Machine Parallel Thrust Lines' are active when you 'EXECUTE' a classic 'Golf Stroke or Procedure' with 'MATCHING Components & Procedures' as we strive to always accomplish.

'Time For A Feel'?

Stand up, 'SET-UP' and 'EXECUTE' a nice smooth 'Slow and Medium Motion' 'PUNCH SHOT' right now to a 'Precise Target'.

So now you know '**The Feel Of The Facts**'!

Well Done!

## COMPONENTS AND PROCEDURES

(Set-Ups and Executions)

The Parts and Their Movements

### 1) **THE SYSTEM:**

A well-organized 'System' like this makes 'Repetitive Tasking' more easily learned and executed with consistent outcomes ... more 'Machine-Like' and reliable. Golf needs this! At least my game does! I do not 'Get Lucky' that often or often enough!

For the purpose of the 'GOLFMYTH Collection' and its companion 'GOLFMYTH Video and DVD', it is very important that we understand these two terms '**COMPONENTS & PROCDURES**'. I look at my 'Golf Game' as a 'Lifetime JOURNEY', perhaps a 'Battle With Armaments And The Execution Of A Carefully Thought-Out Series Of Battle Plans'. You have heard the saying that '**WE DON'T PLAN TO FAIL, BUT JUST FAIL TO PLAN**'. Overcoming odds requires a 'Plan'.

### 2) **'COMPONENTS': (SET-UP Is Static or Passive)**

**'COMPONENTS'** are any of the actual '**Tools Found In The Bag and Parts Of Your Golf Body Machine**'. In this 'Component Context' these parts are '**STATIC and PASSIVE**'; just inventory until we put them 'In Motion'. The Golf Club is a 'TOOL'. The 'Hands, Wrists, Forearms, Elbows, the Upper Arm and the Shoulders Sockets' are each 'Components' that make up the 'Lever Assemblies' or the 'Upper Body Machine' ('UBM or Radial Skeleton' producing all the 'Vertical Motions'). The 'Head, Neck, Shoulders, Thorax and Abdomen, the Hips, Thighs, Knees, Lower Legs, Ankles and the Feet' are 'Components of the Lower Body Machine' ('LBM or Axial Skeleton' producing all the 'Horizontal Motions').



The 'Human Golfing Machine'  
(pictorial definition 'UBM' and 'LBM')  
Windmill



The 'Human Ball & Stick Machine'  
Upper Body Machine is 'Lever Assemblies  
Shoulders - Origin Of Levers



The 'Human Ball & Stick Machine'  
Lower Body Machine is 'The Thighs',  
'The Hips, Abdomen and Chest' are the  
'LBM and or Core'  
Round & Round or Rotational Pivot Axis'

3)            **'PROCEDURES':            (EXECUTION, Dynamic and Active)**

'PROCEDURES' are the 'DYNAMIC and ACTIVE' application of the 'Components to MOTIONS'; what we do with the 'Tools'? Paint, paint-brush and canvas are 'Components' while wet brush strokes on the canvas are 'Procedures' that convert 'Vision' and 'Mental ENERGY' into 'Physical Energy' and results. (very much like Golf) In this manner we may create 'Pleasure and Beauty'. How utterly wonderful! What we think (when we believe) can become '**Reality**'. This type of esoteric creativity is quite exclusive to 'Human Beings'. We need to be 'Grateful' for our inherent 'God Given' qualities and talents.

4)            **THE WHOLE PERSON:**

Not only from a 'Golf Perspective' but also from a 'Life Perspective', we are just 'Components and Procedures'. The 'Mind', the 'Body' and the 'Spirit' are all simply 'Components or Tools' until we decide to put them to good use. Once we do something with each of these three, it is a '**Procedure**'... special 'Tools' doing 'Work' or accomplishing 'Tasks'. In this 'Collection of Books' I intend to deal with your 'Mind Body Connection' but will leave your 'Spirit and Soul' to others who may be more qualified. Ultimately these last two formidable 'Components' are quite generally up to 'YOU'. I think, however, a good 'Golf Swing', with its myriad of secondary benefits, can really contribute to the well-being of your 'Spirit and Soul'. In 'Golf' there is great balance and healing available to those who discover the key that opens the doors!

Share your good and bad experiences with someone. Your talents, if strictly guarded in a personal bank vault, need to be released so that the good gets better and the better gets shared and appreciated! That is why I am writing this to you! This is part of my legacy that is out of what used to be a vault of mine!

5)            **TASKING:**

**The 'Hands CONTROL the Golf Club', the 'Arms SUPPORT the Hands' and the 'Body TRANSPORTS the Arms'. This is a most basic summary of 'Golf's Components and Procedures'.**



So, in this very organized manner, we come to making 'Golf Shots' with the '**Pre-Selection Of Components**' being matched with '**Pre-Selected Procedures**'. "I am going to take a #5 Iron and Swing it 'Inside-Out', 'slightly Closed ALIGNMENT' with a 'Two and a half Knuckle Grip', 'Clubhead Through the Golf Ball' creating a nice gentle long curving '175 Yard Draw Ball Flight' around that tree with a soft landing and some run onto the Green." This is a '**TRUE PREDETERMINED FORMULA FOR SUCCESS**'! It is firstly 'Visualized', then 'Conceptualized' and finally 'Actualized'. (see 'Izes and Senses' Chapter)

The task of putting 'Components and Procedures' together to accomplish specific 'Jobs' will be discussed throughout this book and the 'Companion Video and DVD'. Lots to do before we actually get there, towards the destination in our 'Journey'. To 'Life's Eighteenth and Nineteenth Holes'!

#### 6) '**MATCHING**' COMPONENTS and PROCEDURES:

Here is where we get into an area of 'Finesse'. I might add, it is the specific Golf challenge that I find most rewarding.

A question that needs to be asked is "What are my Components? What arsenal do I bring to the table, today? I know I can get fitter and buy different 'Tools', but what and where is my 'Game' right now?" How will I 'SET-UP and then EXECUTE' each 'Golf Shot' so that I accomplish what I set out to do to the best of my ability?

Well, we need to do some defining and some stock-taking or inventory. This is clearly 'Components' and then we shall get to the appropriate 'Procedures'. Thinking before doing!

**Homer Kelley**, about whom you shall hear more soon and ongoing throughout this 'Collection Of Books', was the master of '**Defining and Cataloguing Components and their Procedures**'. Contrary to some peoples beliefs, Homer did 'NOT' profess or promote a '**One Swing Theory**' ("Be like Els! Be like Woods!") that has been popular throughout the modern era of Golf. Homer had '**NO SWING MODEL**' contrary to the approach of many well-known and respected Golf instructors. Homer was and is still ahead of his time. His book '**The Golfing Machine**' is a wonderful exercise in the 'Basic Physics and Mechanics of the Golf Swing'. He talks very deservedly about '**The PHYSICS Of Rotation**' and '**The GEOMETRY Of The Circle**' which is truly what Golf is all about. Homer's book is affordably available

through the '555 Golf Academy' via E-Mail, E-Commerce, Web Site or telephone. You deserve a copy in your 'Golf Library' even if you do not fully conquer its contents. Don't delay! Get a copy!

7)           **THIS 'MATCHING':**

Firstly, you would not 'SET-UP' for a 'Driver Procedure' with a 'Putter' in hand and a 'Six Footer' in your face! We must always 'MATCH' 'Components and Procedures' to tasks!

Let me see if I can paint you a picture that helps make sense of this term. Help me! Firstly, if the brush you selected needs to paint a yellow strip, you had better have some yellow paint!

Now grab that trusty old #PW that you have at your side all the while you are reading this 'Collection' as agreed. It is not a bad idea to have your Putter there as well. Thanks.

Please assume your 'Set-Up' or 'Address Ready' position. I would like you to do this with the '555 GOLF' criteria fully in place, but you do not fully know what it is all about as yet, so do your best at getting comfortably ready to make a 'Golf Swing'. 'FEEL' this position. The 'Body Machine and Tool' seems to 'FIT', right? Make a few Swings and 'Remember the FEEL'.

This condition is a 'TOOL Component' and the 'Body Components' all in place, rightly or wrongly. We're ready to make the 'Procedure, the Real Swing' happen. 'Procedure is MOTION'.

8)           **ON YOUR KNEES:**

Now, I want you to make one change. Don't alter your 'Upper Body Machine', the 'Shoulder Sockets', the 'Arms', the 'Hands' and the 'Golf Club', or your 'Abdomen and Thorax', but '**Get Down On Your Knees**'. 'FEEL It' and visualize making the same shot with the same 'Tool'. A challenge right? Make a few Swings. Where do you think the Ball will travel? Right? Left? Long? Short? Topped? Fat? Thin?

Can you 'FEEL' the difference between the above 'Standing Set-Up Swing' and this 'Kneeling Variety'? Both 'Standing' and 'Kneeling' are '**SET-UP Components**' that require '**Matching or Appropriate EXECUTION Procedures**' in order to produce useful 'MOTIONS' which are results or planned outcomes. (Ball A to B)



This is a prime example of the 'Same Tool and Components' in both situations, but with very different 'Set-Up Conditions'. I want to point out to you a concept that you may find testy to understand, but the two 'Set-Up Positions' that you just experienced are both '**COMPONENTS**'. So this concept of 'Component Combinations', as stated above, includes both the 'Tool', the 'Body Parts' and 'How You Assemble or Arrange Them'. 'Components are Parts and Conditions'. The 'Swinging Back and Forth of the Clubhead' that you just performed in both 'POSTURES' was the 'Procedure', the 'Movement, MOTION or Action' created as a result of your 'SET-UP'. We must talk further about this 'Matching'!

Let us assume that all the 'Components' in the '**Stand-Up Mode**' were correct for the Swinging Motion and the task at hand. Then the 'Components and Procedures' were '**MATCHED**' and our likelihood of success was quite good. You should be able to strike a Golf Ball about 100 to 130 yards with your #PW. There are strong, coordinated folks who can generate considerable Clubhead Speed and strike a #PW about 150 yards! That's their problem! You do not really want to do that. Too far!

Now, let us analyze the '**Kneeling Configuration**'. The 'Tool and the Parts' are all the same, but the 'Component Combinations or Configuration' is very different. You could 'FEEL' it right? Tough place to strike a great #PW from! Notice that your 'Clubface', (when the Shaft is quite close to 'Horizontal to the Ground' and in front of your tummy), is AIMING quite to the 'High ENERGY Side of the Target Line' due to the very different 'Lie Angle'. For right-handers the Ball Flight is going very right to left unless you 'Manipulate'. So the 'Component Combinations' were very different overall. It is a problem with which we have to deal. How?

There is an obvious choice. Stand Up! But for now you cannot. So what do you do?

**'We Have To MATCH The Components And The Procedures'** to the 'TASK Of Striking A Straight Ball' so as to give ourselves a better opportunity to accomplish the 'Visualized Shot'.

9)           **OPTIONS:**

I will present some of the options available to you. If they do not all make sense at this time, forgive me. By the time you get well into this 'Collection Of Books' you will understand more clearly.

You will have to;

- 1) Swing on a 'Flatter Plane', more 'Round and Round' or more level to the ground as you do not have adequate room to do otherwise.
- 2) Raise your Golf Club, Hands and Arms thus to a more level condition to support this 'Flatter Planed Swing'. You may have to widen your Knees slightly to improve your 'Stability and Balance'.
- 3) Alter the 'LIE ANGLE' and 'CLUBFACE AIM' of the Clubhead ('Grip Mechanically') so that the 'Toe Of Your Club' is not pointing straight up to the sky with the Clubface pointing or AIMING dead left (for right-handers) or what we call to the 'High ENERGY Side of the Target Line'. You will thus alter the 'LOFT' as well so you do not go 'Dead High ENERGY Side'. (see 'TOOLS Chapter', Loft & Lie')
- 4) Alternately, you can 'Re-ALIGN your Knees' so that your 'Gun sight' (Knees, Hips and Shoulders) is 'ALIGNED' in a direction 'Closed' to the Target. So you, if right-handed, will 'ALIGN to the Closed Right Side' so your Ball Flight due to the 'AIMED LEFT FACE' will travel in a straight line, 'Down-The-Target-Line To The Target - Pin'. Turn your 'Body Machine' until your 'Clubface AIMS Down-The-Line'.
- 5) Alter your 'BALL LOCATION' quite aft of your 'Optimal Forward Ball Location' ('OBL'), more aft of your Clavicle, so that your 'Clubface' gets on the Ball earlier while it is squarer to the Target Line.
- 6) Change your 'GRIP' so that it is very much 'Weaker' and the Clubface is 'AIMING Open' to the Target Line.
- 7) Use a towel so you do not get your slacks wet at the Knees! (Oh, you can't! It's contrary to the USGA, R&A Rules of Golf in actual play! Bet you did not know that.)

So you see, we have options and you may personally even have more. We can make changes so that our '**Pre-Selected Components MATCH our Pre-Selected Procedures**'. This adjusting and 'Matching' is a permanent requirement in making lots of 'Golf Swings' at lots of

different 'Targets' with lots of different 'Tools' under lots of different 'Conditions and Circumstances'. It is perhaps true that we never make the same shot twice. So now world-wide we have no two individuals being the same ever making the same Golf Shot twice! Combinations! Think of the Math! (quadrillions of combinations and much more!)

I want you to remember, 'Permanently', that the **'Number One ALIGNMENT in the Great Game Of Golf' is the 'CLUBFACE AIM At The Moment Of Separation'**. Without both understanding this and making it happen, you will be seriously handicapped. (There's a 'Putt' in every Drive!' - see '5 Essential Elements')

In this 'Components and Procedures' Manner, Golf is very much like music. It is inspirational and highly personal for the purpose of 'Pure Personal Pleasure'. This is our early definition of 'Why We Play Golf'. Each one of us may be at the piano or have a guitar in our hands, but what we do with these musical instruments depends on many factors; 'FEEL', 'Personality', 'Sensitivities', 'Training', 'Knowledge', 'Mood', 'Selected Message', the 'Quality of the Equipment', 'How It Fits Us' and much more.

You can see by this 'Exercise and Discussion' that there is 'NO ONE WAY' to get any 'Golf Stroke Task' accomplished. When you toss in the 'Mental - Physique Variables', you get an even wider range of possibilities that have to be wisely assessed and managed throughout the course of one single round of Golf, shot by shot.

#### 10) **GRIP & PIVOT, HANDS & LEGS:**

Very simply at this point in our knowledge, **'A Weak GRIP' tends to make the 'Upper Body Machine' more active while 'A Strong GRIP' tends to make the 'Lower Body Machine' more active.** When your 'Grip' is stronger, you can 'Go After It' with your legs!

When you have a 'Stronger GRIP' (V's pointing more to the Brace Shoulder) you are more 'Behind The Golf Club' (Hands and Body Aft of the Shaft like in a Baseball Swing). Likewise, when we are more 'Aft or Brace Weighted', 'Weight Distribution' more to the 'Brace Foot than on the Target Foot', we are more behind the Ball ('B/L') and in a stronger or more powerful position to do 'Work'. In this manner, our bodies automatically sense that we can get the big muscles more into the Procedure. We get more 'Body into the Motion' and thus get more 'POWER and ACTION' from the big muscles of the

'Lower Body Machine' that '**TRANSPORTS**' all the Components horizontally to the ground or forward. Our 'Hands' automatically know that they do not have to be as active as they would were the 'Components' 'SET-UP' differently.

I want to put this one more way. It is important. If we were to stand with our 'Feet Very Pigeon Toed' our 'Legs' (Lower Body Machine) would not be able to do much 'Work'. The 'Hands and Arms and Shoulders' (Upper Body Machine) would be forced to do the 'Lion's Share of the Work' (similar to our Putting Procedure). Stand up and 'FEEL' this situation. The more we 'Deactivate the LBM' the more we will be forced to 'Compensate or Manipulate with the UBM'. If you were to have a broken leg in a cast, using crutches, would your 'Lower Body Machine' be doing less work and your 'UBM' doing more than its usual share? Of course! If your rear drive shaft on the four-wheel-drive were broken and you were running on the 'Front Axle Only', would your vehicle be as efficient as with all the 'Components' in full service?

So there you have it. When you 'Match the Fully Operational Components and the Procedures', the 'Task', the job we have to do and how we make it happen, should all fit together and cooperate to efficiently accomplish the Swing.

The 'Golf Swing' is a huge number of 'Variables' that we must select, modify and coordinate to get a specific job done. When we change one 'Component', we must ensure that the rest of them are 'MATCHED or Compatible' and then, after all this is done, we must 'Pre-Select the Appropriate Procedure' to utilize these 'Pre-Selected Components'. Sounds daunting. Well it is for a short while, until your knowledge increases and you better understand these basics. Thereafter, the challenge gets to be even more fun than it is now! You will like the results.

Let's get onto more foundation information so that we can make better Swings with better results any time we want.

#### 11) **CONSISTENCY:**

Whenever I use the terms '**SET-UP**' (Passive or Static) and '**EXECUTION**' (Active and Dynamic) anywhere throughout these 'Books', you can rest assured that I simultaneously mean '**COMPONENTS**' and '**PROCEDURES**'. These are powerful and very useful word tools that allow us to 'Conceptualize, Intellectualize and Actualize' more

effectively. Please think of my teachings in this manner. It allows you to be well organized 'Mentally and Physically' and, in this manner, will enable you to learn, with relative ease, what might appear to be impossible. This 'Process' will be a whole lot more fun and offer less time in 'Golf Purgatory'!

12)           **GATE-ing:**

You will soon hear more about this term and more throughout these books. It is a useful term, if not for everyday application, then at least for the scholastic approach to this sometimes overly complicated topic we have come to call 'Golf'. When I talk of a 'Closed Gate', I certainly include the condition of 'Opposing or Unnaturally Placed Components' that assuredly oppose the 'Pre-Selected Smooth Procedures' of which we so often speak.

Let us identify a few situations where opposition exists. If we 'Set-Up' with the 'Target or Swing Hand' placed on the 'Golf Handle' very 'WEAKLY' and then apply the 'Brace or Hitting Hand' very 'STRONG', we will have our 'GRIP V's' each pointing in different directions; the 'Target V' will point at the 'Target Shoulder' while the 'Brace V' will point at the 'Brace Shoulder'. In this manner, the 'Wrist Hinges' will not be functionally 'Lined Up or Parallel' so they will not function compatibly. The two 'Hand Gates' will not both be on duty and ready for passage!

If you have any doubt in this explanation, stand up and set you Hands on the 'Golf Handle' in this opposed manner and then make a gentle 'Swinging Motion'. So now you know! 'FEEL' told you!

We can also have this 'Gate-ing' or '**Component Incompatibility**' in our 'Feet'. '**STANCE**' deals with the position of the 'Feet' relative to our 'Hips Axis' for 'Foot AIM and WIDTH'. Our 'Shoulders' are often used for reference as well. If we have our 'Feet Set-Up' with too much of any 'Component' or with incompatible 'Components', we will have a problematic 'Gate-ing' situation and 'Action'.

Consider the 'Full Swing'. If we have our 'Target Foot' pointing or 'AIMed' very medially, towards our 'Belly Button' or very 'Closed' and we combine that with having a 'Brace Foot' very 'Closed' as well, (pointing very to the 'Brace Side' of our bodies), we will absolutely NOT be able to 'Turn, Rotate or Fire' our 'Golfing Machine' towards the 'Target' or to the 'Target Side'.



Stuck Feet ... Both Feet Closed to the Thrust Line  
Direction of Ball Flight

With both 'Feet' turned very 'Closed' both gates are 'Closed' to the 'Direction Of Rotation'! ;Pivot Is The Full Swing Purpose'.

Additionally, if we turn the 'Target Foot' very 'Closed' and set the 'Brace Foot' very 'Open' (pointing towards our Belly Button as well, 'Pigeon Toed'), we will have 'Opposing or Incompatible Components' and the 'Machine' will not function freely in either direction. This is a grand 'Foot Block'!

Finally, if we are 'Set-Up' with a very '**Closed ALIGNMENT**', where our 'Foot Line and/or Body Line' is aligned across the 'Target Line' towards the 'Low ENERGY Side Of The Fairway', our 'Golfing Machine' will not be prepared or able to smoothly 'Turn or Rotate' towards the 'Target'. In this very 'Closed ALIGNMENT Condition' (see 'Double Cross'), we 'Feel' like we run into our own 'Feet or Body' as we attempt to 'Turn or Rotate' towards the 'Target'. The '**GATE IS CLOSED**'. Not a useful situation or combination!

STILL 'MATCHING COMPONENTS AND PROCEDURES'  
(just for a moment)

13) **STUCK HANDS GRIP ('Component Block'):**

We all know that our 'Grip V's' should both 'MATCH and Point' generally in the direction of our 'Brace Shoulder' with the long irons or 'Long Shafted Clubs'. It takes more 'WORK' to turn the Clubface back to Square and get the job done when the Clubhead is farther from our Sternum. There is more 'Lever Length' and more 'Resistance' simply due to 'Mass' as well!

We also know that the 'Grip V's' should MATCH so our 'Wrist Hinges' or 'Wrist Hinge Axes' are freely compatible. If you have a door hung on its door frame with the two, three or four hinge pins NOT lined up or parallel, those hinges will NOT work smoothly or cooperatively. The door will 'Bind'. The total hinge assembly or package will contain 'Resistance' to the total hinge or rotation line.

If you suffer from '**Flippy Wrists**', take those 'Matching V's' and roll both Hands towards the top of the Shaft ('Pigeon Hands') or roll them both towards their outside. In this manner they will 'NO LONGER MATCH' and they will not work compatibly. You will have a '**Stuck Grip**'. You will not be able to 'Flip Your Hands' or 'Roll Them Over'. Your 'Hand Action' will be impaired. Hence the term 'Stuck Hands Grip'.

If you have this 'Stuck Hands Grip' ('Upper Body Machine Components') your 'Lower Body Machine' will dominate and your PIVOT will out perform your Lever Assemblies. Make sense?

These 'Stuck Hands or Opposing Wrist Hinges' (Brace Hinge really strong and Target Hinge very weak) create a 'Musculo-Skeletal' condition whereby the 'Wrist Hinge Axes' are not parallel. When they are 'Uncooperative or incompatible in this deliberate 'Set-Up' manner, They will not have the freedom necessary to accomplish 'Flippy Hinges'.

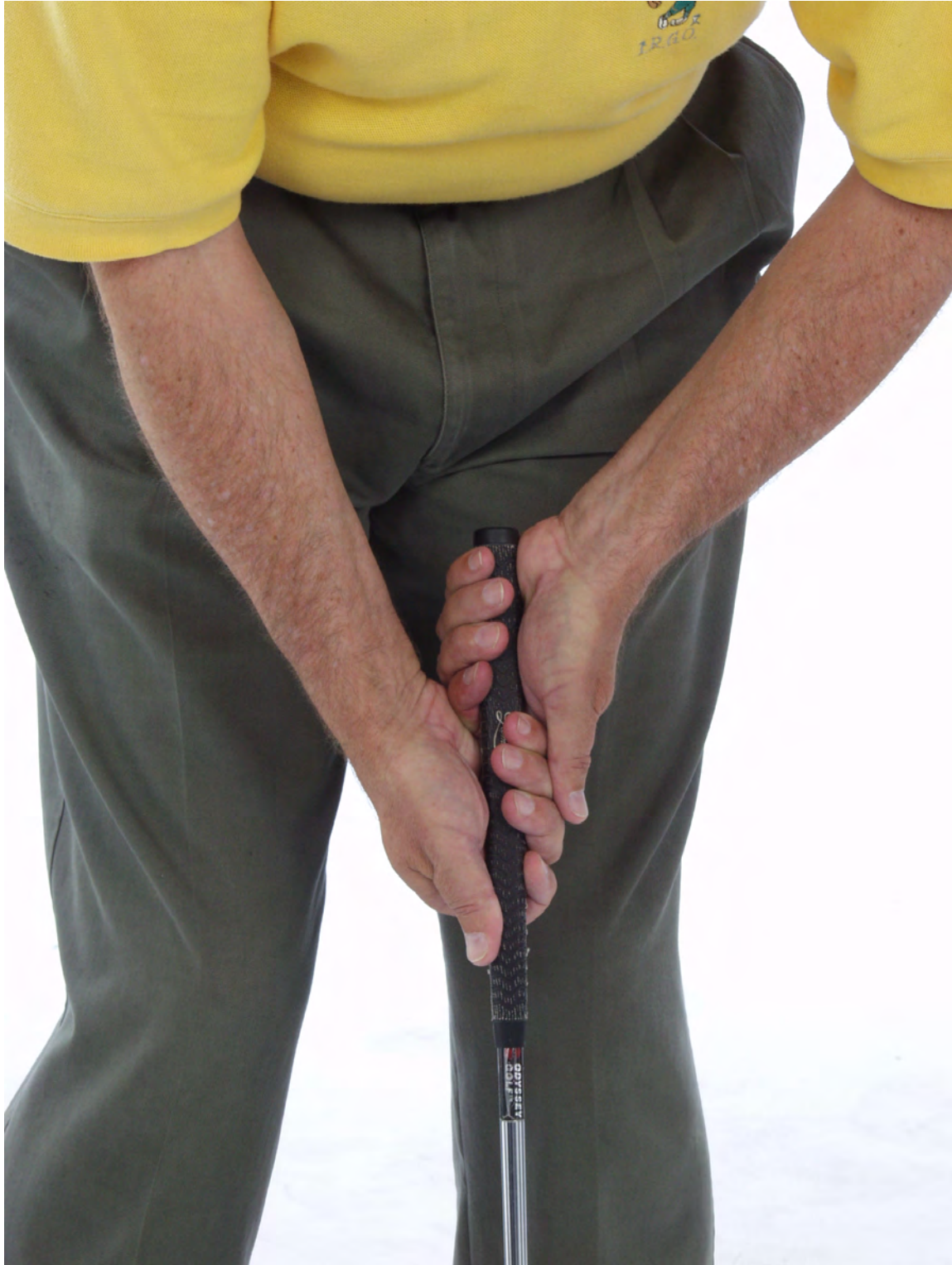
Can you imagine having a three hinge door with the top hinge vertical, the bottom hinge vertical and the middle hinge Horizontal. This means the middle hinge is trying to make the door go 'Up & Down' and not 'Round & Round'. The door's movement in any direction is not functional.

This 'Hinge Combination' will not work in golf either. By the way, this 'Stuck Hands Grip' is very workable in your 'Putting Ventures'. Time For A Feel?





Stuck Hands Grip, Opposing Wrist Hinges,  
Body On



Stuck Hands Grip ... Opposing Wrist Hinge Axes

14)           **STUCK FEET STANCE ('Component Block'):**

The reverse order of 'STUCKNESS' applies.

If you make your 'LBM Stuck' and free up your 'UBM', the 'Lever Assemblies' will out run the Legs, Hips and Trunk Motions (see 'Flippy Handed'). Your 'RPM' will be out of balance and the 'UBM' will 'Out RPM' the 'LBM' (see 'Throw Away').

How would I accomplish and 'FEEL' this condition?

It is simple.

Get very 'Pigeon Toed'!

This 'LBM Component Condition' will severely obstruct your 'Rotating or PIVOTING LBM' to and from the 'Brace to the Target Side'. 'Pigeon Toed' impairs 'Rotation' period! It is a great 'Putting' base however. Keeping your 'Lower Body' quiet while 'Putting' is not only good but essential. (see 'Putting')

'Pigeon Toed' is '**STUCK FEET STANCE**'. Overly 'Duck Footed' is as well. The 'Components Do Not Match' the 'Motion Requirement'!

These two 'Components and Procedures' conditions are both '**ISOLATE THE PARTS**' ('ITP') exercises or situations. Learn the good and the bad so you can relate all the Golf symptoms effectively. One who practices making big sweeping or snapping Hooks, will be able to stop them at will. This person will also have a head start in fixing his or her 'Slice' is one exists. So you guessed it, when I have a client who suffers from a serious 'Slice' I get them working on making 'Hooks' and 'FEELING The Characteristics'. This is 'Bullet-Proof FIX STUFF'! Old teaching dogs with old tricks!

By the way, this 'Stuck Feet' condition works really effectively in your 'Putting Endeavours'. Makes for very stable 'Stance and Lower Body Machine'. You will love the fact that your 'Pivot' will enable a very 'Steady Head'.

Time For A Feel?



Stuck Feet and No Pivot  
No Core Delivery or Release  
Body On



Stuck Feet and No Pivot,  
Down The Line (DTL)

15)           **BY THE WAY!:**

This 'Stuck Hands or Feet Syndrome' is really the same as we have come to know as '**BLOCKED**' or impeded 'Procedures'.

With both 'Feet Pigeon Toed', we have both feet 'Blocked' because neither will perform both the 'Front and Back Swing' portion with ease. One will be 'Blocked' to varying degrees at all times during the Swing. We are 'LBM STUCK'!

The same is true with your 'Stuck Hands'. If we have a fully 'Strong Brace Hand' and a fully 'Weak Target Hand' (as just described above) the 'Net Result' is 'Blocked GRIP' or 'STUCK UBM'!

All this discussion and actions are 'FEEL STUFF' so give it a 'FEEL' laddie and lassie! Try these configurations while you read.

Remember, 'A Good Feel' never hurt anyone that I know of!

Well done so far!

Some more distilled information coming at you!

These are the items marked **[Page]** in your 'Table Of Contents'.

Remember?

**'FOLLOW ME'**

(I'm still your Wilderness Guide)  
and I know the trail well.  
You're safe!



# 555 GOLF ACADEMY

## 'PERFORMANCE EXCELLENCE'

### 'FIVE ESSENTIAL ELEMENTS'

When we make any and every 'Golf Shot', there are some 'Common Denominators' that are present. We best understand and utilize them efficiently. They are:

- 1) '**Clubface AIM**' (the 'Absolute #1 Alignment') is the angular relationship of the straight line 'Leading Edge' of the 'Clubface to the 'Target, Ball Flight or Ball Rolling Line', especially at the 'Moment Of Separation'. This affects 'Direction, Spin-Rate and Ball Flight Shape'.
- 2) '**Clubhead PATH**' is the longitudinal relationship of the 'Motion of the Clubhead to the 'Target, Ball Flight or Ball Rolling Line', especially 'Through the IMPACT Zone'. This affects 'Direction, Spin-Rate and Ball Flight Shape' (Distance & Direction, D&D).
- 3) '**Clubhead SPEED**', which is 'Momentum, Inertia and Velocity' ('MIV', ENERGY), directly produces 'Ball Velocity'. This creates 'Distance' and affects 'Ball Flight Shape' (D&D).
- 4) '**SWEET SPOT**' or '**Optimal Percussion Area**' ('OPA') is the relationship of the Ball to the 'Center Of Mass' of the Clubhead which is where the Ball should best make contact with the 'Tool' (see '5 Contact Points'). This is about 'Optimal ENERGY Transfer' which affects 'Spin-Rate and Ball Flight' ('D&D').
- 5) '**Angle Of Attack**' which is really about 'Swing Plane ('Hand Path') and Weight Distribution' that generally causes the 'Take-Away' to have more 'Lift' than 'ROTATION', more 'Up & Down' than 'Round & Round' such as in 'Chip, Short Pitch, Bunker and Lob Shots' out of the rough.

In order to put these 'Five Essential Elements' to proper efficient use, we must understand the '**555 Golf System**'. We must understand and apply the '**5 SET-UPS**', the '**5 EXECUTIONS**' and the '**5 CONTROLS**' so that we best get our bodies ready to 'Master These Basics'. Hence then mastering your 'Angle Of Attack' and 'Swing Plane' ('C/H ORBIT' or 'Lift to Turn Ratio').

We must become familiar with 'Stroke Protocols or Characteristics'. This is again '**Components and Procedures**'. What are our 'Tools' and what specifically are we going to do with them? What is our task at this moment and how are we going to get it done?

We must nurture a 'Good Attitude'. We must develop a reliable 'Pre-Shot Routine' that includes effective 'Visualization'. We must constantly strive to apply practical 'Course Management' or what we call 'Billiards Golf' and 'Doing The Math'. (see 'A To B or Two Point Golf', 'Join The Dots')

2) **MORE GOOD INFORMATION:**

When we speak of 'Clubface AIM', remember that where the bones in the back of your 'Target Hand' are pointing is where your 'Clubface' is generally pointing. Look at this ten times this week. 'FEEL' it for the next ten years in your 'Golf Life Time'! You will know, that **'REMEMBERED FEEL'** or be fortunate enough to become acquainted!

When you make a smoothly executed 'Golf Practice Swing' without a 'Club' and perhaps with only your 'Target Lever', (Isolate The Parts Drills) your 'Target Thumb' will be generally on top and pointing slightly up. (open Palmed) As you make your entire 'Swing' your 'Target Thumb' will 'Roll to the Brace Side in the Back Swing' and then naturally 'Roll to the Target Side in the Front Swing'. If you apply excessive 'Rotational Action, Turn and Roll to your Target Wrist Hinge during the Front Swing', you will finish with your 'Target Thumb' pointing well towards the 'High ENERGY Side of the Target Line' when your Motion completes in the 'Follow Stage' (SS#9).

This 'Thumb Up Drill' is a great 'Drill' to educate ourselves of 'Wrist Hinge Positions and Hinge Actions' so use it regularly to keep the 'FEEL of Control'. The 'Target Hinge' is very influential in the operation and performance of the 'Clubface AIM and Clubhead PATH'.

**'Where your Target Thumb and Brace Index Finger Points, Your Ball Has Likely Gone!' Keep 'FEELING The Simplicities'.**

When you speak of 'Clubhead PATH', remember that **'Your Ball Goes Where Your Hands Go'** as well! Keep that **'Brace Hand Delivery PATH'** extending **'Down The Line'** through the **'IMPACT Zone'** and beyond. 'Chase or Follow the Ball Down its Ball Flight Line' for a short distance beyond the 'Ball's Separation From The Clubface'. This is what we mean by the words 'Chase or Follow'. This thought or **'KEY WORDS'** helps us induce better 'Extensor Action' which give us better 'Directional Control' as a result of better **'Clubface AIM Control'**. Your 'Clubhead' does not travel in a purely **'Circular ORBIT'** but is 'Oblate, bulging or enlarged in the bottom front section. This is due to 'Brace Lever Extensor Action' combined with your basic 'Forward Rotational Motion or Forward PIVOT'. 'Hand Delivery PATH' directly influences your 'Ball Flight' so get the **'MOTIONS, ACTIONS and FEEL'** right! This is what we speak of at the '555 Golf Academy' when we use the saying that **'Physics and Mechanics'** enable us to employ **'Geometry and FEEL'**.

This is the proper sequence of 'Golfing Success'! We had best address the aspect of the 'Physics & Mechanics' of the 'Bones in the Back of the Target Hand having direct relevance to 'Clubface AIM' before we undertake to examine the "Geometry Of The Clubhead Circle' and thereafter 'Remembering The FEEL' lest what we have 'Set-Up' and 'Tested' is wrong. Then there is no purpose in 'Remembering' it for later use! Once the 'Physics and Mechanics' is established, tested and proven sound and the 'Geometry' is scrutinized, then and only then should we give our 'Brain Memory Bank' the approval to load and store! Never save and poor sensations and data. Its your 'Mental Library'! Check quality-control and do housekeeping regularly!

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24/7



## I DRIVE AS I PUTT

Now that you know what 'The 5 ESSENTIAL ELEMENTS' are, let us tell you about a very important and equally realistic saying your '555 TEAM' uses every day!

It is, of course, **"I Drive As I Putt!"**

"What does it mean?"

"How did we come to this seemingly simple revelation and application?"

Good questions deserve equally good answers.

If you know and understand these **'5 ESSENTIAL ELEMENTS'** you will get the direct connection between 'Putting & Driving'.

There is no single swing world-wide, male or female, left-handed or right-handed, that does not contain each of these five elements.

Like our '555 5 SET-UPS', these are 'Universal'.

If you were to observe the 'Putting Stroke' through the 'IMPACT & SEPARATION Zone' with a 'High Speed Video Camera' ('HSVC') you would see it's 'Elements'. If you were to observe the 'Driver Head' also through the 'IMPACT & SEPARATION Zone', you would also see these very same 'Elements'. Look at JUST the 'Leading Edge or Clubface'. Both 'Stroke Procedures' achieve the same 'Component Conditions'.

Hence we 'Drive As We Putt'!

I can tell you with absolute honesty that, during my 'Driver Swing', I have the firm programme running that subconsciously tells me to 'Feel My Putter Through The IMPACT & SEPARATION Zone'.

This 'Savvy Old Country Gentleman Golf Teacher' actually plays his 'Putting Mental Tape' during his 'Drive Procedure'. I take the 'Driver Head' away from the 'Ball' at my 'Putter Pace' while saying my good servants 'Trigger Words' ... "One & Thru" while making a very big 'Putt'!

Not much else changes save the actual results!

# **555 GOLF ACADEMY**

## **'PERFORMANCE EXCELLENCE'**

### **'5 IMPACT POINTS'**

There are interestingly only **'5 Impact Points'** or places for the 'Clubface To Strike The Ball' effectively.

They are **1)** 'Heel' ('Close to the Hozel or Proximal'), **2)** 'Toe' ('Out on the Toe far from the Hozel or Distal'), **3)** 'Fat' ('Close to the Sole Of The Clubhead or Ventrally'), **4)** 'Thin' ('Well above the Sole, Higher than the 'Sweet Spot and Dorsally') and **5)** 'Sweet Spot' ('Center Of Mass')

### **'5 BODY CLOCKING POINTS'**

Your '555 TEAM' has carefully developed and tested to prove the usefulness of **'BODY CLOCKING'** to control your 'Inertia or Clubhead or Golf Club Energy'. This absolutely controls 'Distance'. They simply are **1)** Brace Thigh, **2)** Brace Hip, **3)** Brace Lower Rig Cage, **4)** Brace Arm-Pit and **5)** Brace Shoulder. These are the physical points to which you move your 'Brace Hand Travel Distance' ('BHTD') in order to control the 'Pre-Selected Energy' in your 'Golf Swings'.

### **'5 WAY TO SHORTEN YOUR DISTANCE'**

This is a 'Game Of 5's For Sure'!

Your '555 TEAM' has carefully developed and tested a 'Bullet Proof' system of controlling the amount of 'Energy' you 'Accumulate, Load, Store, Deliver and Release' during the 'Golf Swing Event'. (see 'ALSDR')

The five are: **1)** Decelerate which is a 'NO NO"! **2)** Select a Different Club, **3)** Narrow Your 'STANCE' and then simply make the same 'Full Feeling Swing', **4)** Shorten your 'GRIP' and then simply take the same 'Full Feeling Swing', **5)** 'Body Clock' your swing.

### **THIS REALLY IS A GAME OF 5's**

Read More About These Topics In The Golfmyth Collection

# 555 GOLF ACADEMY

## 'PERFORMANCE EXCELLENCE'

### '5 STEP ROUTINE'

Your '555 TEAM' has developed, field tested and perfected a behaviour that works reliably in managing your 'Golf Life'. When you first encounter the '**Challenge Of Making A Golf Shot**', there are 'Tasks' that must be accomplished in an orderly manner or sequence. We need to be predictable in our approach to 'Golf'. The '5 Step Routine' logically includes the following: **1)Elevate Your Chemistry, 2)Pre-Shot Routine, 3)Execution, 4)Post-Shot Routine and 5)Relax & Re-Energize.** If you can understand, learn and adopt these five steps, you will be able to manage your success at all times. Let us consider that we fail to 'Perfectly Manage A Moment'. Well, if you utilize this '5 Step Routine', you will be closer to 'Occasional Perfection' and dwell 'In The House Of The Happy'!

### '5 ALIGNMENT AXES'

Your '555 TEAM' has simply evaluated and categorized what one must tend to from a '**Linearly Oriented Body Perspective**' (see 'DTL' and 'UTL') in order to get the 'Part and Components' organized for the purpose of making a 'Reliable and Predictable Golf Shot'. These '5 Alignment Axes' include **1)Feet, 2)Knees, 3)Hips, 4)Shoulders and 5)Ears.** I can hear you thinking! "EARS?" you blurt! Yes! The 'Captain EYES' steady the 'Head' (see 'Basic Essentials') so that the 'Top Of The Human Golfer Tether Ball Pole' is stable. The 'Legs' or 'Loading the Quads & Glutes' stabilizes the base. If you move your 'Eyes' off the butt of the ball, you will move your ears and then, almost unavoidably, move your 'Shoulder Axis' thus pulling your 'Ball Rolling Line or Ball Flight Line' 'Off Line' generally to the 'High Energy Side Of The Target Line'. Be aware!

### '5 PRIMARY ABSOLUTES'

Your '555 TEAM' has devise what we call the '5 Primary Absolutes'. These are without a doubt '**Key Elements To Your Golf Swing**'. Don't leave home without them! They are; **1)A Flat Target Wrist At The Moment Of Separation ('Impact Component'), 2)Clubhead LAG Pressure ('Pivot Component'), 3)Clubshaft On PLANE ('Plane Component'), 4)The Ball Goes Where Your Hands Go ('Path Component') and 5)The Hands Get The Ball Before The Clubhead ('Pivot Component' – 'LAG Pressure')**

**LEARN ALL THESE WELL!**

# 555 GOLF ACADEMY

## 'PERFORMANCE EXCELLENCE'

### 'MASTERING GOLF BASICS' (MGB)

The 'Five Essential Elements' are certainly included in this 'Mastering The Basics'.

- 1) 'Clubface AIM' at the Moment Of Separation
- 2) 'Clubhead PATH'
- 3) 'Clubhead SPEED'
- 4) 'SWEET SPOT' or 'Optimal Percussion Area' ('OPA')
- 5) 'Angle Of Attack'

Additionally we need to master;

1) '**RPM**' which means that the 'Three Zones of the Golfing Machine', which are the 'Hands', the 'Arms or Levers' and the 'Body', all must ideally 'Rotate' around the 'Spinal Crank-Shaft' in unison or at the same 'RPM' (Timing, Tempo, Rhythm, Pace and Cadence) through the 'IMPACT Zone' (proper 'Lead, Lag & Drag', no 'Throw-Away') Avoid getting 'Flippy Handed'!

2) '**Upper and Lower Body Machine Concepts**' must be understood and applied.

3) '**Spinal Conditions**' ('Forward Inclination and Aft Tilt') must be properly established in order to create 'Motion' with the 'Clubhead' that is 'In A Stable ORBIT' with stability so that the 'Sweet Spot' can get away from and back again to the 'Butt Of The Ball' with velocity. The 'Spine' is your 'Tether Ball Pole'. This is the 'POSTURE Element'. The 'Spine' is the 'Hub Of The Wheel'. (Centrifugal Force, Inside-Out Concept)

4) '**Brace Knee Flex**' ('Base Of Pivot') is essential for the production of 'Brace Leg Drive' as well as 'PIVOT Stability' which enables 'Clubhead ORBITAL Stability'. (see 'Brace Toe Pressure')

### The '555 GOLF SYSTEM'

#### '5 Set-Ups'

- 5) 'POSTURE'
- 6) 'GRIP'
- 7) 'STANCE'
- 8) 'BALL LOCATION'
- 9) 'ALIGNMENT'

#### '5 Executions'

- 'SWINGING MOTION'
- 'HANDS'
  - 'EYES'
  - 'BALL'
  - 'PIN'

#### '5 Controls'

- 'CHIN'
- 'HANDS'
- 'FEET'
- 'BALL'
- 'PIN'

- 10) 'LOWER BODY MACHINE (LBM) goes 'Round & Round'  
'UPPER BODY MACHINE (UBM) goes 'Up & Down'
- 11) Swing 'FROM THE GROUND UP' and 'FROM THE INSIDE OUT'
- 12) 'TWO SWINGS IN YOUR BAG' (Full and Less Than Full)
- 13) 'FOUR BALANCE PONTS' (Address, Brace TOB, Impact, Target TOF)
- 14) 'FOUR PIVOT POINTS' (Address, Brace TOB, Impact, Target TOF)
- 15) 'PIVOT' (LBM Rotation, Coil-Un-Coil, Load-Un-Load, Wind-Un-Wind)
- 16) 'SWING PLANE' (Clubhead and 'Upper Body Machine Parts' ORBIT)
- 17) 'BREATHING' (Cardio-Pulmonary Balance, Matching Pressures, the 4 P's)
- 18) 'COMPONENTS and PROCEDURES' always 'MATCHING'
- 19) 'Pre-Shot Routine' (Visualization, Green Reading, Club Selection)
- 20) 'Post-Shot Routine' (Evaluation, Honest Performance Assessment)
- 21) 'COURSE MANAGEMENT' ('Billiards Golf', 'Pitching Wedge Rule')
- 22) 'MENTAL MANAGEMENT' ('Focus', 'Confidence', 'Present Tense')
- 23) 'Check-Listing' (Specific Procedural Organization)
- 24) 'The Ball Goes Where Your Hands Go!' (BALL-PIN or A to B Golf)
- 25) 'When Your Hands Are Above Your Hips, Your Clubhead Is Retreating!  
(so there is no point in stepping on the throttle until your Hands are  
below Hips in what is called 'Swing Segment #2F or SS#6 to #7  
Delayed Wrist-Cock Release, 'Lead, Lag & Drag', 'Maintain Your Angles')

We must nurture a 'Good Honest Attitude'. We must develop a reliable 'Pre-Shot Routine' that includes effective 'Visualization' and 'Green Reading'. We must constantly strive to apply practical 'Course Management' or what we call 'Billiards Golf'. We must **'Work Smart'**!

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## NOW THAT YOU KNOW

Now that you know the immediate above material, I want to tell you something very simple right here that we shall embellish ongoingly and likely forever. I shall never cease spreading this word!

This '555 Fraternity' breaks the 'Golf Swing' down into three very logical and methodical 'Procedures' that we have named '**Stage One, Stage Two and Stage Three**'. You shall learn more very soon. You shall be rewarded for your steadfast interest and diligence in hanging in there to do so.

As an intro or little 'Hors d'Ouvre', there are really just 'Two Basic Swings', 1) the '**PUSH Basic**' and 2) the '**PUNCH Basic**'.

Your 'Putting, Bump & Run and Chipping Procedures' are all '**PUSH BASIC**'. The 'Upper Body Machine Engine or Power Source' of the 'Procedure' is your 'Brace Shoulder' in its 'Rocking Chair' or primarily 'Up & Down Motion'. This moves or enables the 'Brace Hand' to provide propulsion or 'PUSH' to the inverted Apex of the 'Lever Triangles' via the 'GRIP'. There is no 'Lower Body Machine Propulsion'.

Thus the 'PUSH BASIC' includes both the 'Stage One' and the 'Stage Two Procedures'. The 'Stage One' has 'No Wrist Cock' and 'No Pivot' which is the classic 'Putting Stroke'. The Stage Two' has or may have 'Wrist Cock' but has 'No Pivot. This is the classic 'Chipping or Bump & Run Procedure'. Remember, a 'Chip Is Just A Putt With A Hop Created By 'LOFT or Club Selection'.

The '**PUNCH BASIC Procedure**' employs 'Brace Toe Pressure, Brace Foot Pre-Load and Brace Leg Drive'. This is the 'Lower Body Machine Engine'. The 'Stage Three Procedure' has both natural 'Wrist Cock' and 'Pivot' 'Load & Release' (see 'ALS DR'). The 'Brace Leg' provides the '**BRACE RESISTANCE & POWER**'.

Are there similar athletic endeavors that are commonly known? You bet there are! Hitting a baseball over the centre field wall! Making a hard fast slap shot into the top right shelf is very similar as well! Producing a hard passing shot down the line in tennis is a 'Sister Stroke'! Delivering a sharp 'Brace Handed and Legged Knock Out Punch' is in the group! There are more!

Keep this basic information in mind!

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**The GREAT 'SPORT OF GOLF'**

Q67)

**"You can learn it RIGHT.  
or  
You can learn it WRONG."**

**It all depends on how much suffering you can stand!**

(the nerve one has to call it a 'Sport')

Author Known



RED RULE #1

The 'GOLDEN RULE' Rule

**DO UNTO OTHERS AS YOU WOULD HAVE THEM DO UNTO YOU.**

Recently, I had the pleasure of addressing a group of some thirty three blossoming public school elementary students of whom, in the process of a 'Four Day Junior Golf Clinic', I asked questions about 'Rules'.

A rule that one best never set too far aside is the 'GOLDEN RULE', you know, the one that Mom and Dad so generously instilled in most of us. In this group, 'NOT ONE' student readily recalled this most basic element or personal building block, so necessary in a society if it is to be headed in the right direction, with the correct, moral and ethical priorities, tolerance and commensurate results known as 'Social Balance with Justice'.

I guess such a childish discovery or teaching as the 'Golden Rule' may no longer be fashionable for bold and exploring modern souls, young or old. Perhaps I no longer qualify as contemporary or modern. If so then **'Best That Way! So Be It!'**

I pointedly told these young citizens what the 'GOLDEN RULE' 'IS' and NOT what it was. This teacher got the point across!

I am thankful for GOLF's having granted me the opportunity to share such philosophically sound concepts with these future citizens and leaders of mankind along their early 'Journey'. With children and people in general, it is cumulative exposure and quality learning that prevails.

This 'Golden Rule', combined with a modicum of knowledge, takes care of 'Etiquette' and allows us to be viewed as 'Good Fellows' on the property!

'GOLF' always plays best with 'The Golden Rule' in mind. That connects our quality to our reality!

Q68)

'Make yourself necessary to somebody.'

Ralph Waldo Emerson

Good and useful teachers know how to do this as a matter of 'Daily Routine' to the benefit of all parties.

Q69)

'We each boil at different degrees.'

Ralph Waldo Emerson

Each one of us has a limit to our tolerance and it is necessary in Golf to know this very well indeed. Knowing relieves 'Stress' and thus reduces 'Strokes'.

Q70)

'It doesn't take much of a rule to measure a mean man.'

Malcolm Forbes

Kindness and patience is one of the marks of a good teacher.

Q71)

'Anger is never without a reason,  
but seldom with a good one.'

Benjamin Franklin

**EXPECT TO WIN BIG?**

**'If You Expect To Win Big,  
Strike Out Big!'**

Why do I not put this in the 'Course Management or Psychology Chapters'?

This statement is never unimportant or irrelevant. It is a 'Mind Thing' and we must strive consistently to get this right; to get this attitude a 'Subconscious' reality.

The time to start this process?

**Yesterday!**

By your investing in this 'Collection of Books', you are 'Striking Out Big! This is the most substantial literary effort about the 'Teaching The Great Game' in its 400 year history! You already know that! It was expensive and it is heavy! Right?

**Congratulations!**

and

**Thank You!**

Q72)

Good people must avoid three dangers:

- 1) **'No Knowledge and No Passion'** as this is unacceptable for the serious believer, who is commanded to seek God's will diligently.
- 2) **'Knowledge and No Passion'** as it is cold arrogance.
- 3) **'Passion and No Knowledge'** as this is dangerous, for "It is not good to have zeal without knowledge."  
(Proverbs 19:2)

C.S. Lewis

VERY SPECIAL INSIGHTS  
**'REMEMBERED FEEL'**

1)           **LEARNING GOLF:**

Before we go ahead with the next chapters, which will deal with the practical side of learning to play Golf, I want to say a few things about 'Learning' the game and about 'Teaching' it. I ought to know something about these subjects for I have been '**Learning**' Golf for over forty years, not always as efficiently as desired, and have been '**Teaching**' it for more than the last thirty.

Now I claim that the right way of 'Learning Golf' has almost nothing in common with the 'Learning' we did at school; it is an entirely different process. Memorizing the capitals of Europe or a Latin declension, or 'Learning' chemistry or mathematics, are purely mental feats and depend exclusively upon '**Mental Memory**' whereas I contend that to learn to play good and consistent Golf you need '**Muscular Sequence Memory**', what I like to call '**REMEMBERED FEEL**'. It is not 'Muscle Memory'!

We all know that, in truth, muscles have 'No Memory'. What I mean by this much-used term, '**MUSCLE MEMORY**', is that the brain remembers the 'Programmes or Macro Sequence' that it has experimented with and found useful. What we really do is train our brains to store and repeat 'Electro-Chemical Signal Or Instruction Sequences' that produce consistent results and satisfaction. It is sometimes called 'Patterning'. We visualize the picture and our bodies paint it. What others mean by this term, you will have to discover by asking them for yourself.

A well-known statement and very pure truth about the human psyche is, '**Behaviour That Creates Desirable Consequences Shall Recur**'. Once we make a move or execute a muscular sequence that produces rewarding results, we do it again and again, until we can simply think about the desired results and then reproduce the 'Remembered Feel' of which I speak so often.

In Golf, what you need to learn (or memorize) are not so much the technical or mathematical details of a good shot but '**The FEEL Of IT**'. Once you like what you experience, might I suggest that you 'Store The Circumstances and Sensations in Your Mental Golf Library' from whence you can recall it at will. If you, and every

component muscle in you, can remember the 'FEEL' of a good shot, 'YOU CAN MAKE THE MOTION AGAIN' or repeat the process. You will have become what I term a '**REFLEX GOLFER**'. That is to say, the good shot has become your '**REFLEX**' or 'Automatic Response' to the sight of the Ball in this 'Visual Mental Picture'. When you know your 'Objective' and the situation or task, where you want the Ball to come to rest, your job is defined. This known, 'See The Picture And Then Paint IT' with one of your golf sticks!

Please remember that this Golf memory is a '**Memory Of A Cycle Or Sequence Of Sensations**' which follow and blend into one another quite smoothly. Each sensation must be connected up with those which precede and follow it. One sensation cannot be considered independently. All the parts, pieces and movements are or must be 'Smoothly And Logically Interconnected'. The Swing must flow, not explode. This is perhaps the real core challenge of 'Playing Golf'. We all need help refining this 'Process'.

Again, the truth is that any of these singular aspects, although seemingly and scientifically quite different and capable of being isolated, cannot even be '**Felt or Remembered**' independently during the heat of battle. You cannot, to take a basic example, 'Feel the Top of Your Back Swing' ('Moment of Low Inertia') as such; you can and should really only 'Feel' the sensation between the Movements of the 'Back Swing' and those of the 'Down or Front Swing'. You must remember the process of getting to the top, smoothly and gently reversing the direction of your 'Clubhead Movement' (Orbit) and then its returning to 'IMPACT FIX' and 'THROUGH the IMPACT Zone' which is, after all, the very objective of creating 'Clubhead Speed' taking place along the appropriate 'Clubhead PATH' and 'On PLANE'. This and only this will deliver a 'Square Clubface' to and through the waiting Ball, imparting Energy to it and making the Ball 'Go Away Dead-Aim' to the Target. We need to clearly understand and 'FEEL' this concept in order to improve to our desired level.

**'Don't Get Too Mechanical'!** Remember, 'Position Golf Smothers Alignment Golf'! Do not become robotic about your swing. You will restrict your 'Muscular Flow' and actually decelerate or slow down and hit your shots poorly by trying too hard. Making 'Golf Shots' is always an 'A TO B' task. We always define the '2 Points' ... the 'Ball' and the 'Target or Quarter'. Once we have these '2 Points', all we have to do is 'Connect The Dots'. Done enough times, we have played a 'Hole' and then eighteen of them making it time to reflect and celebrate.

You really cannot and will not generally precisely recall that 'Moment of IMPACT & SEPARATION' but only the overall sensation of moving the Clubhead speedily through the Ball resulting in an exciting and exacting 'Ball Flight'. I think you recall the 'Sum Of The Parts' and generally not each part or its position. If you think of or actually recall 'Parts and Positions', you are likely be in trouble or headed towards it! The 'Golf Swing' is a culmination of smooth progressive 'Leverage and Motion' that begs not to be taken apart during the Swing. Those who dissect their own Swing under 'Working Conditions' shall generally pay the price.

If you must carefully asses your swing, do so firstly in 'Slow Motion' and without any club. Then increase your 'Swing Speed' to medium and finally add a club to both another set of slow and medium motions. We learn best at slower speeds. Then we can step out on stage and still be able to 'Let IT Happen'!

For the reason of the Golf Swing's constant need for 'Balance, Timing, Tempo, Cadence, Pace, Rhythm', consistent '**Pre-Selected Components and Procedures and Motions**', you must never in Golf say, "**I've Got It!**". When you think you have found the secret of some shot that has been evading you, unless what you have "**Got**" fits into your 'Cycle Of Sensations' or, as we shall call them, your '**CONTROLS**', your results in the next Swing may be quite different or inconsistent. Unless your 'Motions and Discipline' do fit into something 'Overall', your accomplishment will likely be 'Fleeting' and cannot become a reliable part of your game. Why do we see so many tournament winners have but one brief glory, but one win, and then slide silently into obscurity? Because they do not have this 'Earned Discipline' which lends itself to 'Staying Power', to winning or being in the hunt week after week! This requires as well, raw talent and the guts to put it to practise through hard work and a solid 'Practice Regimen'.

Why do I call these 'Remembered Feel' sensations '**CONTROLS**'? Simply because I want you to 'Control' your game by using, by repeating these sensations, '**FEELS**', instead of using '**THOUGHT**'.

More about your '**5 CONTROLS**' later.

There is another reason why your memory of a Golf shot must be a memory of a 'Cycle of Sensations' and not of a number of separate sensations. It takes an exceedingly skilful juggler to juggle ten glass balls at once, but if the ten balls were threaded onto a

string, most of us could manage them. The memorizing of such sensations as a cycle does 'Thread Them Up' for us very much in this way. Jugglers feel sequence sensations and not one ball.

When the glass balls or 'Rosary Beads' are actually strung together, our Golf prayers are more likely to be answered!

Remember, we want to develop 'Alignment Golf' and avoid 'Position Golf'. 'Position Golf Smothers Alignment Golf'. Don't think of one bead but of the string of beads.

## 2) **TEMPO, TIMING, RHYTHM, CADENCE AND PACE:**

I will deal with these terms throughout the book as I have done throughout my Golf career. But here I want to deal with the concept more than each word. I want to form a generality position and leave specifics for later.

'**TEMPO**' is a term similar to 'PACE'. It is the speed at which the Swing occurs. It is one of the sequential aspects that precipitates everything coming together, 'Crescendoing' at precisely the right time. A lot of people speak of their Swings being "Too Fast", of needing to 'Slow My Swing Down" and the like. I think there are very few people who 'Swing Too Fast' as long as their 'Three Zones, Hands, Arms and Body' work at the same RPM'. Nick Price is very quick or 'Short in his Duration'. I would trade him places! No, in fact, I would adopt his talents and blend them with mine. He is really not a teacher and I would never compromise my ability and what I have worked so hard to learn and develop to my students' benefit. I would rather teach than play.

Whatever your case, when it comes to 'TEMPO or PACE', do not force yourself into 'Slowing Your Swing Down' as 'Clubhead Speed' is the only aspect of the 'Golfing Machine' that creates 'Distance'. You must 'Let Her Rip'. IF you artificially decrease your Tempo or Pace your 'Flow will not happen'. Your Swing will become forced, laboured, awkward and 'Static' rather than 'Dynamic'.

If you try to make your fluid Swing artificially 'SLOW' your Swing will become '**CONSTIPATED**' and Exlax or a 'Fleets Enema' may be the procedure of last resort! Messy and it assuredly 'Bleeds Off POWER', strength and stamina. You will 'FEEL' as though you have had the 'S\_\_\_\_\_' kicked out of you. ('Stuffing' of course!)



'TIMING' is the 'ORDER' in which the 'Components, Body or Equipment', move to cause the Ball to properly depart. When all the 'Parts' happen in the correct 'Timing' (in concert) you are very pleased. When they do not... 'Timing is the Sequence of Movements and Parts' working in harmony. This physical descriptive word, in this case, means 'Musculo-Skeletal Efficiency'.

'RHYTHM', as in music, is a very useful term for any golfer to become accustomed to using. It is a combination of your 'Timing, Tempo and Pace'. This 'Rhythm' is the 'Heartbeat' or co-operative combination of all the various notes (in music) or parts (in Golf). It is how everything blends together over time to create. Think about Louis Armstrong and the saying "I got rhythm, Baby!" Quick and slow. Balanced and rough! **'Timing and Rhythm are RPM'**.

'CADENCE' fits into this musical rendition or recipe. 'Cadence' applies to Golf too. If you take a military marching step, 'Left, Right, Left, Right' over a hundred yards, it has 'Cadence'. You can 'FEEL' it. Say it. Now change it a little as follows: a 'Left and a Right, and a 'Left and a Right' and a 'Left and a Right'. Say the 'Cadence' in this manner long enough and you may end up with a skip or a swagger or a hitch in your marching discipline. Say it and again 'FEEL' it!

I suppose that 'Cadence' may be called the 'Variation to the Theme' or blended 'Tempo, Timing and Rhythm'.

The 'Rhythm' or delicate sequence by which notes (components) are blended into a whole melody such as in music can be felt. The above marching timing is a 4:4 beat. It is not all that dissimilar to the waltz theme. In 'Golf', although there is considerable symmetry and balance, from an overall 'Rhythm' point of view, the Back Swing does NOT equal the Front Swing. They are NOT equal in 'Timing and Duration'. If the 'Golf Swing' requires an arbitrary '16 Units Of Time', there are NOT 8 in the Back Swing and 8 in the Front Swing. **The 'Cadence' is more of a '10:6' since the Back Swing is 'Low-Energy', without acceleration, while the 'Front Swing' experiences very high acceleration and is 'High Energy'**. The 'Golf Swing' is a '1 AND Thru Cadence' and not a '1-2 Event' which happens when we are 'Too Upper Body Quick' or dominant.

The '1-2' 'Cadence' will cause the 'Upper Body Machine' or the 'Lever Assemblies' to dominate the 'Lower Body Machine' which, with its bigger, heavier, slower muscles, must 'LEAD' and not 'LAG'. If

your 'TRIGGER WORDS' and 'FEELING' are "1-2" you will very likely be 'Arms Over Legs' which means you will be 'CASTING'. As you know, that produces an 'Over The Top Swing' that is 'ABOVE PLANE' and travels along an 'Outside-In PATH' producing 'Cut Action', 'Fade or Slice'. Simply saying "ONE & THRU" will help a lot. Make sure you have enough time to smoothly accomplish your 'Full Swing' 'From The Ground Up' and 'From The Inside Out'. Don't compress it!

This information and definitions clearly in mind, I want to tell you with my utmost sincerity and 'teaching demand' that you must never try to 'MAKE YOUR GOLF SWING HAPPEN. YOU MUST LET IT HAPPEN.'

All you have to do is 'SET-UP' with the proper 'Pre-Selected Components and Procedures' in place and then 'EXECUTE' soft back and smooth through ..... **BALL PIN** .

Trigger Word Sequence 'SWEEP & BALL PIN  
'One & Thru'

With the 4 B's  
4 P's

### THE CASTING MOVE

This rather complex 'Golf Global Wreck' makes a lot of golfers unhappy! Some of the deficiencies are usually 'Stance too Wide', Target Foot Closed or not Open or Flared enough (Blocks especially the Target Hip Release and Back Rotation), 'Hips Inactive' (Arms Over Legs), Brace Shoulder Welded to the Body Core due to 'Tension, trying to hit the ball too hard, being Above Plane, Outside-In Path and more for later.

This is a great 19<sup>th</sup> Hole topic of conversation.

Now you are armed with 'Live Ammunition'.

We pilots call this 'Hanger Talk'!

You can come up with your very own 'Golf Term'.

Whatever it might be, the word 'Necessary' is applicable!



The Casting Death Move  
Arms Over Legs  
Brace Shoudler Tension  
The Outside-In Cut Generator  
Hips or Pivot Inactive

3) **'FEEL IS NOT ALWAYS REAL':**

This has been said by some of the best-known Golf Instructors over the years. I understand its context, but I disagree; wholeheartedly I might add.

When we are **NOT** really 'In Touch' with the '**Physics and Mechanics**' of our Swings, it is virtually impossible, except by the 'Crap Shoot or Get Lucky Methods', to graduate into the so necessary and rewarding '**Geometry and FEEL**' form of this 'Great Game'. So, for the weekend warrior, 'FEEL Golf' might be mythological.

However, when we have worked diligently with very '**High Speed Quad Camera Digital Video Capture**' and slowed the Swing down so as to see the 'Truth of its MOTION', we get better at converting this 'Physics and Mechanics' into 'Geometry and FEEL'. 'Video Analysis', performed by trained sensitive professionals, still a rare breed of cat, is one of the single biggest strides forward in the process of game improvement.

Once we 'See and Understand' what is really happening to our personal Swings, comparing ours with that of a similar-swinging touring pro or sound player, we can evaluate, compare and differentiate. Once this has taken place, we can 'Make the carefully-selected Swing Changes' first in '**Slow and Medium Motion Without a Golf Club**' and then carefully progress to '**Slow and Medium MOTION With a Short Iron**'. After these two phases, 'With and Without the Golf Club', we naturally would like to be adventuresome and try the same '**WITH A GOLF BALL**' as well.

"Seems a 'Long Walk In The Park' during more phases of development than I expected" you say. Well Golf is a 'Journey' made of an endless series of separate 'Trips'. Golf is a 'Lifelong Leisure Skill'. If you pick it up like lightning at first, managing to score in only 'Double Digits' you can count your 'Lucky Stars'. If you come out of the gate swinging 'Full Stride' and even scoring in the 80's, you can still count those stars with humility, for it shall not be long before both 'Regression' and 'Frustration' set in like quick dry cement about your ankles. 'Too Good To Be True' is generally not true!

So this '**FEEL IS NOT REAL**' statement, while bearing some truth, is NOT sound in my learned position of experience. When and 'IF' you travel the 'Golfing Road', however 'bumpy and winding', however lined with deep 'Ditches and Swales', if you travel it after

carefully-guided and diligently performed mastering of first the 'Physics and the Mechanics', you can and shall become a 'Geometry and FEEL' player. But by this sequence ONLY might you become a '**Reflex Golfer**' gaining the marvellous enjoyment that this game so generously provides.

I should like to add also that one must guard against complacency and that touch of 'Arrogance' that so often creeps into Golf, for, this being your 'PATH', you will certainly fall out of favour of the 'Golfing Gods' and do time in 'Golf Purgatory'.

If you stay disciplined and freshly in touch with your 'Real Video and Swing', '**FEEL IS REAL**'.

You can earn the right to 'Play Remembered FEEL Golf' so that when you 'See The Shot', 'Visualize' and 'Intellectualize', you will be able to 'Actualize' your dreams and make some, or more of them than hoped, come true on the 'Big Green Grassy Billiard Table' we have so endearingly come to know as the 'Links'.

Mark Twain, I do not agree that "Golf Is A Good Walk Spoiled". But it certainly can be!

And I have fought you all the way to the bank in my own little crusade to overcome the trials and tribulations and prove that 'Golf can be a Fresh Walk' full of 'Repeating Pleasures' beyond all our expectations. "Mr. Twain, you needed a teacher!"

Truly a magnificent athletic opportunity to be had by all! He may have missed the opportunity?

#### 4) **POSITIVE TEACHING:**

To turn for a moment from '**Learning**' to '**Teaching**', most of the teaching of Golf tends to be 'Negative' and a purely negative thing can have limited positive value.

Why do I say that Golf teaching is so often negative?

Well we can all find faults in each other's games, millions of them, and we all have a tendency to start teaching Golf by pointing out these faults and then 'curing' them. I did this for about ten years, but discovered that the right way to get a pupil to hit the Ball satisfactorily is to '**Watch For Good Natural Qualities**' that

may, in fact will be there and to build up the Swing around them.

We all hit a good Ball occasionally. Maybe with the beginner this is an accident, but the good teacher will use such an accidental shot, photographing it in his mind and start to build up student controls around the qualities which made it possible.

In this way the beginner can become acquainted with his natural capacity to hit the ball and will gain confidence in his ability to do this, and so, by internal stimulation and reward, go on enjoying the experience and improving his skill. But if the teacher merely points out to the student a dozen or more '**Faults**' in his swing he will become perplexed, confused and fed up.

The result of this negative focus or dwelling is that we teachers actually reinforce negatively the students weaknesses and by doing so we more strongly 'Imprint' them on the student's mind making them ever more difficult to erase or avoid. We often have a tendency to stimulate frustration. I shun players with inferiority complexes and, God forbid, I shall never create or support them.

For this reason, I never tell a pupil his faults (negative teaching or negative reinforcement). I notice his faults, of course, and then simply '**Suggest The Necessary Corrections**' which are positive.

#### **CAUSE & EFFECT:**

I must add again that, to improve our golf efficiently as students or teachers, we must endlessly strive to isolate the '**CAUSES**' and not the '**EFFECTS**'. We can endlessly observe and adjust 'Effects' but not if we want to improve permanently. 'Root Causes' are a fabulous opportunity to fix 'Things Golf' and have more fun along the way! If we approach the 'Journey' in a logical manner, we shall follow a rewarding 'Flight Planned Route'. Whether we arrive at a final 'Golf Destination' or not, is really quite irrelevant. It is the actual 'Journey' that matters. The 'Process'!

#### **NEVER TELL A PUPIL:**

So I never tell a pupil that he over swings and breaks his Swing or Target Arm. I explain 'DEPTH, FLATNESS and WIDTH' or a 'Full Swing Arc or Circle' and 'FEELING THE BOTTOM' to him. I suggest that he

keeps his hands 'FEELING DEEP', which is generally accomplished by keeping them about as far as is comfortable from his sternum throughout his entire Swing, especially in the bottom half of the circle where the Hands are below his Hips. This causes the necessary '**Extensor Action**' and proper '**Brace Hand Pressure**' needed. That is to say I give him a positive concept and by working on it he actually cures his faults, often without even being aware that he had them. Remember, 'Down ness or adequate 'Brace Lever Triceps Extensor Action' creates 'Compression and establishes Line Of Compression' by 'Squaring up the Clubface at the Moment Of Separation'. The 'Soft Brace Elbow through the IMPACT Zone' generally will leave 'Floaters and Leakers' to the 'Low ENERGY Side of the Target Line' (Clubface Open from the IMPACT FIX Component).

If you do not know these terms, please refer to your 'Friendly Tour Guide INDEX' as well as to your 'Glossary Of Terms' and to your dictionary. This is just our very carefully developed and wonderful language. All these terms? Just learn them! Easier than you might think at first.

5)           **THIS REPETITION:**

Now there is another point about '**Teaching**' which I would like to emphasize. You will find that in this literary work I have not tried to set down a sequence of 'Controls' by one standard and leave it at that. I have tried to set consistent things down and explain them in many different ways. So when you find me repeating myself do not think it is carelessness or a lack of concentration! All good teachers must repeat, but never in exactly the same words or with just the same connections or inferences; that is unless you always pick up and perfect every new skill and idea the very first time you come in contact with it! Nice to know you!

I want to give you a clear idea of the controls which will enable you to produce and reproduce an effective Swing and I do not mind if I have to say the same thing in a dozen different ways so long as one of these twelve hits home with you. I hope you will not mind either, because you should be able to pick something new out of the other eleven as well. This is all reinforcing knowledge which produces depth in understanding.

I learned Golf by the long way, trial and error, and I want to lead you away from that torturous endeavour to a path which is methodical and effective whatever your age or your handicap might be. If you accept my method of learning you do not or will not need

a lot of practice on the course to improve; you can assimilate the principles in your armchair and put in useful practice on your hearth rug where you need not even have a club because you will be able to 'FEEL' and understand your muscular movements without the tool. You know 'Conceptualize, Intellectualize and Actualize'. What a great and true sequence.

**You must learn to 'FEEL' the sensations through your intellect and then forget them intellectually and leave them to your execution memory or control system.  
( 'Golf Becomes Instinctive and Subconscious' )**

6)           **HOW LONG?:**

How long does it take to 'Learn GOLF'?

Well I am still learning after forty years of it! I have known pupils who hit the ball very well after only a few lessons and others who have taken a year or more to do even moderately well, but, in fairness and by my experience, time is apt to level things out a lot. 'GOLF' is a curious game in being easy of comprehension but sometimes very long in realization. There may be much darkness in the early stages and it is only after some time (even several years) of being at the game that we really come out into full daylight and can assess our own potential and possibilities.

Early difficulties are often emphasized by age or physical make-up. Those who are small, relatively weak and seemingly not overly talented through perseverance and taking in what the teacher has to offer can come to a point of real success and accomplishment surprisingly simultaneously as one who has more size, strength and raw talent. I have seen many gifted and precocious beginners fail simply because they would not put in the hard work which is essential before the elementary stage is passed. Only when this elementary stage is passed can Golf genius come to the surface and then one discovers the magic and reaps the incumbent rewards.

Do not despair if you are trying to learn Golf, or to better your Golf and are getting no results. It may be that you have been trying to learn too many things (like juggling too many balls) and when you try to add just one more, your whole game breaks down on



You in a huge pile of bits and pieces. We will in this book try to simplify the things you have to learn by stringing them together into "Sequences Of Sensations" because they will then be easier to absorb and remember and be more readily built upon.

This book is extensive. But it is a matter of various 'Components and Concepts' that, once basically comprehended, will fit as do the pieces in a beautiful picture puzzle. Once the dawning, the day shall surely follow! Trust and patience!

If you work in this way your Golf will be '**Progressive**'. You will still, being human, get bad periods, but each bad patch will tend to be less annoying and troublesome and each good patch will tend to be better as you will really be '**Building Your Game**'. You will not be putting frosting on a cake that is not basically complete and ready for any decoration. Good discipline makes for the straightest line between two points, for fastest success.

7)           **REMEMBERED FEEL:**  
              (so central to this GOLF)

The foundation upon which your game must be built is the '**FEEL OF The SWING**' ('Feel The Steel') so I will soon give you ideas of the whole or 'Full Swing' just as I always do in the first lesson when personal contact teaching is possible.

Subsequent chapters are what a musician might call 'Variations On The Theme'! Hence my apparent repetition, because I truly believe that all 'Golf Shots' should be made with the same '**CONTROLS**'. You will not find anything fundamentally different in my tutoring on 'Putting' than you will find on my 'Full Swing' basics from a 'Control' standpoint. You might even find some control for your 'Driving' out of 'Putting'. This, of course, depends on your overall 'Psycho-Physical' make-up and what you actually read into what I have written. My 'Swing Protocols' are very concise and consistent. (see Table Of Contents and Index)

#### **PERCY BOOMER**

My very special Percy Boomer wrote, "Some years ago I told a pupil, in the course of a lesson, 'I Drive As I Putt'. Three years later he said to me "You once told me you drove as you putted. What you

meant was that you 'Putted As You Drove'. I let him have his own way! The great thing was that we got the two associated in his mind and controls in place. So we together proved my system to be teachable and workable in another's mind and body. I have had plenty of confirmations of this fact of which I have always been very sure."

In conclusion of this aside, I must return again to the need to make your learning '**POSITIVE**'. Don't go out to find what is wrong with your 'Swing', go out to improve it systematically. You will be none the worse if you start with a really big idea; to learn or relearn the 'Golf Swing' at your first try or approach. If that is your ambition do not tie yourself up with theories; stand up and give the Ball a crack. This is the most '**Positive**' thing in Golf, to make the 'Little White Ball Go Away' somewhere very specific with each Stroke. Doing so, you can then make it conclude in the Cup with as few strokes as humanly possible every hole.

**Thank you Percy Boomer!**  
For Your Profound Influence

If you are avid and passionate about your 'Game' and do not know who Percy Boomer is and what he contributed to the 'Game of Golf', you need to dedicate some time into researching this insightful most fascinating and rewarding fellow.

Visit your local library and just research his name!

You will be glad you did so.

Good luck!

Have fun!

## 'A HELPFUL HAND'

The greatness we might achieve will invariably be at the 'Helpful Hand' of another or others.

Both the 'Voyage' ('Mother Ship and Fleet Little Boats') and its arrival (made up of many 'Trips') are best achieved and then shared. Life, which is a 'Journey', not shared, is too lonely and otherwise too isolated, and thus, invariably, falls short of fulfilment. If we are not sharing we are just existing and getting old. Things seem to be more that way in the modern era than in the past. Avoid this solitariness or selfishness. Share your talents and loves!

Isolation and selfishness doesn't share well!

You know, "Love Is Nothing Until You Give It Away".

... nor are your talents!

**Reach Out!**

Someone will be there waiting!

### **SOUND IN THE FOREST:**

Along the same vane as the 'LOVE' statement above, "If there is a 'Voice In The Forest', that '**Whispering In The Trees**' and, at the same time, there is no one there to hear it, or no one listening, is there 'Sound' and a 'Message'?" Worth pondering!

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## WHY SO MANY WAYS?

You will ask sooner or later,

"Why are there so many ways in this book of saying the same thing?"

"Why are there so many different analogies and metaphors?"

The answer is very simple.

..... because there are so many absolutely wonderful combinations of people who play and would like to play Golf better. Each of these has varied experiences and backgrounds. Each has a very personal way of expressing and interpreting thoughts and ideas.

We all have different vocabulary and abilities to say what we think and understand what we hear. It is for this reason that I include a large variety of similar messages delivered in various ways so as not to miss any one of your abilities to receive and understand.

If you find this literary variety burdensome, too repetitive or overdone, forgive me.

If you are a teacher looking for more ways of getting your knowledge across and this helps.

You're welcome!

**WE ARE WHAT WE THINK WE ARE!**

**POSITIVE MINDED:**

Be 'Positive-Minded' ... **ALWAYS!** ... and if you feel negative, fearful, threatened, a little untrusting, set those feelings gently aside. Get over them 'Right Now', before you create your own undesirable outcome.

'We Are What We Think We Are'. Perhaps just under a weathered, tarnished face, under our thick skinned appearance, but not nearly as deep as one might think, we are all champions in varying degrees, someone's hero and much closer to home than ever suspected. It helps to have someone tell us that, but life's a hard place so don't count on it.

We can be what we desire, lacking perhaps just momentarily only in trust and precisely-placed effort.

Our moment shall arrive.

Grasp it lest it passeth us by!

What a shame that would be.

Q73)

'We do not see things as they are.  
We see things as we are.'

Talmudic Proverb

Sometimes we must adjust our perspectives to include what we struggle to become in order to score better in the 'Game of Golf' and in the 'Game of Life'. That is good.

Q74)

'Artistic temperament is a disease that afflicts amateurs.'

G. K. Chesterton

Amateur Golfers and neophyte PGA pros might reflect upon this small bit of poignant insight! Hitting approach shots into the 'Five Foot Circle' seven out of ten times has an amazing temperance about it. This level of performance will unfailingly let your sticks do the talking so you do not have to!

Q75)

'The principle underlying all art forms  
is of a purely religious nature.'

Vincent d'Indy

Truly great golfers have, acquire or develop a truly unique outlook on Life which translates into their work. Their answers to those far-to-rare and meaning questions reveals this aspect of their artistry. Golf is 'Brush Strokes carefully painted on the very large 150 acre green canvas.

Q76)

'Pluck and haste take us into difficulties.  
Nerve and knowledge underlined by courage  
brings us out of it.'

George Whyte-Melville

Play 'Billiards Golf' and plan with the 'Pitching Wedge Rule'.

Q77)

'Though we travel the world over to find the beautiful,  
we must carry it with us or find it not.'

Ralph Waldo Emerson

The great games created by players in Golf come from within, not from the Clubhead meeting the Little White Ball. There is as much spirit in a magical round as skill.

Q78)

'Initiative is to success  
as the lighted match is to a candle.'

Orlando A. Batista

Q79)

'He who commences many things finishes but a few.'

H.G. Bohn

Keep your Golf Game simple and focussed on realistic basic tasks that, if not mastered, can become so with relative assurity.

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TELLING 'IT' HOW 'IT' IS

Q80)

'If you want to improve your 'Game Of Golf',  
either work within your limitations  
or overcome them!'

Dr. Karl M. Fischer

If you are unfit or not fit enough to make a strong pass at the ball, one must undertake an exercise programme that '**Stretches and Strengthens**'. In this way one shall overcome the limitations.

If your 'Short Game' is faulty or inconsistent, invest the necessary time to improve it.

If your 'Mental Game' is weaker than you might like, find a strong-minded player with whom to spend more time.

Observe and listen!



## CANDOR

I too am a product of my genetics, my environment, of my experiences and, narrowing the scope a little, of the friends and associates I keep. (**'IF YOU SLEEP WITH DOGS, YOU WILL GET FLEAS'**.) I have developed as a result of my conservative nature seasoned with that part of me that enjoys risks; tempting the mundane, high-speed aloft, the fascination of high-tech, the power of simplicity, the lure of the wind, of full powerful sails, of 250,000 pounds of thrust and more. A taste for the adventuresome bend in the branch and mast too may serve you well. A branch that has lost its bend hangs on a very old tree and old wood makes for good fires!

So this literary effort is **'Chocked Full Of Opinion'** and presents to you what may, perhaps, be viewed as **'Just Another Way of Saying the Same Old Again'**. This is quite true for there is very little purely new in Golf. So too, rather commonplace, were the 64 strokes it took last week's champion to win! We need to know what works.

You must differentiate between the casual information that may or may not be deemed useful now, but may serve you well later on as our needs and perceptions change. Mine have.

You must accept, or at least be prepared to accept, the reality of the **'Physical Laws Of Nature'** that directly affect this **'Game Of Golf'**. We might just pick up a **'Golf Club'** and flail our way to some fun on Saturday morning. Our game will not grow from there. The soon-to-follow inclusion I have called **'Things Golf'** contains a lot of items some of which are not **'Optional'**. So we need to prioritise our knowledge. What are Laws? What are optional considerations? What are **'Components and Procedures'**? Which are **'Compatible'**? Which are not? Do I understand **'Ball Flight Laws'**? Am I blessed with the result of hard work called **'REMEMBERED FEEL'** or becoming one of those **'REFLEX GOLFERS'**? If not, why not? Do I have an ever more stable and reliable **'Routine'**? There are lots of questions in **'Golf and Life'**.

Make your written **'A.B.C. LIST'** so you specifically know your priorities. Build a **'Game Plan'** including learning and practice that supports your goals and aspirations. **Learn to enjoy learning!** Share your quest and accomplishments with others.

Put in the time!  
Reap the rewards!

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## BEFORE ANOTHER STEP

### 'The What'

The '**Who**' is '**YOU**' and the '**555 TEAM**'.

The '**What**' any great '**Shot**' requires is the '**Clubface AIMED**' directly at the '**Target**' (or '**Down The Initial Ball Flight Line**') when the Ball '**Separates From The Sweet Spot**' at the correct '**High-Speed**'. (see '**The Five Essential Elements**')

Not much more!

The '**Why**' is not overly important unless you are a bit of a curious scientist. For us regular folk, just '**Having FUN**' will do!

The '**How**' is worth knowing, but you may be better off just discovering the truth by accident. If it weren't for our short memories and capricious desires to be consistently entertained and happy, this impromptu discovery might work! My personal demands are higher because I like to have fun at a predetermined time, often!

The '**Where**' is right here or close at hand!

The '**When**'?

Well, you be the judge.

Necessity may really be the '**Mother of Invention**'.

If it is time in your opinion, '**Now?**', that is fine with me. I'm here, ready, willing and able!

Welcome aboard!

WHO, WHAT, WHERE, WHY, WHEN AND HOW?

(6 Good English Friends)

## FIRST QUESTION

When I meet a new student or group of students, just after the introductions and the "Who are Wes", there is a very important question that must be asked.

It is , **"What Is Your Improvement Goal During This Session?"** or **"Why Are You Here?"**

If they do not have a goal or goals, we must define some or we will have neither a 25 yard or goal line. Any concept of the goal posts and cross bar will be shrouded in mist and fog.

Incidentally when we gently press for answers we generally and eventually get the answer, "I want to become more **Consistent**, eliminate my **'Leaky Fade and Troublesome Slice'** and I definitely want to find more **'Distance'**. My Ball needs to go farther like Tiger!"

Don't we all?

### ANOTHER GOOD QUESTION:

This one is most appropriate for a teacher to ask an 'Already-Know-A-Bit-About-The-Swing' student early in the lesson.

**"How Do You Rate Your Own Game?"**

This question can apply to more specific areas of the student's capabilities, such as, 'Putting', 'Chipping', 'Bump & Run', 'Pitching', 'Approach Shots', 'Specific Lies', 'Bunker Shots', 'Knock-Down Shots', 'Punch Shots', 'Full Swing' (Short, Mid and Long Irons), 'Fairway Woods', and 'Driver'. What a variety!

Such questions get your students directly involved and relating to the teacher. Productive dialogue that keeps us investigating, introspective and tending to realistic. You might write down the 'Questions & Answers' as a record of where you are so you both later know and remember where you came from. I have known a rather large percentage of students who always tend to feel they are never improving quickly enough or, worse yet, think they aren't when the

are. Self-evaluation at a healthy level is always good!  
Set goals that are realistic and reachable in a reasonable period of time. Your students need successful results relatively soon or they may 'Burn Out' and lose their enthusiasm. Enthusiasm is a very beneficial commodity; one which we cannot buy at the local '5 and dime' or specialty store. I guess it is just like a 'Good Golf Swing'!

**Ask Good Questions!**  
deserve and  
**Get Good Answers!**

Just before moving on, I want to tell you that one of 'MY' premier goals is to organize my student's '**Components and Procedures**' and thus stabilize his or her performance. I shall identify the weaknesses or poor tendencies and then we shall make the 'Misses Better'. You and I will work on 'Cleaning Up the Bottom of the Golf Performance Barrel' so it does not become a 'Plaguing Trash Can'!

We can do that with relative ease and 'Confidence'.

Start opening your door to 'Trusting'.

# THINGS GOLF

## PRIMARY CONSIDERATIONS

### PRELUDE:

To every project there must be a meaning and purpose; a positive underlying value and game plan to justify its taking place. Success is the primary goal. The common thread that links Golf experiences must be '**PURE PERSONAL PLEASURE**' ('The 3 Ps'). Golf is a 'Voyage' in a small boat that will encounter all forms of testing through all the elements including from calm to high seas, from bliss to tempest, from soundness to a leaky hull and tattered sails that either deserve and demand repair or will meet out the consequences of their disrepair. Sounds a lot like 'Life'!

In golf, this small boat, some larger than others, is our 'Body and Equipment'. The 'Body' is the 'Temple' and unless it is in order there is a price and your outcomes will be compromised. The 'Physiological Equals Psychological'. A sound 'Body' provides the hopefully 'Sound Mind' a place to reside. An orderly 'Temple' assures the best likelihood of overall reward and happiness, not only in Golf but in 'Life'.

### 'NOTHING TASTES AS GOOD AS FITNESS FEELS'

If you are not fit, you know what this means. If you are, you share in the wonder, in the reality of the 'Temples' benefit to the 'Mind and Soul'. The house is in order and the balance we need to flourish is enhanced. Nutrition is part of this organized lodging through which 'Balanced PH' is maintained as a vehicle for electrolytic harmony and the necessary 'Electro-Chemical' vehicle to make healthy operation possible.

All of us need to attend to this 'Temple' so that we might be the best we can and want to be. Life's waste bin is full of 'Yesterdays Newspapers' which are an historical checking method, but today sets-up tomorrow and, if the future has any significance, it is

best to pay particular attention to each days planning and production. 'Mastering Your Own Fate' is firstly a 'Today Issue'. Prioritize wisely and honestly. Then get the job done. Rightly or wrongly, like a Golf Hole, take things to completion; keep honest detailed score and reconsider the scenario after the eighteenth green is history! The nineteenth hole is where you review outcomes, not during the event. Play Golf and Life in the 'Present Tense' yet always be aware of the past and the future. Works best that way!

### **COMPONENTS AND PROCEDURES:**

This entire 'Topic' we call 'Golf', from both a 'Physical and Mental' perspective, is about '**COMPONENTS and PROCEDURES**'. This is what we have to work with, the 'Arsenal' ('Passive, Static', 'SET-UP') and what we do with it, the 'Application' ('Active, Dynamic', 'EXECUTION'). 'Consistency' is about a precise, personally-fitted yet flexible 'ROUTINE'. I cannot put 'IT' more simply.

### **THE TEMPLE:**

The '**GOLFING BODY MACHINE**' has two separate but very connected 'Structural Segments';

- i) the '**LOWER BODY MACHINE**' (LBM) comprised of the 'Feet, Knees, Hips, Trunk or Abdomen and Shoulders'. Notice that these 'Components' are primarily identified as 'Joints' as opposed to 'Long Bone and Soft Tissue Segments'. These are properly called 'Articulating Joints' as you will hear more of later. This is the 'Engine'.
- ii) the '**UPPER BODY MACHINE**' (UBM) comprised of the 'Shoulder Sockets, the Elbows, the Wrists, the Hands and the Golf Club' which are the 'Tools'. These are called 'Levers' of which there are two;
  - a) the '**TARGET LEVER ASSEMBLY**' (TLA) is comprised of the '**Primary Lever Assembly**' ('PLA' which

includes the 'Target Shoulder Socket, the Target Elbow, the Target Wrist and the Target Hand) as well as the 'Golf Club' which is called the '**Secondary Lever Assembly**' (SLA'). So this '**TLA**' includes everything from the 'Sole of the Clubhead to the Shoulder Socket' and requires the co-operation of everything to make it go, including your 'Soul'.

b) the '**BRACE LEVER ASSEMBLY**' (BLA) is comprised of the 'Brace Shoulder Socket, the Brace Elbow, the Brace Wrist and the Brace Hand.

iii) the '**HEAD MACHINE**' (THM) I need to mention that 'Boney Structure' that rests upon your shoulders! More later! Just did not want you to think I forgotten or had lost my head!

#### **ABSOLUTE MOTIONS:**

The 'Absolute MOTION' of the 'LBM' is '**ROUND & ROUND**' or what is known, in circus vernacular, as the '**Carouselling MOTION**'. All the 'LBM Components' are supposed to do is go 'R&R'. Pure and simple! They go 'R&R' the correctly 'SET-UP' 'Spinal Crankshaft' that has to be adjusted for 'Spinal Inclinations and Aft-Tilt'.

The 'Absolute MOTION' of the 'UBM' is '**UP & DOWN**' or what is called, in circus vernacular, the '**Ferris Wheel**' or '**Tilt-A-Whirl MOTION**'. All the 'UBM Components' are supposed to do is go 'U&D'. Pure and simple!

The understanding and the 'FEELING' of this discipline is essential to your Golfing futures. It cannot be put any simpler.

## **A KEY CONSIDERATION:**

There is a 'Key Consideration' to these 'Absolute Motions' and it is that they work together in harmony as is explained just below in the '**TIMING & RPM**'. It is useful to split the 'Motions or Reasons for Motion' of the two 'Levers' to the 'Upper Body Machine'. The 'Target Lever Assembly', which is largely propelled by the '#4 Pressure Point' (forward pressure against the Target Biceps by the Target Chest or Pectoralis and Rib-Cage) and certainly by the 'LBM Accumulator' which we call 'Coil or Load Rotation'. This is primarily a 'Round & Round' device. It is 'Transported Horizontally' by the 'LEADING LBM' while it 'LAGS or Trails' behind the body. Were we to simply "PIVOT. Spin or ROTATE' our 'Spinal Crankshaft' around to the 'Target Side', the 'Target Lever' would naturally '**Sling Centrifugally Outwards Away From The Centre Of Rotation ('COR') Which Is The Spine**'. The 'Target Lever and Hand' would attempt to ultimately, with speed and high RPM, to become generally at right angles to the 'Rotational Hub or Spine'. This is the 'Laws Of Nature'. We do not want the 'Target Hand' in this position ultimately. It carries the 'Golf Club' through the 'IMPACT Zone' lower than this 'ORBIT or PLANE'. But still the 'Target Lever' is generally a 'Round & Round Lever' that is 'Slung from the Sternal Hub'. This is the '**Inside-Out Motion**' we so often speak of.

The 'Dominant Motion of the 'Target Lever Assembly' is '**Round & Round**'.

So what produces the 'Downward Motion' in the '**D.O.F.T.**' which is the 'Geometric Shape of the Golf Swing or Clubhead PATH' since the 'Target Hand and Lever' generally want to just 'Sling Outwards'?

It is the 'Absolute Motion' of the 'Brace Lever Assembly' whose primary job is to produce 'Back and Upward Motion in the Back Swing' ('Biceps') and 'Down and Outward Motion in the Front Swing'. (see 'DOFT') This takes place as a result of the 'Triceps Muscular Extensor Action' which traditionally creates the 'Chopping Wood Action' we all know so well. The 'Dominant Motion of the Brace Lever Assembly is **Up & Down**'. (#1 Pressure Point and #1, #2, #3 Power Accumulators)

## **THE TETHER BALL POLE:**

The 'Mechanics Of Making The Golf Swing' is very much like this well-known school-yard activity. There is distinct 'ROUND & ROUND'



with definitive 'UP & DOWN' while the 'Tether Ball' is in motion.

Let us take a brief look at the 'Tether Ball Pole', a game we all know from our youth. If you are too young or too old to know what it is? Wow! Then I'm getting really dated!

In any case, picture a 2" diameter galvanized steel pole stuck into the ground, usually set in concrete so the bottom is very stable and resisting movement. I think the top is usually about eight feet above the ground where the athlete stands. There is a swivel at the top to which a stout rope is attached. The rope hangs to about three feet above the ground. At the distal end of the rope one will find a 'Tether Ball' attached. The object of the game is to energetically sling the ball around the pole until the rope tightens to a point that the ball will no longer go 'Round and Round' (R&R). One person can do this by hitting the ball in one direction a certain number of revolutions based on the length of the rope. Two can play the game. Player 'A' strikes and slings the ball in one direction while the other, player 'B', blocks and goes in the other direction. The first person getting the 'Tether Ball' tight to the pole wins! Your hands and forearms, as in 'Volley Ball', often get sore but the game is simple and lots of fun.

Here is the '[Golf Relevance](#)'.

Visualize the 'Tether Ball' going 'R&R' the top of the pole. It is certainly, while 'In Motion' what we might term '[In Orbit](#)'.

If we were, while the ball is going 'R&R', to 'Lean or Tilt' the pole to the right or left, the 'Orbit Of The Ball' would surely change to a higher or lower '[PLANE](#)'. Thus, it is easy to see that '[Axial or Polar Instability](#)' produces commensurate or proportionate '[Rotational or Orbital Instability](#)'.

Our body or 'Spinal Column' is the 'Golf Tether Ball Pole'. Our 'Clubhead, Shaft, Grip, Hands, Arms and Shoulder Sockets' ('Primary/Target Lever Assembly and Secondary/Brace Lever Assemblies') are the 'Rope and Ball'.

If we 'SET-UP' our 'Spinal Column or Spinal Axis' '[Vertical or Plumb](#)' to the ground in 'GOLF Mechanics', then, ideally, our 'Clubhead' will '[Orbit Parallel or Horizontally](#)' to the ground as well as would the 'Tether Ball'. When we 'TILT' so too does the 'Clubhead Orbit'.

If our 'Spinal Axis' is 'Vertical or Plumb' the 'Clubhead Orbit' will tend to be '**Level or Flat or Square**'. For this discussion, think of our bodies to be more like the continuously 'Round & Round' 'Tether Ball' than reality. If we 'Lean Forward or Target ward' the 'Orbit' will 'Slope' low side forward. The 'Hand and Clubhead PATH' will be '**Over The Top or Outside In**'. If we 'AFT-TILT', the resultant 'Hand and Clubhead PATH' becomes '**Under The Bottom or Inside Out**'.

Thus 'Body Configuration' directly affects '**Clubhead PATH**' and, of course, '**Spin Rate and Ball Flight**'. Useful considerations whether you are a weekend golfer or touring professional? Indeed!

### **ABSOLUTE TASKS:**

- 1) the '**HANDS**' of the '**UBM**' '**CONTROL THE GOLF CLUB**'.
- 2) the '**ARMS**' of the '**UBM**' '**SUPPORT THE HANDS**'.  
(connect Hands to the LBM and produce all Vertical Motion)
- 3) the '**BODY**' of the '**LBM**' '**TRANSPORTS EVERYTHING**'  
in the '**Horizontal Direction**'.

Put another way, if you want to 'Raise & Lower' the Clubhead, you 'MUST' do so with the 'UBM', ('Target Lever Assembly and Brace Lever Assembly'. Note, the 'Primary Lever Assembly' is comprised of the 'Target Lever and the Golf Club'.). There is no other way. The 'LBM' 'CANNOT' contribute. If you want to 'Make the Clubhead travel either to the Brace Side or to the Target Side, 'Go Round & Round', the only way you can do so is by the 'Spinal Crankshaft or PIVOT'. '**There Is No Other Way**'.

The '**U&D**' (Ferris Wheel) and the '**R&R**' (Carousel) work cooperatively to accomplish proper MOTION of the Clubhead.

## THE WAY **'IT'** IS:

If you want to 'Execute' your 'Golf Swing' properly and 'Consistently', scoring to your aspirations, there is but one general manner by which you might have a chance to do so. Your Swing must evolve **'FROM THE GROUND UP'** and **'FROM THE INSIDE-OUT'**. If this is not the case, you will be challenged to various degrees. There is a saying that applies to this 'Great Game of Golf'; **'Do 'IT' right or do 'IT' wrong ... Just depends on how much suffering you can stand'!** Makes no sense to either begin this 'Physical Skill' or to take but one more step along the wrong path. Your 'Pure Personal Pleasure' depends on your decisions.

## TIMING and R.P.M.:

We now have the 'Absolute MOTIONS' of both the 'LBM' ('R&R' or Carousel) and the 'UBM' (U&D or Ferris Wheel). We know the 'Absolute Tasks' of the 'Three Body Zones' that are the Hands, the Arms and the Body. Through the 'IMPACT Zone' these 'Three Body Zones' or 'Components' must travel in the 'All-Important Horizontal Direction' ('R&R') at the same **'R.P.M.'**, meaning that your **'Belly Button ROTATES at the same RPM as does your Arms and your Hands'** and thus the 'Clubhead'. That is why your 'Hands and Arms' should generally 'Feel' to be out in front of your 'Body', especially in the 'Bottom Half Of The Circle' when the 'Clubhead' is moving forward or advancing on the 'Target'. Remember, in the top half it is retreating. Key tenet!

When this takes place, and it is best done 'Naturally', your 'Upper Body Machine' ('UBM') will not outrun your 'Lower Body Machine' ('LBM') which is commonly known as **'Arms Over Legs'** which is the primary cause of the 'Fade - Slice - Pull'. The MOTION of this 'Swing or Procedural EXECUTION Error' is known as **'Outside-In'**. It is generally a **'Low PIVOT Pressure, Deficient LBM Rotational Speed Problem'** and not a 'Hand Speed Problem'. However, to overcome or prevent this very common error, one must clearly understand the relationship of **'LBM and UBM Rotational Speed or R.P.M.'**

The 'Golfing Machine Parts', the 'Components and Procedures' must be according to the 'Laws of Physics and Nature'. These certainly include 'Newton's Laws'. We need to be aware of the 'Physics of Rotation' and the 'Geometry of the Circle' as the Clubhead never escapes these parameters, ever! If you allow them to do so, your shots and 'Numbers' will reveal the lack of discipline and

'Consistency' you so deserve. You have to '**Earn It**' but with some proper instruction, and the necessary personal investment, you can do so with relative ease.

**'You can learn Golf the proper or improper way.  
It all depends on how much suffering you can bear!'**

#### **THE PRIMARY IMPERATIVE:**

The 'Primary Imperative' is to produce '**IMPACT AND SEPARATION**' with a 'Through ness Feel and Motion', in other words to get the Clubhead up to speed (Clubhead Speed) and traveling 'THROUGH' (and not AT) the Ball which transfers the 'Kinetic ENERGY' of the Clubhead to the Golf Ball, 'Compressing' it (Squashing it out of round), followed by 'Restitution' (the Ball's resiliently returning to its original or native roundness). This creates 'Velocity'. 'Velocity' creates 'Distance' ('MIV'). So 'Clubhead Speed' (with pureness) is the ONLY factor that creates '**DISTANCE**'.

'**DIRECTION**' is created or controlled by several other factors including, 'Clubface AIM', Clubhead PATH and striking the Ball on the 'Optimal IMPACT Area' (OPA) or the 'Sweet Spot'.

#### **THE 5 BASIC ESSENTIALS:**

- 1) **STATIONARY HEAD (Top Of PIVOT)**
- 2) **BALANCE (Stability)**
- 3) **RHYTHM, TIMING and TEMPO (Control)**
- 4) **CADENCE**
- 5) **PACE**

#### **THE 5 PRIMARY ABSOLUTES:**

- 1) **FLAT TARGET WRIST ('Impact Component')**
- 2) **CLUBHEAD LAG PRESSURE ('Pivot Component')**
- 3) **CLUBSHAFT ON PLANE** or a 'Straight Line Swing Plane'  
( 'Plane Component' )
- 4) **The Ball Goes Where Your Hands Go**
- 5) **The Hands Get To The Ball Before The Clubhead**

## **THE SECONDARY ABSOLUTES:**

- 1) **'Clubhead PATH' (5EE)** as Pre-Selected
- 2) **'Clubface AIM' (5EE)** as Pre-Selected  
The 'C/F AIM' must be 'Square to the 'Target Line'  
or 'Initial Ball Flight Line' at 'Ball Separation'.
- 3) **'Clubhead SPEED' (5EE)**
- 4) **'Optimal IMPACT Area' (OPA) or 'Sweet Spot' (5EE)**
- 5) **'Angle Of Attack' (5EE)**
- 6) Proper **'Tempo, Timing, Rhythm and Balance'**  
(Cadence, Pace and Balance are issues as well)
- 7) Controlled PIVOT, 'Set-Up' and 'Execution'  
[Brace Post (TOB) and Target Post (TOF)]
- 8) Create **'Space or Clearance Between Hips and Sternum'**  
so your 'Spinal Crankshaft' can operate freely.
- 9) **'Longish Levers' or 'Good Lever Extension'**
- 10) **'Deep, Flat and Wide FEELING'** in your Hands  
throughout the entire Swinging MOTION
- 11) **'Brace Lever Extension' or 'Extensor Action'** needed  
to both establish and get back to the 'Bottom OF  
Swing Arc' (BOSA), That 'Bend & Straighten Drill'
- 12) **'BALANCED BREATHING'** (Cardio-Pulmonary)  
(breathing out while Clubhead Is In MOTION)
- 13) Clubhead **'In Proper ORBIT' or 'ON PLANE'**

## **THE BRACE SIDE DOES THE WORK**

(Provides the Primary POWER as in Baseball)



- 26) **'VISUALIZATION'** Get a clear Mental Image or picture in your mind before you even 'Select your Golf Club' (Component)
- 27) Play in the **'Present Tense'**
- 28) Play in the **'Trusting Mentality'**  
Practise in the **'Training Mentality'**
- 29) **'YOU'** are the best and most important piece of equipment you own!  
Be the **'Best You Can Be'!**

**Sounds like a 'Tall Order'!**

**Well it is not as 'Burdensome' as one might think.**

**'Keep Reading'**

#### **THE 4 P's:**

To make an object or 'Mass' move over a 'Distance' at a certain 'Acceleration' or 'Rate of Change in Speed', we must apply a 'FORCE' which can be aptly called 'Pressure'.

If we push on the back bumper of our car with the brake off and with the transmission out of gear, it will eventually move in the 'Direction' that we are pushing. The 'Mass' will yield to the 'FORCE' and move generally in the opposite 'Direction' of the 'FORCE'. This is basic 'Newtonian Physics'; 'For every action there is an equal and opposite Reaction'. Makes sense to this Old Cowboy Golf Teacher. To you as well, right?

**'PRESSURE'** is a key topic or concern in 'Golf'. There are 'Four Pressures' that are presented to you in this **'4P'** formula. These 4 P's are **'PUSH'**, **'PINCH'**, **'PULMONARY'** and **'PIN'**.

Think of your 'Lower and Upper Body Machines'. The LBM goes 'R&R' and creates all the 'Horizontal MOTION'. It takes 'Resistance and Brace Leg Drive or **PUSH**' to make the Hips go 'R&R' and '**TRANSPORT**' the Arms, Hands and Golf Club. The UBM goes 'U&D' and creates all the 'Vertical MOTION' of the Arms and Hands that '**SUPPORT & CONTROL**' the Clubhead. To get the Clubhead up outside and behind our Brace Shoulder (Full Swing TOB), we need to produce adequate 'Lift' to raise the 'Golf Tool' there. The 'Lifting Moment' must 'Match' the 'Rotational Moment' to stay 'On Plane' and keep the Clubhead in its proper 'Orbit'. In the 'Front or Down Swing', we must 'Match' the 'Down Thrust' to the 'Horizontal or Forward Thrust'. **We call this 'Down FORCE', 'Brace Lever Extensor Action', 'Bend & Straighten' or 'PINCH'**. We need to 'FEEL' like we are pinching the grass a little with the 'Sole of the Clubhead'.

We must 'Breathe Out' to effect proper 'Muscular Action'. The greater our effort in the Golf Swing, the more Power we exert, the more we have to exhaust the air in our lungs. This greater exhaust means more '**PULMONARY** Pressure' to push the contaminated air out. Proper 'Breathing' means 'Balance' in our 'Swinging MOTION'. We must 'Swing the Clubhead' in the direction of the Target or '**PIN**' to get the Ball to go there, as it will providing the 'GRIP' is correctly 'Pre Selected' to 'Match the Shot'. So there you have the **4 P's** and how they are important. The 'Pressures' must 'Match'.

#### **THOSE 4 B's TOO:**

I really like this little short formula for success in making your 'Back Swing and Front Swing' with relative ease. This insures that you can make you 'Components and Procedures' effectively and reliably. These 'Check Points' are '**BRACE HAND**' to the '**BRACE SHOULDER**', followed by a strong '**BRACE FOOT**' (Brace Leg Drive) topped of with good outward '**BREATHING**' (Exhaling). Remember you must take a nice 'Deep Diaphragmatic Breath In' just before you make your 'Take-Away' or you shall run out of air, 'Comfort', 'Patience' and adequate 'Time' to make your 'Swing' properly with '**TIMING**', '**TEMPO**', '**RHYTHM**', '**CADENCE**', '**PACE**' and '**BALANCE**'. You will likely 'Hit At IT' and not 'Swing Through IT'. Thus, while your 'Clubhead Is In Motion, You Are Breathing Out' which is 'Martial Arts Common Sense' know and proven for centuries. To create 'POWER' your lungs must be exhausting. If you hold your breath during your 'Golf Swing' you will lose 'Power and Clubhead Velocity as well as create 'Off Path Motions'. You 'Pre-Selected Desires' will not come true!



## **D.O.F.T.**

This is an acronym that stands for '**DOWN, OUT, FORWARD and THROUGH**' which is the 'Geometric Shape of the Golf Swing'. To put it in Baseball vernacular, if we want to strike the Golf Ball over second base, we make our 'Clubhead Path or Swing' directly into the chest of the Second Baseman and not at second base. Then we finish naturally with our Clubhead somewhere in the vicinity of the shortstop as the 'Full Swing' completes with 'R&R'. In a 'Less Than Full Swing' we will finish with less 'R&R'. Simple right? More is more and less is less!

**The next page holds the 'Secret'.**

**'THE METHOD'**



Swing Sequence #8a - 9,  
Chase & Follow ... Levers In Line & Extended  
ALSDR - Power Line Delivery Sequence



Swing Sequence #10  
Somewhat Abbreviated  
Top Of Front Swing, In Balance  
Pivot Fully Released





Swing Sequence #6  
Lateral Bump & Transition, Target Lever Horizontal  
Hips / Pivot Releasing  
Down Force Matching Around Force



Swing Sequence #10  
Not Abbreviated  
Top Of Front Swing, Pivot Released, In Balance  
Target Foot Steering, Focused



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He says, *"We can make smart changes in clients' swings very much faster than they expect. Our proven system involves less cost and reduced frustration. Quicker smiles are a good thing!"*

It is estimated that the number of 'Junior Lessons' during Karl's career, years ago, totaled in excess of 30,000. Every year Fischer organized golf clinics for bright-eyed youngsters helping them to better understand the 'Golf Swing' and thus have more 'FUN'.

Seventy to eighty students per day, four days a week for ten to twelve weeks every summer adds up. His personal client list numbers well in excess of 10,000 students, a third of whom are still on his mailing list and contact him regularly for advice!

He says, *"This battle tested and proven '555 Golf System' quickly prevents or fixes negative playing issues ... permanently! We do not rebuild our patients. It is more prudent to simply modify rather than doing major surgery! Smart little steps we take are very predictable with certain outcome!"*