

THE GOLF MYTH COLLECTION

BOOK F VOLUME 1

DR. KARL M. FISCHER

BOOK F
Volume #1

The
'555 GOLF ACADEMY'

'Where Passion Meets Performance'

and
where you can achieve

'PERFORMANCE EXCELLENCE'

with help from
the '555 TEAM'

C1]

SOW WHAT!

Q1)

'We reap what we sow,
but remember
the harvest is NEVER in the same season as the planting!'

Dr. Karl M. Fischer

Be patient!
Be persistent!
Think long term!

Dedicate!
Make practical and doable plans!
Take actions every day!
(even if they are seemingly small)

"INCH BY INCH, IT'S A CINCH"

WORK SMART!



C2]

AMERICANS and BRITS

I have a really valuable friend who lives in Canada but originates from Scotland. I have never held that against him! He goes by the name of 'Graeme Stewart'. You may have met him! He told me a '**Wee Littl' Storie**' one day which I am totally convinced is as true as a 'Hole in One' with a witness.

An American arrived one day at the hallowed grounds of old St. Andrews. He was toting a huge, flashy tour bag full of the latest high-tech clubs. His investment was clearly visible. The chaps clothing matched the tools and tool box.

Upon arrival at the first tee, going through his girations for the first launch, he reached down and pinched a large fingerfull of grass and tossed it into the air. This led us to believe he might be testing the wind.

'What do you think?' he asked his caddie.

This caddie, a well weathered Scott, came back by mimicking his customer. He too bent over labouriously, pinched some grass and tossed it into the air. I don't think this Scot coddened to the pinching of grass as a test for the breeze! It is almost always blowing from a different direction at a different velocity around the green. I think it is better as well to look at the tree tops or seagulls half way and pin-high.

With a very brief instant of reflection, the caddie cooly spoke in a monotone brogue, '**Me thinks the winds acome up, govner. You ha' best put on your sweater!**'

Living and dying by very proud national tradition. Afterall, founders have rights!

I wonder if there was a tip paid to the caddie?

C3]

I HAVE TO DO THIS!

You've been to Paris many times, right?

So this question will be 'Old Hat'.

Historical Question:

"How did the 'Eiffel Tower' get it's name?"

"Because when you get to the top,
you are certain to get an 'Eye Full'".

I'm sorry!

I'll be here all week
and have not given up my day job!

Q2)

"THE REST OF THE FIELD!"

The answer of Roger Maltby when he was asked
'What he would have to SHOOT in order to win the tournament'.

C4]

555 GOLF ACADEMY
'BULLET-PROOF GOLF TIPS'

I want to tell you that these many 'Bullet-Proof GOLF TIPS' are very useful. There are many that are similar in content but different enough to be included. There are many more '**Tips, Drills, Editorials and Newsletters**' available via the '555golf.com' 'WebSite' too so don't be bashful! **'ASK US!'**

In over thirty years of teaching, I have learned that a teacher is best served knowing about ten ways to say the same thing or teach the same skill. We will have need of all these over a span of time. Messages are received and absorbed differently by each individual. It is our job to get the message across however we can, crudely or with tremendous finesse.

It is for this reason of 'Variety' that you will find more than one 'Golf Tip' that pertains to the same skill or task. Assess them! If they make sense, file each one in your 'Mental Library' for future use. You will find an application sooner or later. If not, knowledge is always a great asset.

I will try to tell you what the objective of each tip is. If I forget, read it, think about it and you will soon discover its worth on your own. I shall try to give you big clues by the name!

the BEST VALUES ... always!
SATISFACTION GUARANTEED

E-Mail KF@555golf.com
WebSite www.555golf.com
Telephone: (817) 673-8888

24/7

GOLF TIPS #1

I want to thank our great AM:FM radio carriers for the opportunity to get to know BETTER the region's 'Great Golfing Community'. British Columbia and the Pacific Northwest is a large area with some of the world's outstanding courses.

This frustrating game of GOLF makes for memorable moments and the '**555 GOLF SYSTEM**' staff hopes to contribute to more 'Good Memories'. Golf is very simple and we 'Teaching Pros' have the privilege of helping you by keeping it simple and communicating effectively; first 'BASICS', then some finesse. One cannot put icing on a cake until there is one. Seek out and adopt good recipes!

In the last twenty years North America's eighteen hole scoring average has not come down. We still play to an honest 89 to 92 'Stroke Gap'. This statistic excludes use of the 'Fifteenth Club' or a pencil eraser and simultaneously precludes the use of 'Mulligans' and outright cheating. We hear a lot about 'Playing to a Single Digit Handicap' and take a large portion of it with a big grain of salt. Honest 'Singles' are very rare indeed!

This 89-92 is a stagnant 'Stroke Gap'. Equipment has improved. 'SOMETHING IS MISSING'. It is skills and the training to make clubs perform. Fortunately we have to learn to play effectively 'the Old Fashioned Way'; We have to Earn it! This insures longevity of 'Just Rewards'. The solid strikers and sound thinkers still rise to the top as always.

What the '**555 GOLF ACADEMY**' calls our '**BULLET PROOF GOLF TIPS**' (you may have read them in several golf publications), are simple, very doable, and directly helpful '**FEEL Drills and Exercises**'. Golf is a skill of '**REMEMBERED FEEL**'. We teach that.

We hope these 'GOLF TIPS' help you over many years, afterall, GOLF is truly a '**LIFE-LONG LEISURE SKILL**' that you can put relatively little into and get a great deal out of.

We appreciate your valuable time. Questions? Copies of the tips? Call (817-673-8888), or E-Mail us (KF@555golf.com) directly 7 days a week 24 hours a day.

We can help you enjoy GOLF.

GOLF TIPS #2

'FUN'

(Masochism is not an acceptable alternative)

The absolute reason we all golf is '**PURE PERSONAL PLEASURE**'. Sometimes having fun might seem elusive but it must be the reason we undertake the game. You know, one great shot in an entire round brings us back for more. Golf is a survivor. We can play as long as we can walk. Not a bad attribute for a physical game to have. Can you picture playing hockey at eighty?

The '**555 GOLF ACADEMY**' curriculum teaches the '**2 D's**' and the '**3 C's**' as a foundation. Golf is as simple as the '**2 D's**': '**DISTANCE and DIRECTION**'. If you strike the ball far enough and it is 'On Line' it goes in the hole.

If you had a choice of being as long as John Daly or as straight as Tom Kite you would chose Kite. A 200 yd. drive in the middle beats a 250 yd one in the bush!

The '**3 C's**' are '**CONFIDENT**' ...you must trust your clubs and your swing. If not your game will suffer. '**COMFORTABLE**' ...you must set up and always swing comfortably. The best shot you ever made went click without too much other sensation. '**CONSISTENT**' ...this will follow, as night follows day, the first two 'C's'.

A key point here is that you must 'SWING the Clubhead'. More about that fundamental soon.

GOLF TIPS #3

'IMPACT & SEPARATION Zone'

(the Big 'I' Word Needs an 'S')

The object of this 'Great Game of Golf' is 'To Strike the Ball into the Hole in as few Strokes as is Humanly Personally Possible'. As long as you have a Club in your bag that goes that far, doing it in one stroke is a reasonable goal. How do we do it?

Firstly 'CONCEPTUALIZE and then VISUALIZE IT''Confidence'.

Now think '**Target Line Maintenance**'. The shortest distance between the Ball and Pin is a 'Straight Line'. 'SEE THE LINE AND WORK IT'. This is what I call the 'Follow Golf Swing' where you 'Set-Up Properly' (Cluface AIM and Proper ALIGNMENT) then 'Swing The Clubhead Through the Ball' and 'Follow the Ball to the Target' for at least 12 to 18 inches through the '**IMPACT & SEPARATION Zone**'.

Don't hit one single Ball without a distinct Target. The Target is the Pin or, if you cannot shoot directly at it or 'See It', place a 'QUARTER' in your mind on the fairway and aim at this small Target. Right! **"Maybe you, Mr. Teacher, but not this guy!"**

This task is really a simple beneficial decision. If you try it in earnest, you will be amazed at the immediate improvement.

If we get a little lazy and shoot ONLY at the green which is 200 feet across, then our real Target, the Cup, is effectively 200 feet across. That would make the game much easier. 'Aim at the PIN or QUARTER' and your game will improve immediately. Be courageous!

If you aim at the 'Pin - Quarter', you may miss by a few feet. It's still a 'Putt'. If you aim at the green and miss by a few feet, it's another 'Approach Shot'.

If you aim at an 'Island Green' and miss by one foot ... '**SPLASH**'. If you aim at the 'Pin - Quarter' and miss by five feet, (500% worse), you are likely 'Putting' for a very makable 'Birdie'.

The difference in these two scenarios is just attitude, courage and discipline, but least of all courage. Make up your own mind!

'Fire Dead At The Target!'

GOLF TIPS #4

'BALL - PIN'

There are only 'TWO POINTS' on the golf course that really matter. They are the '**BALL and the Target-Quarter-PIN**' nothing else! That is why the '555 TEAM' call this game 'Two Point Golf'. If you have a tree in the way and can't get over it or around it with 'Fade, Slice, Draw, Hook', pick a new 'Target' to its left or right and make two great shots likely for PAR. It's safe!

We talked about '**TARGET**' and the need to play golf with a distinct place to go with every shot. I suggested that you make every shot to a '**QUARTER**' and am convinced this will help immediately.

IF YOU HAVE NOWHERE TO GO, YOU WILL GO NOWHERE !

Give your great 'Golf Swing' a purpose. Have you, in your 'Golf Career', ever made one single shot without both the '**Ball**' and the '**Target**' in play? Never! You may not have concentrated on the Target, but it was there, neverthelessalways.

'HARVEY PENICK' said "Take Dead Aim". We'll talk about '**ALIGNMENT**', aiming your 'Feet, Knees, Hips and Shoulders Axes' very soon.

'JACK NICKLAUS' said "Stepping up to the ball for a shot without adequate deliberate dedicated mental preparation is indeed a form of '**QUITTING**'. Swinging without an acutely clear goal!"

Think '**BALL to PIN**' every single shot.
('**TWO POINT or A TO B GOLF**' - '**CONNECTING THE DOTS**')

Work on this and then your '**TARGET GAME**' in the California and Arizona desert will become second nature.

No more saguaro cactus!

No more rattlesnakes!

More birdies!

GOLF TIPS #5

THE 'SWINGING CLUBHEAD'

The reliability and reality of 'Newton's Laws of Motion' should become a basic part of your game very soon, if it is not already. Base your 'Game on Physical LAWS' and it will never let you down.

The natural pendulum, that weight which 'SWINGS' so regularly and predictably back and forth in 'Big Ben' is a model golf action. Don't HIT with your Golf Club 'SWING the CLUBHEAD' smoothly back and up to your top; Let it initially fall or drop down then 'FIRE the Clubhead T H R O U G H the ball' with solid 'Leg Drive' and 'Live Hands' 'DOWN the LINE to and Through the Pin'. If the Golf 'Hammer Head Swings Squarely Through the Target' with good 'Clubace AIM', your Ball will likely go there too.

'Don't HIT at the Ball'. 'Swing the Clubhead smoothly T H R O U G H the Ball To The Target' with some 'Brace Leg Pressure' or force late in the 'Clubhead Trip'. Don't fire the muscles until your 'LEVER ASSEMBLIES' 'Shoulders, Arms, Hands'are dropping below your Armpits almost to your Waist. Know that the 'Clubhead' does NOT advance until it gets into the 'Bottom Half Of The Swing Circle'. From the 'Top of Your Back Swing' (T.O.B.) your 'Brace Hand' 'DROPS DOWN AND THEN HITS THROUGH THE BALL to the Pin'. (see 'Bottom Half Of The Circle')

Soon we will give you several 'BULLET PROOF EXERCISES' that will certainly help your 'GOLF SWINGS'.

When you are 'Swinging The Clubhead', always '**FEEL THE STEEL**' from the very 'Take Away' to the absolute 'FOLLOW - FINISH'. If you lose the 'HEAD FEEL' you have lost the 'CONNECTION' (Brace Foot to Clubhead) and the 'CONTROL' of the 'Hammer Head'. The nail is going to bend and so too will your 'Shot Bend'!

Double Bogie!

GOLF TIPS #6

Keeping It Simple Only 10 BASICS or our 5 x 5's

the
5 SET-UPS ('PGSBA'): PASSIVE or Static
(Components)

Posture, Grip, Stance, Ball Location and Alignment

Let's have a simple look at these 'FIVE (5) SET-UPS'.

1) '**POSTURE**' Stand comfortably tall as you might do 'Standing in a Theatre Line' 'FEEL IT CHIN TALLISH' (not head down). This puts your 'Spine Angle' in a strong rotational working position, Knees slightly bent with weight equally distributed between your two feet.

At 'IMPACT FIX' (that's when you are comfortably ready to trigger your Back Swing) a little more weight or pressure on the inside of each foot than on the outside. Keep your 'Upper Body' firm but relaxed. Don't get tight. If you feel tight, roll your Shoulders and take a 'Deep Breath'fully in and fully out. Keep breathing rhythmically. Don't hold your breath. It is one of the most common 'Swing Errors'.

2) '**GRIP**' Hands Palms Opposed. Firm 'Target Hand' in the little fingers. (see 1 or 2 Knuckles) Gentle 'Brace Hand' fits the controlling 'Target Hand'Don't squeeze the life out of the Grip. Comfortably FIRM with smallest fingers holding. Your thumbs should NOT be pointing straight down the middle top of the Grip. They will naturally roll or be placed slightly over the top. Grip with the fingers and don't make a fist. At relaxed 'IMPACT FIX' (ready to go) see clearly at least 'One or two Knuckles' (first joint Index and Middle fingers) on your 'Swinging Target Hand'.

3) '**STANCE**' Those two FEET. Middle of your bag (4/5/6/ Irons) FEET under your ARMPITSwider for longer clubs and narrower for shorter clubs. '**BRACE FOOT...Squarish TARGET FOOT...Pinnish.** 'Stand For Stability'!

4) '**BALL LOCATION**' Ball under your 'Target Clavicle' (forward of Sternum) perhaps one ball more forward for Mid Irons and one more for Long Irons. This is your 'Optimal Ball Set Point'. It is very useful to always have your 'BALL LOCATION' close to your 'Target Heel' to promote solid 'Turn'. If your Ball is teed up at any time, put it one ball farther forward. '**TAP TAP TAP**' (at Impact Fix)

5) '**ALIGNMENT**' The line through your 'Set-Up Heels' should point at the green or Target so that you are '**GUNSIGHTED**'. The line through your 'Toes' should point slightly to the 'High ENERGY Side of Target Line'. Then to relax and align all five (5) of your axes, 'FEET, KNEES, HIPS, SHOULDERS and EARS', just '**BOUNCE**' slightly up and down and the 'Stack Is Stacked' under a constant 'Tallish CHIN' (Spinal Crankshaft in place to do the Work).

Picture that classic 'Railway Tracks' illustration to help your 'Alignment Process' evolve properly.

Think 'Components and Procedures Golf'. It is safe and reliable at all times in any situation.

Learn this and trust it

We will tell you about the '5 CONTROLS' very soon too. They are perhaps the most important of all. Stay with the '555 TEAM'! It is your key to playing better Golf.

GOLF TIPS #7

Still Keeping It Even More Simple
the other 5 of our **10 BASICS** or our **5 x 5's**

the
5 EXECUTIONS ('SHEBP'): ACTIVE or DYNAMIC
(Procedures)

1) **SWINGING MOTION:** With your golf club properly gripped in both hands at the end of 'Longish arms' swinging from your 'Armpits' under a 'Tallish Chin', move the clubhead back and forth in a 'Pendulum Motion' **TICK TOCKS** starting small and working to 3/4 or almost 'Full Swings', Bottom-Top-Bottom.

2) **HANDS:** (Navigators) While doing the 'Tick Tocks' a foot or so above the ground, slowly lower your hands and arms (Lever Assembly) with you 'Tallish Chin' (posture) maintained until the Clubhead just touches the ground. **TOUCH TOUCH**

3) **EYES:** (Captain) Once this 'Touch Touch' is occurring repeatedly, simply look down your nose until you see the point of ground contact as it repeats. **SEE IT SEE IT**

Now you have solid repeating 'Same Point' ground contact.

QUESTION:

What are the two (2) absolutely 'Consistent Objects' in the Golf Course's three dimensional world that are ever-present in the Golf Stroke? What two (2) objects are part of every shot?

We need simple questions asked and to get simple answers to solve complex tasks such as making an effectively repeating Golf shot.

ANSWER: a **BALL** and a **PIN**.

So the fourth and fifth '**EXECUTIONS**' are the

4) **BALL** (VRBP #1)
Visual Reference Balance Point

5) **PIN Target-Quarter** (VRBP #2)
Visual Reference Balance Point

The 'Eyes' are the primary 'Data Gatherers' and the primary 'Balance Mechanism' while an athlete is dramatic 'In Motion'. One must learn to use them well. Simply focusing on the 'Bottom Inside Cheek Of The Ball' ('BIC') will go a very long way towards achieving sound balance. The 'Eyes' detect minute movements or changes in spatial position. Golf's lack of balance is really simply 'Movement From A Stable Position'.

If you adopt a positive attitude and employ these '**5 EXECUTIONS**' or 'Procedures', you will find success in simplicity and repetition.

'GOOD LUCK' and Straight Shooting!

Remember, the '555 TEAM' has their '5 CONTROLS' coming at you!

GOLF TIPS #8

'SETTING -UP':

(Address Ready & IMPACT FIX)

More on '**ADDRESS READY (Passive or Static Components) and IMPACT FIX (Active or Dynamic Components)**' which is 'SET UP'. Remember that you should devote 70% of your time to properly getting ready and 30% to execution. Just watch the pros. Few hurry.

'CHIN Tallish and HANDS Deep' creates distance between our Chest and Hands producing 'Clearance' (Hip Sockets to Sternum) for our 'Clubhead to Swing'. '**FEELING' 'UP'** so we can Swing the Clubhead '**DOWN'**. It's a must!

Your 'Take-Away' should be '**LOW and SLOW'** then '**DEEP FLAT and WIDE'** to maintain a stable 'Bottom Of Swing Arc' with your 'Target or Swing Lever' and good cooperative 'Brace Lever Extension Action' or what we call 'Down Force'. I think the 'Target Lever' is a Dead Rope Action or Function'. It does not have to do a great deal of 'Work' and is generally more along for the ride. It establishes and maintains 'Swing Radius' and should do so primarily 'Centrifugally'. Remember, your 'Brace Hand Delivery Path' is almost directly from the 'Top Of Back Swing' down to the 'Butt of the Ball' and NOT a big 'Sweeping Circular Path. It is the 'Swing Radius' function of the 'Target Lever' that creates the 'Circumference' or 'Circular Motion' and not the 'Brace Hand'. Learn the 'Physics Of Rotation' and the 'Geometry Of The Circle' to get to an understanding of this 'Swinging Clubhead'.

'STANCE' (a good Understanding!)

'Width' Feet generally under your Armpits or for your Driver as wide as just outside your Shoulder Sockets. The longer the club, the wider the 'Stance' or the bigger the 'Pedestal'. 'Feel Balanced'. '**SWING IN BALANCE'**.

'Brace Foot' (that's the push foot) 'Squarish to the Target Line' which is the straight line, 'Centre of Ball to Centre of the Cup'.

This position is necessary to provide 'Forward Leg Drive'. I do not

recommend it's being anything other than 'Square' even for those 'Golden Years Players'! 'Brace Foot Position provides 'Thrust and Leg Drive'. It has to be right.

'**Target Foot**' (that's the one closest to the flag) points about 35 to 55 degrees 'PINNISH' (more is OK and might be better). This will let you open the 'Body Rotation Door' easily toward the Pin and allow you to finish fully tall in comfort. We call this '**GATE-ing**' or '**Steer So You Can Clear**'.

Seniors and golfers with articulation (joint) problems might even turn the 'Target Foot' more to reduce or eliminate what we in the teaching profession call a 'FOOT BLOCK', so much tightness in the Target Hip, Knee and Ankle' that you cannot turn all the way to the Target and FINISH which reduces 'the Golf Engine's Efficiency'. What we are talking about here is one of the '555 Golf Academy's' always fundamental '3 C's ... COMFORT'! If it does not 'Feel Comfortable in Golf', it is likely 'NOT CORRECT'.

'**BALL LOCATION**' is in the centre of your 'Chest or Sternum' or slightly forward. Comfortably Chin Tallish TAP TAP TAP

'**ALIGNMENT**' ('**GUNSIGHT-BOUNCE**') This is quite different from 'STANCE'. This is the 'Railway Track Concept' which makes me think of 'Aiming the Barrel of a Gun', 'Down-the-Line' all the way to and through the Target. I am a 'Foot Fetish' and you would be well-served to pay attention to your feet. They are the 'Foundation of your Good Swing'. The line through your 'Heels' (Brace Foot to Target Foot) should point down the middle of the fairway to the Pin. (Target Line or Body Line) 'AIM YOUR GUNSIGHT to the QUARTER'. There are some slight foot variations but this is a safe rule that will put you n the ballpark.

'AIM Your Feet and Shoulders In Balance and Comfort'. It will work every time.

GOLF TIP #9

the '5 CONTROLS'	5
(these relate directly to the 10 BASICS)	+
'5 SET-UPS' and '5 EXECUTIONS' the 5 X 5's	5 + 5
but getting more simplified.	=
This is '555 GOLF'.	555

This 'Control Method Of Check-Listing Your Performance' (Passive and Active) makes your overall 'Golf Task' quite realistically manageable. Make sure you notice that these '5 CONTROLS' are comprised of or are an amalgam of all the '10 Basics' rolled into a simple package. You can see that 'POSTURE' is really a 'Tallish CHIN' so we just say 'CHIN', 'GRIP' is all about proper use of your 'HANDS' so we just say 'HANDS'. STANCE and ALIGNMENT' are about your 'FEET' so we just say 'FEET'. We always 'Set-Up' and 'Execute' 'BALL - PIN Golf' so why not always keep these two little words in the equation? Make ten simple words even more easily utilized and remembered by distilling them down to only five 'almost four letter words'. Using these will likely prevent the tendency of using other less social 'Four Letter Words', although I seem to find them becoming more common!

The process develops and functions like this ...

1) '**CHIN Tallish**' puts your Body 7 Articulating Joints, Ankles, Knees, Hips and Neck, in place to perform with stability; not 'Bobbing Up and Down'. If your head is in vertical motion so will your Golf Head be in motion. Makes striking the Ball a big chore.

2) '**HANDS Deep, Down, Flat and Wide**' puts your Lever Assembly or Arms 6 Articulating Joints, Wrists, Elbows and Shoulders, in good 'Extended Position' to perform.

3) '**FEET**' always set-up in the proper WIDTH and Position. Brace Foot...Squarish and Target Foot...Pinnish so it can steer your body toward the Target.

4) '**BALL**' (VRBP #1) in the proper Location (TAP TAP TAP) **See It Come Off The Clubface** T H R O U G H IMPACT and SEPARATION.

5) '**PIN QUARTER TARGET**' (VRBP #2) always in your 'Mind's Eye', in your 'Mental Picture or Image' so that you might swing your Clubhead absolutely in that direction.

SEE The BALL	FEEL The PIN
(Active EYES)	(Mind's EYE)
	The Mental Picture

You cannot see both the 'Ball and the Pin' at the same time, so choose the one you must see to 'Make the Strike'!

It is NOT the PIN !

Never Strike A Ball Without Seeing It Precisely

'SEE THE BALL COME OFF THE CLUBFACE'

GOLF TIPS #10

'BASIC WARMING-UP':

No engine runs properly 'COLD'! 'Warmng Up' means physiologically stretching your cool muscle fibres which have contracted and 'Psychologically' increasing the space between your ears as well! By this stretching you will increase 'Blood Flow' which is soon-to-be-needed for fuel supply and waste removal or 'Krebb Cycle' maintenance. Increased blood flow heats up muscle fibres and makes them more elastic so they can stretch safely and do the 'Pre-Selected Work'.

Develope your own '**Stretching Regimen**'. "OH YOU DON'T HAVE ONE"! Develop one and use it. If you want to ruin a good round of golf, or at best, get off to a poor start, arrive late and start '**FREEWAY TO FAIRWAY**'. We've all done it. You know the results.

Stand 'Theatre Position CHIN Tallish'. Let your Arms hang from your Shoulders. Raise your Forearms and Hands up in front of your Shoulders with the Palms and Thumbs facing forward. 'CRADLE' your #7 iron across your Thumbs, Palms still forward, Grip end pointing to the Pin, Shaft parallel to your Chest.

Now 'Turn Your Shoulders and Body toward the 'Brace Foot' (Load-Coil Side), keeping you Head stable and looking forward at a fixed spot, until you 'FEEL' some stretch or tightening in your Hips and Shoulders. Then turn back toward the 'Target Foot' (UnCoil) finishing fully 'Belt Buckle', 'Chest and CHIN' 'To The PIN'. This is 'FOLLOW-FINISH' (Swing Sequence #9 to #10).

Remember, at this fully 'UnCoiled Position', your 'Brace Foot Heel will be 'Released', raised off the ground with your 'Cleets' turned pointing 'Down The Line' behind you, to your tail-lites. Often golfers think they must keep both feet firmly on the ground at all times. No! At your 'Finish', show your cleats to the spectators behind you.

The 'Brace Foot PUSHES your Body', especially the 'Belt-Buckle' but including the rest of it from toes to fingernails and hands holding the 'Swinging Clubhead Through the Ball in the 'IMPACT & SEPARATION Zone' right Through to the Pin'.

Feel the 'Turning MOTION'. Do this back and forth for several minutes until you loosen up completely.

GOLF TIPS #11

At the '555 GOLF ACADEMY' we always do very specific warm-up exercises.

the FIRST 3 Of The 5 EXECUTIONS: 'Swinging Motion'
Hands
Eyes

We call them **TICK TOCK's** (Pendulum)
TOUCH TOUCH (Hands)
SEE IT SEE IT's (Eyes)

After you have done your 'Theatre Position Cradle Turns', 'COILS and UNCOILS', take your #7 iron with a good Grip at the end of long arms hanging from the armpits. Now 'Swing the Clubhead' gently and smoothly back and forth making sure you touch the matt or grass at the bottom or each 'SWING ARC'going forward and backward.

Keep doing this rhythmically 10 or 12 times getting the swing gradually bigger, 'Back Swing Higher' (Clocking) until it is 'FULL' or close to it. Think pendulum.

'SWING THE CLUBHEAD', 'Feel the Steel' 'Through the imaginary Ball 'Down The Line to and Through the Pin'. Feel like you are, or could, throw the entire 'Golf Club' right down the middle of the driving range or practice area if you were to 'Release' it through the 'Bottom Of Swing Arc' through the 'IMPACT ZONE' (to Swing Sequence #8a and #9).

Stay relaxed. Breathe smoothly and regularly. Make sure you breathe OUT during the 'Forward Swing'. Empty your lungs during your nice tall full 'Follow-Finish' to the Pin.

Even in warm-ups, every time your 'Club Swings through the IMPACT & SEPARATION Zone', make sure you can

'SEE THE Imaginary BALL COMING OFF THE CLUBFACE'.

Always 'See The Ball Come Off The Clubface'.

GOLF TIPS #12

'FIXING A BROKEN-DOWN SWING': (3 F's FIND FEEL FAST)

We have all experienced a period, perhaps in one round, or over a much longer time frame, when our 'Swing Is Not Working' or it has 'BROKEN DOWN'.

ADMIT IT!

When our swing breaks down, we must immediately remedy the flaw and get it flowing smoothly again or our demise will deepen.

If you have attended the '**555 GOLF ACADEMY**' you will know how to simply adjust your faulty 'Swinging Motion' so that it can strike the Ball solidly again.

When your swing breaks down, do your '**TICK TOCKS**' for a moment or two. That is all you will require to wake up or summons that good swing back on deck. With your "Driver" make several great big base ball swings to regain your 'FEEL'.

Do your '**TICK TOCKS**' and 'FEEL the Swinging Clubhead Deep, Flat and Wide', making a big circle, at the end of comfortably extended arms or 'Lever Assemblies' and this '**REMEMBERED FEEL**' alone will help correct your deficiency.

Learn or condition yourself to do several 'Tick Tocks' before each real striking of the Ball. This is a 'Preventative Measure' that will serve you very well indeed.

This may all sound a little 'Rudimentary' and all too simple, but this simple-minded '**FEEL**' that made, makes and will make champions year after year, should be good enough for us mortals or committed earthlings!

GOLF TIPS #13

'SWING RADIUS':

Perhaps the two (2) biggest challenges or struggles in GOLF are a 'Steadily Placed and Maintained CHIN Tallish' and 'Consistent Distance, Clearance or Separation Between Ones Hips, Sternum, Hands and Sole Of The Clubhead'. This is called 'EXTENSION, CLEARANCE DEPTH and WIDTH'. This is what we call 'Swing Radius'. From a 'FEEL' stand-point the sensation is 'DEEP HANDED'. It is maintaining 'Distance between ones 'Target or Swing Arm Shoulder Socket' and the 'Target Index Finger Second Knuckle' which equates to the 'Sole Of the Clubhead' ('Target Lever Assembly'). Take a moment to make sure you understand this anatomy. Stand up and try it.

Remember, your

**'TARGET LEVER IS JUST A DEAD ROPE
THAT SETS-UP AND MAINTAINS SWING RADIUS'.
'Clubface AIM and #4 Pressure Point'**

Insure that you '**SEE and FEEL**' it.

If this 'Dead Rope' physical relationship breaks down for any reason, or combination of factors, your 'Consistency' will certainly become compromised. In essence, you have allowed yourself to play with a spoke in your wheel that changes length. Makes for a lumpy ride!

'FIX' or stabilize this relationship by doing at least 100 '**TICK TOCKS**' daily with good careful 'Set-Up and Motion'. Your exercise should be supported by sound 'Physics & Mechanics' and then be made to repeat itself by 'Geometry & FEEL'. We at the '555 Golf Academy' call this '**REMEMBERED FEEL**' which is what Golf is most successfully all about. Do it correctly, with the desired results, 'FEEL' the process and repeat it consistently. All too simple!

Help It Happen!

....with those '**5 CONTROLS**'

CHIN, HANDS, FEET,

BALL (See It..TAP TAP TAP)

PIN (Target)

During you entire swing feel **DEEP**
FLAT in the Take-Away and
WIDE in your Lever Assembly
rotation which controls Clubhead Path.

'FEEL the STEEL' (Clubhead) throughout your entire Swing, from the first inch back to the last inch through to a fully relaxed 'FOLLOW-FINISH'. It is by this 'Clubhead and this Clubhead ONLY' that we impart any 'Energy to the Ball' and make it travel where we desire. 'Swing the Clubhead by 'FEEL' to and 'T H R O U G H' the Butt of the Ball'.

Do not try to '**STEER**' the Ball or manufacture a hit. Allow your 'Clubhead to Swing Through the Ball' with good 'Brace Lever Extension' and 'Brace Leg Drive' (Down and Out Force) on it's way 'Through The Ball' and even through the flag or 'Target'.

Don't HIT AT the Ball
SWING THROUGH, THROUGH, THROUGH!

SPECIAL VISUAL OR PICTURE NOTE

CLEARANCE BETWEEN HIP SOCKETS AND STERNUM:

In irder to properly and easily accomplish 'Pivot Axis Mobility, one must have ahis or her 'Spinal Column' in a conformity that invites and enables 'Load-Coil as well as, importantly, Un-Load and Delivery & Release of this 'Potential Energy Resource into a 'Kinetic Energy Resource. I you 'Spinal Engien ' is hyper curved, it will struggle to function freely in the back & front swings.



Kyphosis or a bent spinal column
Chin Down towards the chest.
Rotationally Impeded ... Compression



Nicely Extended Spinal Column
Clearance between Hip Sockets and Sternum.
Turning Freely

GOLF TIPS #14

'START SHORT & SLOW':

Once you have 'Warmed Up', take a Short Iron (Pitching wedge) and 'Swing the Clubhead Down-the-Line to the Pin. Now put a Ball in the way. **'SWING THE CLUBHEAD THROUGH THE BALL To The PIN'**. You will be surprised how effortlessly and accurately the shot comes off. Don't worry about hitting the Ball far. Just get solid IMPACT. Get the Clubhead on the backside of the ball and swing through its butt. Every Club Strikes the Ball on its pants, NOT its head (the top of the ball).

Remember those **'5 ESSENTIAL ELEMENTS'**. The 'Putting Stroke' has them and the Driver Swing has them. Learn them! They are 1)'Clubface AIM', 2)'Clubhead PATH', 3)'Clubhead Speed', 4)'Sweet Spot' (OPA or 'Center Of Mass') and 5)'Angle Of Attack'

'THERE'S A PUTT IN EVERY DRIVE'

also

IF YOU WANT TO KICK IT'S ASS, LOOK AT IT'S PANTS.

(You must look at the point you want to strike)

GOLF is a pure **'EYE-HAND'** Coordination skill.

Once you strike half a dozen balls off your Target Shoulder, working on IMPACT, then pick a defined 'Quarter-Sized Target' and start striking the ball to this point. Remember to always think **'BALL-PIN'**, 'Down The Line'.

Always work up to your longer clubs in the warm-up taking 5 to 10 Swings with each club starting with the wedges. We like to hit the big ball, but the 'Short Game' is where the money is made. To make 'Short Game Practise' more fun and challenging, hit your balls at the 'QUARTER' or another specific ball. Make it happen.

Driving range practise without a Target will not get you to par on the course. Don't practise bad shots or poor habits.

GOLF TIPS #15

'WHEN SHOULD WE TAKE A LESSON'?:

The benefit of having a 'TEACHER' is the avoidance of learning by trial and error and really getting to our goal the hard way you know, by repeating the mistakes of others. Usually this 'Journey' is frustrating and misses our desired destination of having 'FUN'. We may never get there without help and have less fun and more frustration along the way.

We golfers cannot see ourselves swing the club. Therefore, we need someone else to evaluate our performance. Make sure you choose the very best professional for this evaluation and guidance.

We take lessons at two distinctly different times of the year; at the start and later. A lesson in the Spring is called a 'KICK START' and does exactly that. It helps us get back to last Fall's proficiency sooner. We hope to edge out the golfing buddies by a stroke or two right out of the blocks.

However, when would we get the most 'Improvement' from a lesson? The answer...when we are at the very top of our game...mid or end of season. To get out of our performance rut, we must accomplish this when we are ready to step up to the next level. That is when advancement happens easiest.

Often the very simplest of hints or procedural changes create the catalyst to move us up a notch. Don't take bad advice. It's out there in abundance.

Sharing quality time with a proven teacher is well worth the investment. This time should be inspiring, directly rewarding and enjoyable. It should be entertaining. Generally positive results will be immediate.

Don't fall for this 'You have to get worse before you get better' nonsense. It's an excuse for either having taken a poor lesson or not having worked diligently at it and failing to practise what you had supposedly learned. Don't go too far down this road to nowhere. It is your 'Journey'.

So the answer to the question is 'Yesterday'!
'Reinventing the Wheel' can be a Painful Process.

Why do it?

GOLF TIPS #16

'BETTER CLUBS HIT BETTER SHOTS':

There are two very basic aspects to this wonderful 'Game of Golf'!
The equipment and the person.

For us to get the best out of the combination, we need to 'Trust Our Clubs' and 'Trust Our Swings'. If we are not doing both comfortably, our games will be compromised.

Swing analysis with a respected and proven professional will head us toward more swing 'Consistency'.

'Computerized Club Analysis' will determine the quality of your equipment. Don't presume that your clubs are 'Right On' as they have the 'Big Name' because commonly they are not, what we call 'BRACKETTED' or consistent in 'Length, Loft, Lie, Swing Weight, Frequency, Duration and Symmetry'. Even the size of your Grips directly determines 'Comfort and Performance'. Small points make big differences.

If you don't have consistent quality Clubs across your bag, how in the world are you going to play consistently? Shooting great golf and scoring well is a lifelong journey. Use good tools. Prepare for it.

"HOW MANY SWINGS DO WE REALLY HAVE IN OUR BAG?" How many do we need?

More on the different swings in our bag next. Stay with us.

**TRUST YOUR CLUBS
and
TRUST YOUR SWING**

Good Luck !

GOLF TIPS #17

'HOW MANY SWINGS SHOULD WE HAVE IN OUR BAG?'

From a pure teaching / mechanical standpoint you might be surprised at the answer, which is..... **TWO**

How do we come to this position? Keeping it as simple as we can.

The two SWINGS are:

1) the '**FULL SWING**' where we go from the Bottom (IMPACT FIX POSITION) to the 'TOP' of our comfortable range (T.O.B.) and back to the Bottom where we make 'IMPACT & SEPARATION'. Solid, magical results, alwaysRIGHT?

You know when your 'Back Swing Is Completed' when your 'Target Shoulder' makes positive contact with your 'Tallish CHIN' and your 'Wrists' move into your 'Fully Cocked Position'. When I say "**YOUR**" I mean exactly that. You are not 'Tiger Woods' and therefore, your flexibility and 'Range of Motion' (ROM) will not be the same. Don't ever let anyone attempt to forcibly extend your natural range or extent of Motion. Only you can do so, if you elect, very gradually with stretching exercises.

and

2) the '**LESS THAN FULL SWING**' where we do NOT get to our comfortable Top of Back Swing. (T.O.B.) This is an abbreviated swing and we use them often. So '**TWO SWINGS**' **only** with fourteen or more clubs. This includes your putter which makes 'Less Than A Full Swing'.

To ensure clarity, once our bag is '**CALIBRATED**' (in other words we know exactly how far each club goes) we should generally make all full swings until the yardage is shorter than our full swing pitching or sand wedge. From this distance in we then adjust with 'Less Than Full Swings', using one of five (5) methods.

Any questions, please call or come in to see one of our teaching pros seven days a week.

GOLF TIPS #18

'THE FIVE WAYS TO SHORTEN BALL FLIGHT DISTANCE':

When we get to our 'Full Swing Pitching Wedge or our Full Swing Sand Wedge', we must do something to reduce our 'Ball Striking Distance' so as to not over-fly the Pin or our Target.

Here are the Five (5) Methods:

1) **DECELERATE** is absolutely the wrong method which is employed by a great many high-handicappers and flirted with occasionally by those who know better.

ALWAYS ACCELERATE YOUR CLUBHEAD THROUGH THE BALL and never Decelerate or slow it down deliberately to reduce your 'DISTANCE'. Even every putt, six inches or less, must be accomplished with 'Clubhead Acceleration Through IMPACT'. Deceleration essentially puts the brakes on and causes us to 'Swing The Clubhead Off Line'.

2) **SELECT A SHORTER CLUB** if you have one in your bag.

3) **NARROW YOUR PEDESTAL OR STANCE**. Always when we narrow our feet we restrict our backswings or the size of the arc and circumference of our Swing Circle. The smaller the Clubhead Travel or Swing Distance, the less Clubhead Speed we will generate and the shorter will be our 'DISTANCE'.

4) **SHORTENING THE GRIP** is the fourth (4) method of reducing Clubhead Speed and Distance. As you grip down on you club, it's 'Effective Length' is reduced which directly reduces the 'Swing Radius' and the 'Clubhead Speed At IMPACT & SEPARATION'. So down comes the Distance you will produce.

5) **CLOCKING** is a specific and very 'DOABLE' method of further shortening our Swing Length and positively controlling our Clubhead Speed and thus 'DISTANCE'.

If you think of your body as being a big clock with the centre or attachment point of the hands being your sternum, simply make a backswing to 7 o'clock, or 8 o'clock, or 9 o'clock, or 10 o'clock, or 11 o'clock etc. and, once you learn the 'FEEL' of these positions, you will better control your Clubhead Speed as you will be able to precisely shorten your Clubhead Travel Distance and thus it's generated speed.

GOLF TIPS #19

more 'BULLET PROOF DRILLS':

We call this one '**DOING IT IN THE DARK**'. You can do it alone or with a friend! Go into your backyard 'NO LIGHTS'. Make sure you have room to safely swing your driver. You'll need your #9 Iron, #3 Iron and your Driver.

Think 'Swing the Clubhead' back and forth in a 'Pendulum Motion' without any forced muscles. 'TICK TOCKS' 'Feel the Steel'.

Take your #9 Iron in your 'Target Hand' (chest high), holding it between the thumb and index finger. Now gently swing it back and forth from about knees to knees. Let it swing down the 'Target Line'. This is the line along your toes. Remember your toes are your 'GUNSIGHT' AIM Them'. 'FEEL' a spot on the fence or the trunk of a tree across the yard as a 'Target'.

Now continue to 'Swing the Clubhead' but at the end of a long left 'Swing Arm' using a normal Grip. Swing the club about hip high. Feel the clubhead. After several swings, without stopping, join your right hand on the grip and continue to feel the swinging clubhead. Work this to a full rhythmic swing ...all the way to your top.

Progress to longer clubs. Take a short break. Think about this Motion. Then finish by working back from the long clubs to the original #9 Iron.

I would suggest you do five sequences of ten reps each both going 'Up and Down through your Three (3) Clubs'. I know this is 250 swings but it is good exercise muscularly and cardiovascularly. It will make your game improve and you will sleep better !

GOLF TIPS #20

more **'BULLET PROOF DRILLS'**:
(magically productive)

We call this exercise **'DOING THE FOUR BALL'**. It is 'Bullet-Proof' because you cannot do it wrongly. Think 'SWING IN BALANCE'.

Place 4 balls (3 is OK) about three inches apart in a straight line with your sternum. (centre of your chest). Set up in address ready position.

Now with a several 'TICK TOCK' back and forth practice 'Swinging Motions', step ahead and strike the closest ball first down the line to the pin, and, without stopping, hit the next 3 balls, one at a time stepping forward slightly with each shot. Be rhythmic and let this exercise FLOW with a little hit at the bottom of the swing arc, through the ball to the PIN.

You will soon realize that **'Seeing The Ball Come Off The Clubface'** is the secret to making this happen. I want to tell you that it is the secret in every strike of the 'Little White ball with the Funny Big Stick'.

'Breathe In on the Back Swing and OUT during the entire Front Swing'. Remember the strong option. **'If Your Clubhead Is In Motion, You Should Be Breathing Out'**. Relax during this exercise, but keep your 'Chin Tallish' throughout. Only squeeze the muscles after dropping down from your 'COMFORTABLE T.O.B.' accelerating toward the bottom of each swing, just during actual IMPACT. Again, you might be well-served to, at all times, 'Breathe Out when the Clubhead is Moving'.

'Swing the Clubhead THROUGH the BALL to the PIN'.

GOLF TIPS #21

more **'BULLET PROOF DRILLS'**:

We call this one **'FEET TOGETHER HIP-HIP'**.

It is a 'Balance Drill' that assists us to 'Swing the Clubhead' smoothly down and through the ball along the 'Target Line' to the 'Target Quarter Pin'. It must be done without a great deal of Force. You will not be able to hit very hard as your 'STANCE or Swing Pedestal' is very narrow and thus your stability is a little delicate while the 'Length of Your Clubhead PATH' is reduced considerably thus reducing your delivered 'Clubhead Speed'.

Your 'DISTANCE' will also then be reduced so this is NOT a 'Distance Exercise' at all, but a 'Direction and FEEL Drill'. Do it often.

'Swinging Smoothly' and with 'Low-Energy' will not throw you 'Off Balance' but enhance your 'Feeling' of being balanced. 'Swing in Balance'.

Heels 3 to 4 inches apart; 'Squarish Brace Foot' 'Pinnish Target Foot' (**'Steer So You Can Clear'**) so that you do not produce a foot block or a 'Closed Gated Swing'. Remember, if you want to finish fully turned to the Target, you need to have an open door or gate or foot in order to precipitate your 'HIP RELEASE' and get the full turning job done. Standing comfortably with a 'Tallish CHIN'. 'Longish Arms 'Swinging the Clubhead' under a Tallish CHIN'.

Strike a dozen balls to a target about half your normal distance away using only half, or 'HIP to HIP Swings'. This will be very much like your short Chipping or Pitching game.

Don't try to hit the ball too hard. 'Think IMPACT and DIRECTION, NOT DISTANCE'. Straight and shorter is better than long and in the bush.

'Swing the Clubhead Down The Line to and T H R O U G H the Pin'.

'FEEL THE STEEL'

GOLF TIPS #22

'BULLET PROOF DRILLS':

'DOING A ROUND IN YOUR LIVING ROOM'

(Bedroom Is OK!)

This is a 'EYE-HAND Coordination Drill' and it is fun and builds good habits and 'FEEL' naturally. Those are great combinations.

Take 5 balls each. Drop them on the carpet about six feet from a chair leg or some Target. You can use a 6th Ball. Now with one hand, 'Your Brace Hand', using a putter or even a short iron, stroke a Ball by 'Pushing it along the Target-Line ('BRL') to the Target Ball or leg of the chair. Make a contest of this if you want. Make sure you just touch the target ball and do not 'Bang' through it. This is a 'Weight and FEEL Drill'.

Alternate Hands with the same Drill.

This will give you excellent hand-eye control and develop more feel. It makes us 'WORK the BALL to the PIN'. You will find that your 'Index Finger on the Brace Hand' will take a more active part in this finesse touch. It controls the 'Club Toe Squaring Up'.

Once you have this 'One-Handed' aspect mastered, use two hands as you would do in a real putting stroke. Keep you putter head moving 'Straight Back and Straight Through' the Ball all the way to the Pin. Think and stroke 'BALL - PIN'.

Hope it helps and have fun.

GOLF TIPS #23

'RAKE IT TO THE PIN':

We want to thank you for listening and for all the calls and comments that have come in respecting our 'GOLF TIPS Programme'.

One radio listener from Rosedale in the 'Upper Fraser Valley', ('The Abbotsford - Chilliwack - Hope Area'), had a 'Great Golf Tip' of his own. **ALISTAIRE COGLIN**, a 'Died In The Kilt Scott', says he has used this special shot or method for years and it works. We at the '555 Golf Academy' have tested its application. We think it has merit, and so, 'Here It Is', your own customer contribution to our '**BULLET PROOF GOLF TIPS**'.

It's for the 'SHORT GAME' ...from the longer-cut fringe to the Pin. The 'BUMP & RUN CHIP and Little PITCH Shot'.

This is where we so often see the 'THIN HITS' (skulling), the 'FAT HITS' and even the dreaded 'Chili Dip' not to mention, hit it too soft, too hard. You know the routine!

Take a garden rake and rake some thick grass. Remember the feel! The Hands are slightly forward pressed from sternum (HANDS and centre Chest, ahead of the rake) and the left hand (Target Hand) leads the rake through the grass. There is very little wrist action in either hand. Your weight is more on the front or Target Foot (left side for Righties) than on the Brace Side. The 'FEELING' is a little like 'Dragging The Rake Through The Grass' pulling leaves.

Using your #8 Iron, make this specific 'Swinging Dragging Motion' through the ball along the target line to the pin. Do it gently over a short distance. Don't force it. 'SWING THE CLUBHEAD' Down and Through.

Make sure you 'See The Ball Come Off The Clubhead' so you get solid contact. 'Swing The Clubhead Down The Line Directly To The Cup' and you will likely get the ball to either go in or get close. Worst case, one simple 'Putt' remains to make your 'PAR'.

Well Done and Thank You!

GOLF TIPS #24

Golf is the '**ALLIANCE** Between The Hands And The Swinging Clubhead'. The 'Hands' are the only connection between us and the 'Golf Club', so use them and 'FEEL The Pure Motion'. Where your Hands go, so too will your Ball fly! All of my discussion of 'FEEL' is with a purpose. We want to groove our Swing so that we can simply 'REPEAT THE FEEL' and be 'CONSISTENT'.

Remember the 3 C's.

CONFIDENT
COMFORTABLE
CONSISTENT

The '**EYES**' are the 'Captain' and the '**HANDS**' are the 'Navigators' of the 'Golf Club and Golf Swing'. The 'Golf Club is the Ship'.

We Golfers sometimes get so obsessed with specific movements and positions, with muscle rules and other complex details that we forget to make the smooth, flowing 'Swinging Motion of the Golf Head' down and through the Ball along the Target Line to the PIN.

Occasionally I suspect we cannot see the forest for the trees. You know '**Paralysis By Analysis**'. Get 'Dynamic and Fluid'!

Be 'CONFIDENT'. '**TRUST YOUR CLUBS**', and if you don't, get them checked by a professional 'Golfsmith or Master Builder' to determine if they are trustworthy and consistent.

Play with 'CONFIDENCE'. '**TRUST YOUR SWING**'. Prepare for the shot. Picture and feel your 'Ball Flight'. Now make the shot feeling it to the Pin. Remember every shot must have a precise destination.

PIN - QUARTER

GOLF TIPS #25

'ARMS OVER LEGS':

(Over The Top, Casting)

We talked about the 'Hands being in Control of the Clubhead and Swing' and with that in mind I would like to add another thought for you to consider; possibly even feel and adopt.

When you make your great smooth and flowing swing through the Ball to the Pin, the Hips are slightly 'LEADING' the 'Forward Swing' as they are slower moving than the Hands and must thus start first. Leg-Drive First. 'Hands LAGGING or Trailing'. '**FROM THE GROUND UP**' and '**FROM THE INSIDE-OUT**'.

But the fast-moving Hands catch the Hips right at or slightly through 'IMPACT & SEPARATION' or back at Square (the 'IMPACT FIX Start Point'). At this instant, the dominant Hands may slightly pass the Hips and clearly lead through 'RELEASE', moving farther and faster to the relaxed high 'FOLLOW-FINISH'. I say 'Faster' because the Hands travel farther in roughly the same time frame so they must be 'Faster'.

If you can imagine with me that your Hands are passing through water, their speed and power will make a wake or void behind them. Now, once the Ball (water) has been struck (splashed) and has gone away, let your whole body flow in behind the Hands and fill the wake. 'RELAX and BREATHE OUT'. **It's Over!**

'Swing your Clubhead to the Target'. Get your 'Weight Behind Your Clubhead'. Put some 'Brace-Foot, Leg Drive 'POWER' Behind Your Weight'.

Let your Body 'Toenails to Fingernails' follow the Hands and Clubhead all the way to and 'T H R O U G H' the PIN. This is where we get the 'FOLLOW-FINISH' term. 'FEEL' a little like your 'Clubhead Follows the Ball to the Target'.

Complete the full 'Swing Circle'.

'HANDS & ARMS OVER LEGS USUALLY MEANS CASTING!'
('UBM over LBM')

Now you know.

GOLF TIPS #26

'SWINGERS or HITTERS?':

The question arises quite often as to 'Whether we are **SWINGERS** or **HITTERS**'? It's a good question and there is a difference in these two golf moves or observations.

However, one should always 'SWING The CLUBHEAD' up and down through the Ball along the Target Line to the Pin.

In reality, I think all good ball strikers are '**SWINGING HITTERS**'.

For right-handers, comfortably using a Golf Club, the sensation should be 'Swinging the Clubhead from the Target Shoulder Socket' (the 'Target Lever Assembly Pivot Point') which will contribute to travelling 'Down The Line'. So the longish Target Arm Swings the Club while, approaching the 'Bottom of the Swing Arc', the 'Brace Hand' puts on the Hit.

Each hand's job is different. The 'Target Hand Controls the Clubface'. The 'Brace Hand Takes the Lag Out of the Club Shaft or Clubhead and Fires the Clubhead's Toe through the Ball and thus through Square'. The 'Brace Hand Makes the Bottom Hit (Triceps Extensor Action) which is very 'LATE In The Down Swing'. If you are too early, you will 'CAST' and get 'Outside-In' generally producing '**PULLS and SLICES**'. Terrible GOLF Gremlins! If you are too late, you will likely '**FLIP** you Hands' and perhaps induce a 'HOOK'. Always 'Time Your Parts'. Good '**COMPONENT RPM**' makes for great results.

We hear about 'Body Parts in Golf'. Which does what and when? What leads and what follows? What rests and what works? I think golf is a co-operative balance of everything from the toe-nails to the finger-nails. It is a progressive 'Muscular Action from the Brace Foot to the Target Hand' or 'FROM the GROUND UP' through the Body and 'Club Shaft' to the Ball resulting in holing it!

The 'Target Heel should be Planted or Re-Planted' to start your 'Forward Swing' closely followed by the 'Pushing Brace Foot'. But your Swing, a good Swing, definitely starts '**From the Ground Up**' and '**From the Inside-Out**'. It is 'Leg Driven' and absolutely NOT 'Arm & Hand or Upper Body Driven'.

Sound all to simplistic? Try it.

GOLF TIPS #27

'BALL LOCATION' where do we place the ball so that we can get it and the 'Sweet Spot' together so that the Little White Ball goes away correctly?

TAP TAP TAP

the 'Clubhead to the Ground' in as relaxed a manner as possible and it will tell you where the 'BALL LOCATION' for that club is.

Every one of our Swings has something in common. The 'Lowest Point of Clubhead Travel', or the '**BOTTOM OF SWING ARC**', is always basically under our '**TARGET CLAVICLE**', 'Centre of Chest and slightly forward' except in the 'Chipping Motion'. The Ball will generally be in the 'Forward-Centre of our STANCE' not far from the 'Inside Target Heel'.

WHY?

Because we are going to make 'Forward-Moving Contact', 'Clubface To Ball' utilizing 'SPINAL CRANKSHAFT PIVOT or ROTATION' to create the 'Horizontal Motion of the Clubhead' and not produce this forward velocity with our 'Hands and Arms'. If we are going to be moving forward in the 'Front Swing', our bodies will be farther forward at 'IMPACT' than they were at the 'Static Address Position'. So, move the 'BALL LOCATION Forward' to 'Match the IMPACT Components and Procedures'. If you do not have adequate 'Forward BALL LOCATION' you will be forced to 'Manipulate or Accelerate your Hand Speed, knowingly or subconsciously. Bad Stuff!

In this light, 'Forward BALL LOCATION' promotes or invites better and more efficient 'Spinal ROTATION'. This leads to increased efficiency in 'Clubhead Speed and Clubface Control'. I call this smart thinking and behaviour '**SETTING UP FOR SUCCESS**'!

So every Swing should touch the grass under our 'Clavicle'. If the Ball is sitting there, waiting patiently, and we simply 'Swing the Clubhead' through the bottom, 'IMPACT' will be the results. If we have all our faculties working to peak performance, we are seeing the ball precisely, then contact will be pure and the results will be pleasing.

Small variations are quite acceptable. I think the short irons (7/8/9/wedges) might be played 'One Ball Aft' of the 'Optimal Ball Location', mid irons (4/5/6) on centre and long irons (1/2/3 III and V woods) one ball forward of 'OBL'.

Lets talk 'Tee'd Up' (NOT TEE'D OFF!)

Place the tee'd up ball between the 'Target Foot Heel and Toe'.

WHY?

Think simple 'Physics and the Swinging Pendular Motion'. Your tee'd-up ball is above the ground or grass by about an inch and a quarter. If your driver is at 'BOTTOM OF SWING-ARC' on the 'Front Clavicle', the normal upward arc will put the 'Clubhead Sweet-Spot' right on the backside of the ball and make it 'GO AWAY' just forward of the standard mid-iron 'Optimal Ball Location'.

The 'Driver Ball' is struck 'On The Way Up'. It's an 'Ascending Blow'.

Simple! Easily understood! and Effortless!

Incidentally, don't hesitate to place your driver head, to start your driver head from that sternum position. The common forward press has a distinct tendency to hurt timing and rhythm. Call or 'E-Mail' the '**555 GOLF ACADEMY**' on this one, or any one, if you are not perfectly clear. We call this opporuntiy for you 'Talk To The Pro' and we know you will find it worth while.

Just a final note: **'IMPACT FIX ESTABLISHES DYNAMIC BALL LOCATION'!**
(Address Ready Does Not)

GOLF TIPS #28

'PRECISELY WHERE WE HIT IT':

Relating to customers, teaching our proven principles and techniques, is very rewarding indeed and I want to thank every client with whom I have had the privilege of sharing time. We too learn every day.

This student-teacher interaction must be kept very simple. Complexities are solved by simplicities. Although golf might appear or feel intricate, it is merely a combination or sequence of comfortable simplicities. Just watch Faldo, Norman, Nicklaus.

Consider this situation:

You just hit a poorly-struck ball into the bush,
O.B. Right!

Simplicities: "Who hit it?" I did!
 "Where?" O.B. Right!
 "Why?" The 'Clubface AIM' was pointing right at
 'IMPACT and SEPARATION' so the ball went there!

Simple Truth: **'THE BALL ALWAYS GOES PRECISELY WHERE WE HIT IT!'**

Now Let's Fix this Bad Hit:

- 1) 'Pre-SHOT ROUTINE'
- 2) 'BREATHE Rhythmically'. 'RELAX' always.

- 3) 'ALIGNMENT'. Feet, Knees, Hip and Shoulders 'Parallel to the Target Line' ... 'Gunsighted Toes' (line through the toes) pointing into the hole.
- 4) Now 'Swing the Clubhead Through the Ball' to the Pin-Target. **'SEE THE BALL COME OFF THE CLUBFACE'**.
- 5) Make sure that through 'IMPACT' you 'TURN Your Belt-Buckle' all the way to 'Hips Square to the Target' with the 'Clubface through SQUARE' so its 'Toe Points in the Hole' or slightly past.
- 6) 'THINK & FEEL BALL to PIN or TARGET' (the #1 job!)
- 7) 'Finish the Swing' all the way 'To The PIN'. RELAX. Your belt-buckle should be facing the Target.
- 8) 'Watch Your Ball Come To Absolute Rest'. Too amny people take the finish for granted, especially when they 'FEEL a Bad Shot Happening', and then just abandon the event'. You must be accountable and be there to take it on the CHIN! All of us, Pro or not, make bad shots. You must realize it is these 'Bad Shots That Make the Good Ones FEEL So Good'! 'Finish and Hold.'
- 9) 'Evaluate Your Every Shot' so you can buils a 'Mental Catalogue' on which you can draw in the 'Heat Of Battle'. You don't think those 'Seasoned Veterans' 'Play Crap Shoot Golf or Get Lucky Golf' do you? Four consecutive rounds in the 60's is no accident!

DEVELOP A ROUTINE!

GOLF TIPS #29

'TIPS NOT TO FOLLOW':

I think generally all 'Golf Tips', either in books, videos, from professionals and certainly tips given on golf courses and driving ranges by the stranger honing his or her skill in the next stall, are all given in 'SINCERITY'.

But are they simple, adoptable and 'CORRECT'? Can you make them work positively long-term? Will this 'TIP' fit into your regimen and personality? LIKELY NOT!

You've heard this one: **"KEEP YOUR HEAD DOWN"**

This is one of the absolutely worst disciplines you could ever adopt. If you do not want to give yourself physical nightmares, hitting FAT and THIN, 'Blocking Shots To The Open Side' or 'Pulling shots To The Closed Side' without obvious reasons, just

'KEEP YOUR CHIN TALLISH!'

Worse still, this wrong set up posture will contribute to seriously restricted Turning Motion, to dropped shoulder, collapsed hip, sagged knee, 'Reverse C' and ultimately a very uncomfortable lower back. Many a great golfer and most importantly, those just having lots of leisure fun, find their golfing careers ended prematurely by bad backs. Let's not go out looking for problems. In fact, Let's protect against them, the sooner the better.

'KEEP YOUR CHIN TALLISH Throughout the Entire Golf Swinging Motion'. You need to be up so you can get down! Let your arms and the 'CLUBHEAD' Swing from the Armpits', 'DOWN and THROUGH the BALL', along the 'Target Line to the PIN'. 'Start RELAXED and Finish RELAXED'. 'Breathe Rhythmically IN during the Back Swing and OUT during the Front Swing', finishing tall with fully turned belt-buckle, 'Chest and CHIN to the PIN'.

During 'SET-UP, Address Ready and IMPACT FIX', 'LOOK DOWN YOUR NOSE A LITTLE AT THE BALL'. This correct 'POSTURE' will help you immediately and put you in good stead as long as you dabble in this great addiction with the 'LITTLE WHITE BALL AND STICK' we call Golf.

GOLF TIPS #30

'BREATHING':

(marshal arts knows what I mean)

Hold ones breath, restricted outflow, is not unlike welding your car's tail-pipe closed. If so your engine will soon stop firing due to back-pressure in the exhaust system.

like **'PULMONARY PRESSURE'**

It is a rarely observed and an even more infrequently corrected subtle but very influential 'Golf Swing Fault' to **'HOLD ONES BREATH'** while turning on the 'Power Through IMPACT'.

We get into the habit of 'Holding Our Breath' through far too much 'Primary **TENSION'**, the number one killer of a good Swing. We are often tense even during 'Set-Up' when our focus should be on pure relaxation, **'FEELING OILY'**, that leads to good speed and control.

Over the years I have found that golfers do not become tense upon taking up the game, but have developed the habit of holding their breath during almost all their strenuous exercise or in any tense situation.

It is a fact that 'POWER' is developed most efficiently when 'Breathing Out'. This can be observed by watching proficient weight-lifters or Oriental martial arts in action. Even the internal combustion engine in our automobiles must 'Breathe Out' on the 'Exhaust Stroke' or the combustion sequence will be interrupted and the engine will stall.

How to quickly give yourself at least a chance to breathe during the Golf stroke? Start breathing smoothly and rhythmically as soon as you or your caddie pulls the Club out of your bag. Keep breathing throughout your 'Routine' and make your 'Take Away Move' at the start of your 'Breathing Out' so that you will unavoidably be breathing out during the 'Forward Swing'.

'Holding Your Breath' will induce 'PULLS' and 'Blocked PUSHES'.

This may take some effort, but it is more than worthwhile.

Ask any 'Karate or Tai-Kwon-Do' expert.

GOLF TIPS #31

'TOILET SHOTS':

How much of this great game of golf is 'Physical' and how much is 'Mental'? Now that's a scary consideration! Our highly proficient very long-term proven team of teachers have consensus that it is at least '**40 Physical : 60 Mental**'. I think it is more.

We've all had one of those rounds when we feel '**SOMEWHERE ELSE**' and wonder if it is worth the humiliation... of course it is. And that's precisely why we keep coming back for more 'PUNISHMENT and PLEASURE'.

This 'Goofy Game of Golf' easily draws us back out of our comfort zone, you know, Sunday sitting before the tube watching pros create constant miracles. The ball and stick gets us off the couch for more adventure after making only 'One Magical Shot' in the whole previous round. In some peoples' view, that may be a shallow justification. But then again they probably have poor taste...and DON'T GOLF!

Keeping the real world in perspective 'Pro's Make **TOILET SHOTS** Regularly'. They just make less than you and recover better, make more saves. They also shoot tournament 79's and rare 80's. How would that feel? I can assure you, there is a generous serving of humiliation and frustration always on the tour table. Remember, 'Toilet Shots' are designed to be flushed away. Write them off..... fast!

I think 'GOLF is 30% PHYSICAL and 70% MENTAL'! I can hear the 'Mental Footprints In The Sand'. You're asking if I or our great teaching staff have licence to practise 'Psychology'? Of course we do!

More seriously..... '**IF YOU DON'T THINK YOU CAN, YOU WON'T.
IF YOU THINK YOU CAN, YOU WILL**'.

Ask yourself, when preparing to execute, 'Can I strike this ball down the line, in to the hole?'

If the answer isn't "You bet your ass I can" ask the question again.

GOLF TIPS #32

'IMPACT FIX POSITION':

This is the 'Simulated and EXECUTED Striking Position' with all its 'Pre-Selected Components and Pre-Selected Procedures' fully and 'Routinely' accounted for. If you do not have a 'PreSHOT Routine', develop one!

We have mentioned the term 'ADDRESS POSITION' and I want to make sure we all understand this very useful term.

At 'CHIN Tallish SET-UP' we must have balanced, firm, properly placed feet or what we call the proper STANCE. 'BRACED CONNECTED ADDRESS READY' when properly set up will be comfortable.

So here we are at 'ADDRESS READY' ... '**TAP TAP TAP**' ... relaxed, breathing rhythmically, ready to go, ready to 'TRIGGER' our shot. Now 'Simulate the IMPACT Position' with simulated 'Leg Drive and 'Hands Forward Pressed'. Remember it.

Our computer minds have collected the data and knows this position. It is in our 'SUBCONSCIOUS MIND'. Let's remember and feel this 'IMPACT FIX'. Now, magically, or at least 'Helpfully' if we can Sweep Back and 'FLOAT our Clubhead Up' on a full 'Circumferential Arc', the 'Big Circle', to our 'Top of Back Swing', ('TOB') make the turn, Hands dropping down and hitting Through the Ball along the 'Line to the PIN', we will be on the right track.

Here's the hint. 'SET-UP 'CHIN Tallish' 'ADDRESS then IMPACT FIX'. Feel it and remember it. Now, as you are squeezing the hit close to the bottom, 'REPEAT THE IMPACT FIX'. The ball is still at the start point. Swing back T H R O U G H it where you came from.

'**IMPACT FIX**' has a very important feature. It already has the 'Brace Shoulder' (Shoulders) starting their 'Rotational Trip' into the 'Back Swing' which encourages proper 'Turn and Coil', 'RPM and Timing'. Great free benefit!

'Impact, Compression and Line Of Compression' is what 'Golf is all about'!

FEEL AND REPEAT THE IMPACT FIX

GOLF TIPS #33

'BALANCE ALWAYS':

Often we hear from customers that they have trouble keeping their 'BALANCE' during the Golf Swing.

'Balance' is created or maintained significantly in our inner ears. Granular silicate particles like fine sand float across the top of hair-like structure called 'Ciliae'. When our heads are tilted, the grains slide to the low point. This movement is sensed by the highly nerve sensitive 'Ciliae' which tell the brain we are tilted.

WHERE REAL 'ACTIVE' BALANCE COMES FROM:

'Balance' is even more profoundly enhanced by our 'EYES'. We are more in control of balance in the daylight than in the dark. This is because we can more effectively monitor our position from various 'Points of Reference' ('VRBP #1' and 'VRBP #2'), 'BALANCE POINTS', with our 'Eyes Working Optimally'.

Once 'SET-UP' is completed, look at the 'Backside of the Ball' (the 4 o'Clock, 'Bottom Inside Cheek', 'VRBP #1') As long as your focus is on this finite 'Balance Point', you will easily sense movement. You will stay stable and balanced.

Finish your Swing, 'Chest To The PIN' and 'LOOK RIGHT AT IT'. This is your 'Visual Reference Balance Point #2'. This second visual point will give you 'FINISH' balance stability so you can 'SWING IN BALANCE'.

'Balance' via a properly 'Swinging Clubhead' promotes good 'Rhythm and Timing' too. It is 'Gyroscopically Stable'!

SIMPLE but it works like magic !

GOOD LUCK

GOLF TIPS #34

'TOE UP - TOE UP'

more **BULLET PROOF DRILLS**:

Here is a hand 'Range Of Motion' exercise that is very important but simple.

The motion is called 'Pronation Supination' but these words makes me think of needing some serious medication to cure a soon-to-be-contracted social urinary problem. Lets keep it simple.

'Rolling over of the Wrists, to the Brace Side BACK and to the Target Side FORWARD'.

'At IMPACT FIX' (we've all been listening and know what that means, right?), At 'IMPACT FIX the CLUBFACE is SQUARE to the Target Line'. In other words the 'Clubface is Pointing in the Hole'. Your thumbs are pointing generally 'UP' but slightly over the 'Centre of the Shaft'.

'Take the Clubhead Away'. Sweep it back. By the time your Longish Arms are coming above your Hips, the Toe of the club should be pointing 'UP'. If it isn't, do it. Your thumbs will be pointing 'UP' as well.

Now, from 'Armpit High', start your 'Down, Out and Forward and Through' (DOFT) Swinging Through the Ball to the PIN. By the time your 'Longish Arms' are coming up to your Hips again, the Toe of your Club should again be pointing 'UP' with your Thumbs.

It is very important the you 'Fire' but allow your 'Brace or Hitting Hand to naturally 'Roll Over' the Target or Swing Hand' Through 'IMPACT'. If you do not, you will strike the Ball with the Clubface 'OPEN' at contact, what is generally called a 'Block'.

This exercise is called 'TOE UP...TOE UP'. 'FEEL your Hands rolling over', 'Brace Hand rolling over Target Hand', through the 'Hitting Zone' at the 'Bottom of the Swing Arc', 'Down-The-Line to the PIN'!



Toe Up-Toe Up,
Sticking The Axe Into The Tree
Up The Line View (UTL)



Toe Up - Toe Up,
Sticking The Axe Into The Tree
Up Your Nose
Swing Sequence #9, Body On (BO)

GOLF TIPS #35

'MORE ON THE SWINGING MOTION':

We have mentioned the body 'TURNING Motion Of Our Golf Swing'. It's important although we must primarily focus on 'SWINGING THE CLUBHEAD THROUGH THE BALL'. Keep distracting thoughts to an absolute minimum. The 'Natural Swinging Motion of the Clubhead' will create all the 'TURN' you require except for a little effort to make sure we 'Complete The Shot' 'FOLLOW-FINISH'.

For right-handers; (and I promise to do some purely 'LEFT-HANDED' teaching for us lefties as well), here's a thought.

From 'Balanced IMPACT FIX Position', when we trigger our take-away, 'Brace Hand to Brace Shoulder, TURNING the BRACE HIP IN' and then, having started it turning back in the Front Swing, 'FIRE THE TARGET HIP OUT' with your 'Belt Buckle, Chest and CHIN finishing to the PIN'. 'RELAX and BREATHE OUT'. 'FINISH the Swing' relatively high and 'Down The Line'.

Don't fire your 'Brace Hip' around or down the fairway, toward the pin. The 'Target Hip LEADS', 'Clearing and Making Room for the Trailing Brace Hip'. When we are talking 'Target and Brace Hip' function, keep a clear picture. Like backing your car out of the garage, the 'TAIL-LITES LEAD'. Once you are in the lane ready to go forward, the 'HEAD-LITES LEAD'. Think 'Target Leading and Clearing' (Steering), making room for the 'Driving Brace Foot, Leg and Hip', 'Firing to the PIN Finish' where, in 'Full Swing', you should end 'Standing Fully up on your Target Leg'.

See if this helps your trouble-making 'SLIDE', if you have one. If you don't, don't look for one!

POINT: A slide is 'Forward or Lateral Movement of the Hips' while a good Turn Motion involves some initial 'Lateral Movement' (Bump) smoothly followed by solid 'Rotation' during the Down and Forward Move'. Both happening in the 'Correct Timing', '**Together**' are essential to a good 'Golf Swing', while either separately is courting disaster. Remember the 'Lower Body Machine', in its 'Round & Round Motion', '**TRANSPORTS**' everything in the 'Horizontal Direction'. Thus, the 'Upper Body Machine' takes care of all the 'Up & Down Motion'. This is absolutely key to long-term success in the 'Golf Swing and Scoring'.

GOLF TIPS #36

'EYE-HAND COORDINATION' :

'SEE THE BALL COME OFF THE CLUBFACE' is possibly the most important advice I can ever offer our very important customers at your dedicated local **'555 GOLF ACADEMY'**.

My extensive commercial pilot training and experience teaching this discipline and its skills, brought me to clearly understand that the eyes are not only the 'Window To The Sole' but the only reliable sense at times.

I believe that at least 80% of all the data being delivered to our brains during the 'Golf Set-Up and Swing' is supplied by our 'Captain EYES'. 10% by our Hands ('Feel The Grip') and 10% by our Feet (Feel the Ground).

Our 'Eyes' are a primary and central function in making a reliable 'Golf Swing' with solid 'IMPACT'. If we can 'see the Ball' well, we can get the 'Sweet-Spot of the Clubhead' stuck firmly on the butt of the little white ball! We are a marvellous 'Living Machine' that can get the job of marrying the 'Clubhead to the Ball' done, even if we are off balance and falling on our faces.

'EYE-HAND Coordination is a Reality'. If we cut our hands off, 'Golf is Over'. Equally, if we close our Eyes, 'Golf is Over'. If we are not 'LOOKING AT THE BALL THROUGH IMPACT', we might as well have our 'Eyes closed or playing Night Golf'. If we are looking toward the 'Target during IMPACT', anticipating seeing the ball enter the jungle, it will be in the bush. With this approach, we might as well 'kiss our proverbial you-know-whats' good-bye.

When we do not 'See the Ball Precisely', I help my students understand that we are playing 'BRAIL GOLF' or blind Golf. You know scoring in the triple digits during a round is 'Not Bad for a Blind Player'. Just imagine how well you might play with your 'EYES' working to their potential !

'SEE THE BALL COME OFF THE CLUBFACE'. You'll love the sensation. Even more, you'll love the results. The ball will go where your feet (GUNSIGHT) are pointed. More tomorrow! Same time!

GOLF TIPS #37

Still on the topic of **'SEE THE BALL COME OFF THE CLUBFACE'**:

If you stick around me, get used to hearing it!

Your **'EYES** are the Captain' of the 'GOLF CLUB SHIP' while your 'HANDS are the 'Navigators'.

How do we see the Ball properly? This might seem too simple; even a touch arrogant. After all, we have been 'SEEING since six weeks of age and for some of us older strikers, 39 and holding, our "Eyes have been working quite well, thank you very much"!

Bear with me for a moment; possibly the most important moment we at the **'555 GOLF ACADEMY'** might ever spend with you.

Set up to strike a real ball, holding a real club.

When you feel ready to pull the trigger, define 'PRECISELY' where you are looking at the ball. "O.K. Where?" At the name and number which you have fastidiously place on top, at 12 o'clock, RIGHT?

If so, you have a lot of company. 75% of all North American Golfers 'Look At The Top Of The Ball' and line up the numbers and words.

Where does every club in your bag (woods, irons, putter) strike the ball? Right on! At 4 o'clock, **'BOTTOM INSIDE CHEEK'** ('BIC').

'Eye-Hand Coordination'! Look at the top...Strike the top!

**'IF YOU WANT TO 'KICK ITS BUTT,
LOOK AT ITS PANTS'!**

GOLF TIPS #38

'TRIGGER WORD SEQUENCE':

All great golfers have some swing thoughts or thought that they use to start and influence their motion. We all should. Choose the words carefully and make them simple and clear.

'555 GOLF ACADEMY' uses successfully:

4 o'clock...SWEEP...AND...SEE IT...PIN

or

SWEEP...&...BALL...PIN

ONE...&...THRU...PIN

What does this mean?

At address, Standing Tall with longish arms hanging comfortably from your armpits, breathing rhythmically and looking at the backside of the ball (where you strike it), say the 'Trigger Words'

4 o'clock looking at the 'Bottom Inside Cheek'
of the Ball

SWEEPing the clubhead away from the ball, floating to your 'Top of Back Swing' where you say the tiny word '&'

Then, dropping the Hands down to under the armpits when you say the 'Hit Words' 'S E E I T' which helps create smooth, progressive and powerful 'IMPACT Through the Ball'WHERE?to the PIN. (Target)

An optional word sequence is 'SWEEP & BALL PIN'. Keep it very simple. 'ONE & BALL PIN'

Try this and if you have questions, give one of the '555 Golf' teaching pros a call right away.

More soon on this with a slice improvement suggestion.

GOLF TIPS #39

'SLICE IMPROVEMENT IDEA':

Remembering our 'Trigger Word Sequence', the words that help us to make our smooth 'Swinging-the-Clubhead' moves right to the target:

3 o'clock...SWEEP...&...SEE IT...PIN

Well, the slicing rotation that we put on the Golf Ball generally comes from a 'Clubhead Path' that travels from outside the TARGET LINE behind the ball to inside this line after Impact. In other words, the Clubface cuts the ball and spins it clockwise making it work off line to the RIGHT or 'WEAK' side of the fairway (for right handers). The ball curves to the right ...sometimes the 'BANANA Right'.

Try this simple alteration. Instead of saying 3 o'clock, looking and hitting the ball right on the butt; say 4 o'clock so that you look '**BOTTOM INSIDE CHEEK**' of the ball and then swing the Clubhead THROUGH and slightly to the 'Low ENERGY Side of the Fairway'. Remember that our swing evolves '**D.O.F.T.**'

With your eyes on this point, your hand-eye coordination will work the clubhead inside and through. You will have less tendency slicing or fading from here.

Make sure you 'Swing the Clubhead right THROUGH the Ball all the way To and T H R O U G H the PIN or Target'. '**BREATHING OUT**'

FEEL like the 'Leading Edge' (the cutting edge) of your Clubhead is '**CUTTING The Sugar Cane Off**' The Sugar Cane is the 'Flag Stick'. Don't leave it standing. Virtually every swing is 'Harvest Time'.

Hope this helps and makes your game more fun.

GOLF TIPS #40

Do Not Force Your Shots. **'PLAY WITHIN YOURSELF'**.

'CALIBRATE YOUR BAG' Know where every Club puts your Ball using a 'Comfortable, Powerful Clubhead Delivery'.

Always 'FEEL Your Clubhead Swinging' wherever it might be in your Swing at any precise moment. **'FEEL THE STEEL'**.

If you have not 'Calibrated Your Bag' you'll need to do it one day soon when you are getting 'Grooved'. Get your 'Swing Smooth and CONSISTENT' (remember the 3 C's). Take your clubs to the driving range. Warm up properly. Hit 5 balls to a specific measured target with each club starting with your wedge, working through the irons to the woods. Record the results.

Next do it in reverse. Woods down through your irons. Long shafts through short shafts. Record the results. Now average the yardages for each club twice. You will then know how far your clubs go using range balls. Generally, quality tournament balls will fly approximately 10 to 20 yards farther. If you calculate on-course yardages, you will soon make any needed real-world adjustments.

Now that you have your bag **'CALIBRATED'**, use this new data well. Do Not Force Your Shots. If your seven iron goes 150 yards, you can squeeze it 5 yards or back off 5 yards. If you need to reach 158 yards, use a smooth 6 iron.

You have three **'Three Force-Levels'** for each Club.

SOFT - SMOOTH - FIRM

which might vary about five yards each way.

Better Clubs Hit Better Shots. When your clubs are consistent (what we call 'BRACKETTED') your swing does the rest.

Let your custom-fitted clubs do the work. That's why you bought them!

GOLF TIPS #41

At the '555 GOLF ACADEMY' we constantly 'SHARE SWING THOUGHTS' that produce or reinforce efficient 'SWING FEELS'.

This is so we can 'REPEAT The FEEL' or play by 'REMEMBERED FEEL' as opposed to reproducing complex mechanical procedures. You know 'tuck the elbow in', 'force the heel down', 'pronate the hands', 'cup the wrist', 'roll the hands over', 'neutralize the wrist-cock', 'fire the right side through', 'make the club go inside-out', 'pivot the right elbow around your hip', 'drive the legs through' and lots more mechanics.

I do not teach 'POSITION GOLF' and I strongly urge you NOT to play it either. 'ALIGNMENT GOLF' which relates directly to our 'SET-UPS and EXECUTIONS' ('Components & Procedures'), to our 'Feet, Hips, Shoulders and Clubheads', makes more sense and is 'Doable'.

Our 'CONSCIOUS MIND' processes data and directs mechanics. Our 'SUBCONSCIOUS MIND' makes the Golf Swing through 'Geometry and Feel'. One cannot effectively produce mechanical adjustments during the actual swing. So we need not attempt to do so. Simply develop and use a naturally repeating swinging of the clubhead, down, out and through the ball, along the 'Target Line to the PIN' 'FOLLOW-FINISH, RELAX, BREATHING OUT'.

ERNIE ELS recently shared his 'Swing Thoughts' with us.

LOW and SLOW PIN. How simple is that?

mine is

SWEEP & BALL PIN ('&' is 'Top of Back Swing')

T.O.B.

'DEEP, FLAT & WIDE'

Do NOT think positions or mechanics generally during your swing. Save this for the practice range. Its not for the course.

Develop a 'Productive Feeling Swing'. 'REPEAT The FEEL'

GOLF TIPS #42

'PAUSE AT THE TOP'- Your Little "&" Word:

This is an often used instruction that appears to have some merit, but let's look at it more closely for a moment. Keep this 'Verbal Stuff' always meaningful and accurate or practical.

Any time there is a 'Direction Change On A Single Plane' (like a pendulum changing direction at its 'Top Of Back Swing') the 'Clubhead Speed is ZERO'. **It is STOPPED at the top!** Stopped is certainly a pause and I do not want you worrying about doing anything at the top except '**GETTING THERE**'. We have enough to think about without gathering more nonsense to clutter our delicate minds. If you want to strike the Ball 'Full Distance' than you must make a 'Full Swing'. '**Half Swings Will Not Make Full Shots**'.

COMPLETE BOTH THE BACK AND FRONT SWINGS.

We at the 'ACADEMY' think that the discipline sought here is not to PAUSE but to 'Recognize The Top Of Swing' so that we actually get there and make a 'Full Swing' as opposed to the often ineffective 'Abbreviated' version. When you 'Abbreviate' you appear to be 'QUICK' so well-intending people tell you to "SLOW YOUR SWING DOWN". Now you decelerate and lose Distance which makes you hit harder to compensate. You get tighter, feel more pressure, don't breathe and 'Pull', 'Hit Fat', 'Thin' and the '**VORTEX**' (as in TOILET) starts to spin faster and suck harder.

An abbreviated swing naturally appears to be 'Too Fast' but primarily because the 'DURATION' is shortthe swing does not take very long. Why? Because it did not swing to a comfortable top. When we make 'Half A Trip' it usually takes half as long as a 'Full Trip'. Certainly it's FAST !

A directly beneficial 'DURATION' improvement is to simply say '&' when you feel the comfortable top of your personal swing. Make sure you get to the top in all 'Full Swings'.

Remember our trigger word sequences '**SWEEP '&' SEE IT**' to the PIN or '**SWEEP '&' BALL PIN**' and '**ONE '&' THRU**'. (SEE, BALL and THRU are the IMPACT Words) **'THE "AND" WORD'**

Any questions....Pick up the phone right now and call one of our teaching professionals. Don't put it off!

GOLF TIPS #43

'STICKING TO BASICS':

Interestingly, the first 5 inches of our 'TAKE AWAY', 'Back Swing With Good Extension', creates or sets-up our 'IMPACT or Front Swing'. The smooth pendulum-like 'Golf Swing' is very much like a mirror one side strongly resembles the other. The 'Clubhead Path' on the 'Back Swing' is very similar to that of the 'Forward Swing'. If you are not driving your car, as you are listening, stand up and try it! TICK TOCKS are balanced right to left or front to back.

We have all heard of the '**TRIANGULAR ONE PIECE TAKEAWAY**' but what really does this mean? Simply that when we 'TRIGGER Our Swing', from 'IMPACT FIX SQUARE' (Lever Triangles In Place and Stable) along the 'Target Line', we move all our moving parts back generally at the same time (Brace Hand to Brace Sholder) with the other 'Components Following'. In other words, don't move the 'Clubhead Back and Up by 'Bending Your Wrists'. 'Sweep the Clubhead straight back 'LOW and SLOW' along the 'Target-Line' 'Feeling' like the 'Brace Hand and Brace Shoulder', 'Chest and Hips' are all moving about at the same time (Brace Hand and Brace Shoulder LEADING slightly).

'ONE PIECE'. **DEEP, FLAT and WIDE**always.

Generally keep your 'Brace Arm over the Target or Swing Arm'. By the time the smooth takeaway has moved the clubhead 'Back and Up' to your Hips (level with the ground or horizontal), the 'TOE' of the Clubhead will be pointing 'UP'.

Now, perform our 'HIP-HIP / TOE UP-TOE UP Exercise'. Having swept back 'LOW and SLOW' to level (Swng Sequence #3), 'Brace Arm over Swing Arm', with TOE-UP, let the Clubhead drop down and return positively to SQUARE at the IMPACT FIX start point (SS #1). Continue the gentle practice 'Swing to Hip High toward the PIN'. Here the 'Brace Hand' will naturally roll over the 'Target Forearm' again with the 'TOE UP' or even turned past vertical, depending on your 'Grip and Hand-Wrsit Action'. This 'BULLET PROOF DRILL' will produce reliable long-term 'Muscle Memory'. 'Create the FEEL'. 'Repeat the FEEL'.



'IMPACT FIX', Simulated Impact
Swing Sequence #1 preparing for Take-Away



Take-Away, Swing Sequence #1a
Quiet Triangles, One Piece Movement
Clubhead Sweeping Away

GOLF TIPS #44

'STICKING THE TOE IN THE TREE' (BULLET PROOF FEEL DRILL)

This is a 'NON-MECHANICAL' way of getting the Clubface to 'Turn Through Square' during IMPACT which is a general deficiency in modern GOLF's high handicappers. Your 'Brace Hand' needs to be 'Rolling Over' the Target Hand' in the Front Swing especially through IMPACT. If you do not it is often called a '**Block**'. This 'Rolling Over Task', can be properly accomplished with relative natural ease once you understand and FEEL it.

Having an open Clubface during IMPACT is one of the culprits for the 'Leaking Ball' to the Weak or Low-Energy side of the fairway as well as that full 'PUSH - FADE - SLICE'. Picture a big cedar tree sitting just off your 'Target Shoulder in the Target Line', that straight line Ball to Pin.

Take you #7 Iron in your hands and pretend to 'Sharpen It's TOE, (the tip farthest from the shaft or heel), into a 'razor-sharp' axe head. Even give the range matt a hit with a chopping motion so you get the picture.

Set-Up at Address...sharp toe pointing directly away from your Chest. Now make a good solid 3/4 swing right through BALL IMPACT POINT and '**STICK THE TOE INTO THE TREE**' with a feeling that you are ripping this sharp tool up the tree trunk and splitting the tree in half.

Do this several times feeling the motion and paying particular attention to our Hand Actions. This forceful 'TURNING or ROLLING OVER OF THE HANDS' (Pronation & Supination) is essential to working the ball to the centre of the fairway and critical to being able to 'DRAW or HOOK' the Golf ball. Not surprisingly, it is thus essential to preventing 'FADE - SLICE' as well. These two sets of Ball Flights are direct relatives, perhaps 'Ugly Step Sisters'!
Welcome to the family !

Common sense tells us that the drawing action prevents or overcomes the fading action. They are opposite.

You will be able to do both on demand if you earn the right to do so. This '**STICKING THE TOE IN THE TREE**' 'Bullet Proof Drill' will certainly help.
GOOD LUCK!

GOLF TIPS #45

'EVOLUTION OF OUR GAME':

(those 10 BASICS, the 5 X 5's)

First we work on '**Physics and Mechanics**'. During this stage of 'Growing A Golf Swing' we should find a respected, teaching pro who keeps it simple and rub shoulders right away. If our basics are faulty, we will be practising bad habits. No point! Get this changed so you can get a better feeling and proper 'Swing Motion'.

Next we work on '**Geometry and Feel**', 'Repeating The Right Feel'. Once we 'SET-UP' properly, (**5 SET-UPS**) we will be in the proper position to 'EXECUTE'. Then, as our 'Swinging Motion' develops, (**5 EXECUTIONS**) we will produce good 'Timing and Rhythm' and produce solid shots.

Remember the Golf Tip, 'Address to Address' ('IMPACT FIX to IMPACT FIX'). If you missed it, please give our friendly, professional staff a call for a written copy.

Finally, we work on the fun part ... **SCORING!**

Swing the clubhead through the ball to the pin. Learn how to 'VISUALIZE and FORM SHOTS' to fit your needs. This will come, especially with continued help from a firmly handed teaching pro.

Stick it in the hole!

Remember, the most basic objective of Golf, after having fun, is to get the Little White Ball in that 4.25" cup in as few strokes as humanly possible, no matter how pretty or ugly.

BASICS!

.... always

GOLF TIPS #46

Some help in **'SHOT EVALUATION'**:
'Post-SHOT Routine'

Looking down the fairway or out into the driving range, we should know or feel the centreline, the 'Target Line'. Its the straight line from the 'Ball to the Pin'. Have a 'Defined Target'.

Assuming that our 'GRIP, STANCE and ALIGNMENT' are properly attended to;

When we 'Leave a Golf Shot **'To The Low-ENERGY Side Of The Target or Ball Flight Line'**', it may be 'Blocked' or 'Pushed'. Generally, we should consider putting more 'Energy' into our shot in some form (more Brace Lever Triceps Extensor Action' or 'Adjust our Grips' to correct the deficiency. 'Sticking The Toe Into The Tree' is a useful 'Mental Picture' that always has the 'Goal Posts' in mind. Golf is productively 'Field Goal Stuff'!

When we 'Work A Shot' to the 'High Energy Side Of Target Line', correcting this tenancy we might consider reducing the 'Upper Body Energy Level' by breathing out during IMPACT, by earlier 'Clubhead Release' or by simply becoming better 'TARGET ORIENTED', thus 'Swinging the Clubhead right THROUGH the PIN and QUARTER'. 'FOLLOW-FINISH'. More 'Brace Leg Drive' and thus greater 'PIVOT Speed' will tend to 'Open the Clubface at the 'Moment Of Separation'.

ALWAYS ASK YOURSELF
"HOW WELL DID I SAW THE BALL COME OFF THE CLUBFACE?"

A little suggestion:

'Evaluate' your bad shots once. Good shots twice! Think positive! Reinforce the good results so they happen more often.

Give yourself a pat on the back!

GOLF TIPS #47

Don't just 'Plan to Practise'... 'PRACTISE WITH A PLAN':

There is a saying that "We do not Plan to Fail, but simply Fail to Plan". There is a lot of TRUTH in these few words.

When you practise at the driving range, design a plan, a practise schedule. Otherwise you might fall into the common trap of 'just going out to kill some balls until you are tired'. This attitude or tendency actually can be very counter-productive or even ruin a good swing.

If you practise with good focus and intensity for half an hour and then loose the focus a little. Sit down and rest. Take a break. If you start again and still feel 'Blasee or Ho Hum' 'QUIT' for the day.

Some balls still in the bucket? Find the closest good-looking, working hard golfer and give that person your remaining balls. This will finish your session on a good note.

Half an hour of solid focused practise can be ERASED by ending with five minutes of wasting balls.

A suggested practise design:

'Spend as much time with 'Each Club' on your 'Practice Range' as you would naturally do in a real round.'

Most of your time should be devoted to swinging short irons. Mid irons...mid time. Long irons...less time. Driver the least amount of time. All too often the drive consumes most of the balls ... 'LOOKING FOR THE ELUSIVE LONG BOMB'. 75% of your strokes come from your Short Game!

The game is won 'Inside 100 to 130 yards'. (inside your 'Full Swing Pitching Wedge')

GOLF TIPS #48

'PRACTISE ON A PAR 3':

To keep our attitude in perspective, the 'P.G.A.' champions when asked which are the 'Birdie Opportunities' in today's round, will never select any of the Par 3's. They can and may make 2's on them occasionally, but they plan Par's. It's good strategy. PAR 3's are like 'Holing Out Approach Shots' with short, mis and long Irons! A lofty goal!

Some high-handicap golfers don't break 100 because they're weak on their 'Short Games'. A good place to practise this short game is to play a testy PAR 3 course. Here you will use mostly your #7, #8, #9 Irons and wedges. A round each week on this format will surely help sharpen your skills inside 150 yards or even more importantly, inside your #PW.

Concentrate on the club selection and learn when to pitch and when to chip. Good shots here make easier putts and better scores.

Set up properly in comfort. See the ball come off the clubface, down the line to the pin. 'THINK PIN'. It works better than thinking water, the deep bunker or bush!

A little quick hint: **'ALWAYS TEE UP ON A PAR THREE'**.

Always tee up on 'EVERY TEE BOX'. That is why they are called 'Tee Boxes'! The ball will be predictably stable at a precise distance above the ground which is an asset.

This allows you to strike the ball comfortably and safely avoiding the all-too-common thin and fat hits.

Think positive on those PAR 3's. **'YES'**. If you think you can, likely you will or be a lot closer to perfection and satisfaction!

GOLF TIPS #49

'IN TROUBLE OCCASIONALLY?':

When you have made a bad swing, '**FIND FEEL FAST** and **FOCUS!**' This is the '555 Golf Academy' '**3 F's**'. They are well worth your remembering.

When you are in trouble, in the trees, behind obstacles and you see a gap in the line to the pin, don't jump in with both feet. Take a moment to weigh the 'RISK-REWARD' and play smart. 'Hail Marys' are high risk and have very little place in a disciplined game of golf.

**Trees may be 90% air but the 10% solid stuff
gets you more often than 10% of the time!**

GET SAFE FAST RULE:

The best rule is to '**GET BACK SAFE OR BACK IN PLAY AS SOON AND DIRECTLY AS POSSIBLE**' even if it means hitting back toward the tee box to get out of trouble. I call this the '**GET SAFE FAST RULE**'. Get back in play as fast as you can. Just ask Jack Nicklaus who took four strokes to get out of the 'Road Hole Bunker' at St. Andrews when, perhaps, one might have been adequate in a different direction.

Taking one extra stroke is 100% better than taking two. It will not take many three shot recoveries to put yourself in a position from which you cannot make up lost ground, 'Out Of Contention' and doing the 'Trunk Slammer'.

Play your game one shot and one hole at a time. Manage your round front nine and then the back nine. See the big picture and make a strategy. Stick by it.

Remember, if you are scoring at about a hundred strokes for a championship course, '**ONE STROKE IS ONLY ONE PERCENT OF YOUR TOTAL SHOTS**' and a smart recovery makes good sense and will fit into your winning strategy.

A thought: Accuracy is the product of a good 'SET-UP and Swinging Motion'. The better you 'Swing the Clubhead Down and Through the Ball', along the line to the pin, the more accurate will be your shot. Think PIN!

GOLF TIPS #50

'CONSCIOUS & SUBCONSCIOUS':

We do not often differentiate or break-down our Swing into 'CONSCIOUS' and 'SUB CONSCIOUS Actions' but it warrants practical consideration. There are two distinct portions.

It's a reality!

The first day we touched a Golf Club, our muscle memory, the 'Subconscious Mind', did not know what it was or what to do with it. Our 'Conscious Mind' had an idea and started directing the discovery. Touch and feel the club. The brain paid attention and enters this experience in the data bank. Soon, after some Swings, properly or not, the 'Subconscious Mind starts' rapidly creating a programme to handle this new-found amusement. (little does it know that amusement may be short-lived.) If we start to handle the golfclub improperly, we are training our muscle memory to 'Swing Faults' and building 'Mental Computer Tapes' to perpetuate the programme.

Early lessons from a good teaching pro will immediately prevent practising bad swings. After several hours only, faults become a way of life. Changing them is a task.

The actual 'Golf Shot' develops something like this:

The '**CONSCIOUS MIND**' evaluates the situation and forms the shot. This part of our brain creates the set up and makes the decisions. As the trigger is pulled, the thinking mind 'HANDS OFF' or passes to the '**SUBCONSCIOUS MIND**' that simply executes the 'Swing Programme' it has in data, correctly or not.

Once the shot is finished, 'Clubhead Release and Breathe Out', the 'CONSCIOUS MIND' receives the pass and now can 'Evaluate the Results'.

Grief is created by the subconscious but suffered by the conscious. How utterly unfair!

Golf is fun! Let's make 'Better Shots by Better Practice'.

GOLF TIPS #51

A VERY USEFUL GOLF SHOT IS **'THE PUTTING CHIP'**:

When you are on the fringe with four feet of rough (1 or 2 inches tall) between your ball and the putting surface, we could be tempted to take out a lob wedge and float it high into the pin. This requires a great deal of talent and there may very well be a better option.

Firstly don't 'AIM at the PIN', aim at a 'Small Landing Circle' that will enable the ball to roll into the hole. 'Make the Ball **Behave Like a Putt As Soon As Possible**'. It's safest and smartest. Flying a ball into the hole is high risk, not to mention magical.

When you are evaluating the short chip or 'Bump & Run Procedure', do so as though it were a Putt. They are the same 'Stroke Procedures' just with different 'Club Components'. 'Keep It Stupid Simple' always!

Again, to emphasize this approach, a very useful rule for Chipping is to get the Ball on the 'Putting Surface' as soon as possible, rolling like a Putt.

Now select a Club with the best-suited Trajectory, the one that will get the Ball into the air just enough to reach the 'Putting Surface' while clearing the rough. A 8 Iron may be perfect. Go through your putting 'ROUTINE' even holding the iron with your putting grip and thinking of making a pure firm putt.

Now perform a slightly harder than usual 'Smooth Putting Stroke', 'Straight Back and Straight Through to the PIN'. It will result in a '**PUTT WITH A HOP**' right to the landing or touch-down zone, clearing the rough and rolling into the Cup.

Elementary My Dear Watson!

GOLF TIPS #52

'HANDS IN FRONT OF YOUR BODY & HIPS': ('Flat Target Wrist')

How many of you have ever struck a golf ball **'THIN'** and as a result **'SKULLED IT'** making it fly like a little rocket on a low-level mission right across the green into a green-side bunker or the other trouble that invariably lurks on the other side?

This type of IMPACT, where the 'Leading Edge of the Clubface' strikes the ball at it's rear equator, is the 'THIN' hit problem. Thin hits are really '#1 IRONS' or very strong Putters as the 'Effective Loft' is **'ZERO'** or close to it. The Ball will not have that nice trajectory or lofted 'Flight Path' as we desire. It's another one of those 'Low Screammers'.

'NEVER LET THE CLUBHEAD PASS YOUR HANDS'

Your Hands will always **'LEAD'** the Clubhead Through the Ball'. The back of your 'Target Hand guides the Clubhead' in a solid iron shot and especially in your 'Less-Than-Full-Swing' short wedge shots. I would go so far as to say virtually 'NEVER let your Clubhead Pass Your Hands' and thus you will maintain the **'Primary Absolute'** **'FLAT TARGET WRIST'**. **PERIOD!**

How do we visualize and understand what your hands 'PASSING YOUR CLUBHEAD' means? It is this simple.

At 'IMPACT FIX' or your 'SET-UP' position with the #5 Iron 'Ball Location' should be 'Under Your Forward Target Clavicle', your Clubhead will be slightly **'BEHIND YOUR TARGET WRIST'** or the back of your Target (Forward) Hand. The **'CLUBHEAD'**, at all time throughout your 'Entire Swing', remains **'LAGGING BEHIND YOUR TARGET WRIST'**.

Another way of putting it is that your 'TARGET WRIST' does not bend or break down so it would pinch your watch were you to be wearing one on your 'Target Wrist'. This very 'Key Wrist Position' should even bend or 'BOW' slightly in the opposite direction, away from your wrist-watch in the Back Swing and only come straight or 'FLAT' just at and Through the IMPACT & SEPARATION Zone'. Try this 'FEEL' in slow-motion full and less-than-full swings, including your putting stroke in which the **'FLAT TARGET WRIST'** should always be a comfortable fact. STRAIGHT SHOOTING!

GOLF TIPS #53

'SHORT BUNKER OR APPROACH SHOTS':

Don't grip down on the club too short as it will decrease your 'Swinging Feel' and start you simply 'Hitting At The Ball'.

This overly shortened Grip tends to get your 'CHIN' too low and your 'POSTURE' too stooped over the Ball. This will cause you to hit fat and often to 'HOZEL' the ball or hit it off the 'Heel of the Club' naturally making it travel in the heel direction.

This is NOT what we want to accomplish, thank you very much !

Remember, 'ALWAYS MAINTAIN YOUR COMFORT' especially with a comfortable Lower Spine (LBM). I know how many golfers have one of those chronic 'Tweeked Backs' which is such a terrible handicap. We created it and we can prevent it with some good posture and a '**SWINGING MOTION THROUGH THE BALL**' and not that grunting all-hands abrupt 'HIT' at it.

In this bunker or approach shot, '**Hold The Club A Little More Firmly**' starting with the three (3) little fingers in your Target Hand but NOT with a 'Death Grip' with those thumb and index fingers, the 'Pincer Fingers'.

Likewise, in your 'Brace or Hitting Hand', Grip more firmly with the three (3) little fingers if you use the 'Ten Finger Grip' and with the two (2) middle fingers, if you are using the 'Vardon or Overlap Grip'.

Now with a good smooth flowing Swing and Tempo, Back and Through, strike slightly down on the backside of the ball while keeping your '**CHIN Tallish**' and allowing your '**Longish ARMS**' to repeat the 'IMPACT FIX'.

Start the Clubface sitting positively just behind the ball. Create the desired Back Swing, TOP and Forward Swing with the Clubhead returning to the 'IMPACT FIX Position' and THROUGH all the way to the PIN.

YOU CAN DO IT!

GOLF TIPS #54

'USING YOUR 'CAPTAIN EYES' TO THEIR FULLEST':

Your two Eyes, seeing 20:20 or not, provide at least 80% of the raw data to your brain for processing in order to accomplish those great Golf shots.

Your Feet provide about 10% while your Hands provide the remaining 10% and that ends the data sourcing.

Your '**CAPTAIN EYES**' send orders to the '**NAVIGATOR HANDS**' which 'Control the Clubhead' on its controlled 'Swing Plane', shaft making the 'Clubhead Path' reliable and repeatable. Consistent Golf is the result of such basics.

'**BALANCE**' is very important throughout our 'Swinging Motion'. We must always 'FEEL BALANCED'.

How do we do this. Quite simply. 'SET-UP in Balance' and maintain a steady head through your 'Captain EYES'.

There are two (2) '**VISUAL REFERENCE POINTS**' always in play for every Golf strike.

They are 1) the 'OBJECT BALL' (VRBP #1) and
 2) the 'TARGET PIN' or Destination (VRBP #2).

At all times throughout your smooth, big-circle 'Swinging Motion of the Clubhead' THROUGH the Butt of the Ball, one must be either purely looking at the one or the other of these two points. The Ball is the 'Primary Visual Balance Point' during the Swing. The Pin is the 'Secondary Visual Balance Point' we look at precisely after 'IMPACT and Clubhead Release' through to the 'FOLLOW-FINISH'.

If you are accomplishing these two 'Visual Reference Points' you will not waver or stagger off the ball or 'Swing out of Balance'.

Try it. When you discover how powerfully important this simplicity is ... use it always!

GOLF TIPS #55

GOLF'S TEN (10) BASIC PRINCIPAL TASKS

We, at the '555 GOLF ACADEMY' call these '**the 5 X 5**'.
(which adds up to ten!)

These 5 + 5 are:

the FIVE SET-UPS (Components)

(Static Passive)

NOT IN MOTION

- 1) **POSTURE** (Chin Tallish)
- 2) **GRIP** (Teacher Designed)
- 3) **STANCE** (Feet Under Armpits)
- 4) **BALL LOCATION** (TAP TAP TAP)
- 5) **ALIGNMENT or AIM** (Gunsight)
Bounce

and

the FIVE EXECUTIONS (Procedures)

(Dynamic Active)

IN MOTION

- 1) **SWINGING MOTION** (Tick Tocks)
- 2) **HANDS** (Navigators) **DEEP FLAT & WIDE**
- 3) **EYES** (Captain) **See IT**
- 4) **BALL** (Object)
- 5) **PIN** (Destination)

You put these in 'Place' and into 'Motion' and I absolutely 'GUARANTEE' that your game and play will improve immediately and impressively. It's that simple.

As my books puts it: '**SOLVING THE COMPLEXITY MYTH**'

GOLF TIPS #56

'FOUR SWING SEGMENTS':

If you can imagine, or better still 'FEEL' as though you have a rifle scope '**CROSS HAIR**' centred in the middle of your Chest or '**STERNUM**' your 'Brace Shoulder' is Segment #1. Your 'Brace Foot' is in Segment #2. Your 'Target Foot' is in Segment #3 and your 'Target Shoulder' is in Segment #4. Very simple to visualize and 'FEEL'.

The '**ONLY**' Swing Segment in which POWER is applied is lateish in Segment #2F and nowhere else. Notice the letter 'F' denotes the 'Forward Swing' while 'B' would define the 'Back Swing Segments'.

Segment #1F, from the 'Top Of Backswing' ('TOB') is a gravitational or 'Dropping-Retreating Segment'. There is some easy Clubhead acceleration taking place.

Segment #2F, Hands coming below your Hips (Wrist Cock still fully in) and Clubhead dropping below your Armpits, is the 'Advancing-Acceleration Segment'. 'IMPACT' is the conclusion of this Segment.

Segment #3F, Hands ascending or climbing up toward your Target Hip, is the 'Deceleration Segment'.

Segment #4F, Hands, Arms and entire golf club travelling above level and 'FLOATING' (Follow-Finish) all the way to the 'Top Of Forward Swing' ('TOF') Clubhead is 'Retreating'. This position is fully relaxed and breathing out completed.

KEEP IT SIMPLE!

GOLF TIPS #57

'The 11 SWING SEQUENCES':

The 'Full Swing Sequence' starting from 'IMPACT FIX' is as follows:

PRE-SHOT ROUTINE
VISUALIZE
ENERGIZE
ELEVATE YOUR CHEMSITRY

ADDRESS READY

'ALS' DELIVER
 RELEASE ('DR')

IMPACT FIX	Pre IMPACT		Follow	
1-2-3-4-5	6-7	[8]	9-10	11
Take TOB		IMPACT	TOF	Bounce
Away			Finish	Back

EVALUTE
STORE

(remember 'ALSDR')

- 1) Point #1 is the 'IMPACT FIX Point' or 'BALL LOCATION' B.O.S.A.) from which you 'SWEEP and FLOAT UP' SS#2 (Clubhead Retreating From SS#1 thru SS#6+ & #7)
- 2) Point #3 is the 'Clubshaft Horizontal To The Ground'
- 3) Point #4 is the 'Target Lever Horizontal To The Ground'

- 4) Point #5 is the 'T.O.B.' and must be quite relaxed
'Target Shoulder' in 'Positive Contact with Tallish CHIN,
Wrists Fully Cocked', Muscles 'Armed or Loaded', ready
to initiate the 'Forward Swing' by 'Abdominal Release'
and 'Dropping' the 'Lever Assembly' right at the deck.

Point #6 is Target Lever returning to
Horizontal To The Ground.

- 5) Point #7 Pre-IMPACT Zone - Acceleration (muscles firing)

IMPACT ZONE

- 6) Point #8 RELEASE - IMPACT - Bottom of Swing Arc
(Clubhead Advancing, 'Bottom Half Of Circle')
- 7) Points #8a CHASE - FOLLOW - Deceleration
(Clubhead Advancing, still 'Bottom Half Of Circle')
Pivot Pressure and Leg Drive still active
- 8) Points #9 Float, FINISH ('Clubshaft Horizontal')

(Clubshaft Vertical)
- 9) Point #10-11 REST POSITION Completely relaxed.
Either Clubhead Dropped Behind Back or in
the 'Bounce Back Position' (SS#11) with
Target Centre of Chest.

Remember, this is a smooth progressive 'Swinging Motion' '**THROUGH
the BALL**' and is not an abrupt 'Hitting Action' '**AT the BALL**'.

Always 'Swing the Clubhead' 'Down The Line' right to and through
the 'TARGET - QUARTER - PIN' so that you have a 'Destination'.

IF YOU HAVE NOWHERE TO GO, YOU WILL GO NOWHERE.

GOLF TIPS #58

'THROWING THE CLUBHEAD': ('Feel The STEEL')

This 'Great Game Of GOLF' is very much a game of 'FEEL' and I always strive to emphasize proper 'FEELING DRILLS'.

When you are in your 'Tick Tock' 'SWINGING MOTION', in the 'Forward Segments' #1F and #2F, 'IMPACT ZONE' feel as though you are

**'THROWING YOUR CLUBHEAD Smoothly DOWN & THROUGH the Ball
and right 'DOWN THE LINE'
to and through the 'PIN or TARGET'.
(Think 'Dead Rope')**

Through the 'IMPACT ZONE', make sure you feel some 'LOADING' or weight on your 'BRACE FOOT' (that's the Back or Push foot).

'Feel' this during 'Set-Up' 'IMPACT FIX' which is when you accomplish your passive '**FIVE SET-UPS**'.

If you do not have this 'Firm Pressing Down Feeling' (**BRACE FOOT PRELOAD**) under a Tallish CHIN, you will not generate your optimal POWER through IMPACT and may even 'Spin Out' with your 'Brace Foot' during your application of 'POWER'. '**Rear Wheels DRIVING and Front Wheels STEERING**' always! ('Isolate The Parts')

Remember 'DISTANCE' is strictly a product of 'Clubhead Speed' while 'DIRECTION' is the result of applying this 'Speeding Clubhead and Clubface' 'SQUARELY' to and Through the passively waiting 'Butt of the Ball'.

Everything 'According to Hoyle', you will now be able to effectively perform your '**FIVE EXECUTIONS**' (Procedures) which are the very simple 'Active or Execution' components.

KEEP IT SIMPLE!

GOLF TIPS #59

'THE 'HIGH FIVES' EXERCISE':

The message and importance of this exercise cannot be over-emphasized. Hitting from the top, to tight 'Lever Assembly', tension in your Shoulders, Back and Lower Body, very much including knees and feet, among other resulting problems generated by self-induced and uncontrolled '**TENSION**' will either destroy a good swing or prevent it's ever developing.

This is a '**FEEL GENERATING**' demonstration.

Standing facing your student, 'Brace Shoulder' to 'Brace Shoulder', place your 'Brace Hands' in the 'High Five' position, just above your shoulder with your elbow hanging, tension free, low against your 'Brace Hip' region. Point your fingers straight up and tighten your Wrist. This is what we call Tension or '**TETANUS**'. In this physical state, your Wrist will not 'Turn' freely. Try it now.

Look directly at the Palm of your partner's Hand. (This is a EYE-Hand Coordination Task. If you cannot 'SEE IT', you cannot 'STRIKE IT'!)

Do the 'High Five' smack. You feel strong and your arm is nice and tight to your mid body. You feel like you are 'HITTING' from your body, but and even somewhat from your legs. STRONG!

BUT SLOW! You have no 'Hand Speed' and there is no '**STING**'. Slow Hands mean 'Slow Clubhead Speed'.

Now, let your Wrist completely relax and lay back 'Hinged' toward your Shoulder. Keep it relaxed and now repeat the exercise with a sharp 'Bull Whip' snap in your Wrist just during 'IMPACT'. The '**STING FACTOR**' will amazingly increase. Do it three or four times and you will soon 'Feel' the difference indelibly. There is nothing like '**FIRST HAND**' experience! (excuse the pun)

This 'Sting Factor' is directly proportional to the 'Hand Speed'.

'DISTANCE in Golf' is directly proportional to 'Clubhead Speed !

When you are tight, you cannot perform, especially when 'Speed, Timing, Tempo, Rhythm, Cadence and Balance' are needed. Tight tends to produce an '8:8 Cadence' or what we call a '**1-2 Swing**' which does not provide adequate 'Time Duration' in which to complete your 'Balanced Back Swing'. You cannot make a 'Full Swing in less than a Full Swing Time Interval'. You cannot make a 'Five Mile Trip' in your car by driving four miles! You must 'Comfortably Complete Your Back Swing' in order to make an effective, reliable, repeatable 'Front Swing'. To this there is no argument!

I am NOT saying you may not have a 'Quick Tempo', but I am saying you must have a 'Balanced Tempo and Rhythm'. Your 'Cadence' must not be 'Equal Back and Front'. It must NOT be an '8:8 Split'. It must be more like a '10:6 Split' to afford you 'Comfort and Duration' to accomplish the '**Matching Swing Components and Procedrues**' of which we so often talk. Best we get this right early on in our 'Golf Journey' so we spend less time in the ditch or that so common 'Golf Pergatory'! Not a nice place to be!

'BREATHE OUT Through the 'IMPACT and SEPARATION' Zone and RELAX'. Remember your '**4 P's**' (PUSH PINCH PULMONARY PIN). Prepare wisely! Leave your '**GORILLA**' moves at the zoo or you will spoil this wonderful 'Walk In The Park'! Speaking of this 'Fruit Of Your Labours', a good fresh banana is good as a snack but not as a 'Ball Flight Shape'!

BEST OF LUCK!

GOLF TIPS #60

'D.O.F.T.'

A good analogy for us to consider is picturing our GOLF shots being taken inside a fully-manned 'Baseball Diamond'.

Our task is to strike the Ball 'Dead Aim' over second base and then out of the park; easy with 8 IRON! Look out Babe Ruth, Roger Maris, Mickey Mantle and now that new 70 Home Run hero Mark McGwire. Sammy Sousa deserves great credit as back-up heros are still heros.

Strange as it may seem, when we strike the Ball dead over second our Clubhead does not swing initially at second base!

Remember our 'Clubhead Swing Path' is that **D.O.F.T.**
Geometric Shape

'Down Out Forward & Through'

The 'FEEL' and actual 'Clubhead Path' we execute is to swing our Clubhead initially and powerfully 'THROUGH' the 'Chest of the Second Baseman' then naturally turning or radiusing through Second Base FEELing like we are ending up in the glove of the 'Short Stop' or catcher if we end up over our 'Target Shoulder'.

'Compression of the Ball against the Clubface' takes place toward the 'Second Baseman', right of 'Target Line', while restitution or the Ball's release off the Clubface takes place 'Down the Line' across 'Second Base' and our Swing carries on around the diamond.

So 'FEEL' like you are 'Swinging Slightly 'Low ENERGY Side' Through your Ball and Target Line' to make dead straight shots Down that Line. Our 'Clubhead Swing Paths' are always Centrifugal or rounding and thus the Ball meets the Clubface earlier in the circle than it leaves or separates. **IF WE MAKE CONTACT 'ON LINE', THE BALL MUST SEPARATE OR LEAVE THE CLUBFACE 'OFF LINE'**. We want it to leave or 'SEPARATE' when the 'Clubface AIM is Square to the Target or Ball Flight Line'.

Swing out RIGHT (for Right Handers) Deliver Straight and Finish to the LEFT.

D.O.F.T.

Now you have **'The Rest Of The Story'!**

GOLF TIPS #61

'KEEP YOUR ARMS AND HANDS 'FEELING' IN FRONT OF YOUR BODY'

It is important the 'Dog Wags The Tail' and not the other way around. Your Golfing Body Machine must be the source of POWER and CONTROL for your Shoulders, Arms and Hands, the Lever Assemblies, and the Clubhead. The Body must lead in the swinging motion. The Hands must not. You must Set-Up and remain '**CONNECTED**' throughout your entire swinging trip forward and back to and through the Ball.

If your Torso moves too slowly, the Hands and Arms move too quickly. This leads to 'Flippy Lever Action' with the Clubface's being 'Shut Down or Closed Through IMPACT'. The Draw and Hooking actions are spawned in this error. '**ARMS OVER LEGS**'.

If the Torso (Sternum) moves too quickly or too soon, you will change the parts relationship, TIMING, between the Lever Assembly and the Body Machine. '**LEGS OVER ARMS**' which is not all bad. You should generate 'Motion From The HUB OUTWARDS'.

Remember, the 'Hands and Arms' (Levers) have twice as far to travel as do the Hips and Lower Body Machine. They are farther away from the Hub of Rotation than is the actual Hub, the Sternum.

If you were to take a ten foot broom and place the end of the handle against your 'Sternal HUB', with the bristles level with your chest and then rotate your Spinal Axis, 'PIVOT CENTRE', first to the 'Brace Side' and then fully back to the 'Target Side', the HUB or 'Body Wheel' turns at the same R.P.M. as the head of the broom, but the actual '**SPEED or VELOCITY of the HUB**' and the Bristles is very different.

The outside of the 'Carousel' is travelling much faster than is the Hub or Centre. To understand this, simply try to get on while it is turning up to speed. Once you have managed to jump aboard, walk carefully to the centre and stand with your back to the HUB looking out at the world. The 'HUB Speed' and the outer wheel speed are very different. The Outer Wheel is 'R.P.M.' same, but Speed Faster.

The same holds absolutely true with the 'Sternal Centre or Body HUB' and the Clubhead, fully at the end of extended Arms and a golf shaft.

Through 'IMPACT and SEPARATION'
KEEP YOUR HANDS, ARMS and CLUBHEAD 'In Front Of Your Sternal HUB'.

GOLF TIP #62

'KEEP THE HOLE IN YOUR BUTT POINTING AT THE HOLE IN YOUR TUMMY'.

This condition is better known as the '**One Piece Take Away**'

It is an '**R.P.M.**' consideration. The '**Three Zones**', **Body, Arms and Hands** must all turn '**PIVOT** or '**ROTATE**' at the same '**R.P.M.**' A FEELING I like to promote or disclose to my students is to '**FEEL like your Hands are always 'IN FRONT of your HIPS and CHEST' when they are under your Armpits or 'IN THE BOTTOM HALF OF THE SWING CIRCLE' where the Clubhead is Moving Forward**'. Elsewhere (in the Top Half), it is 'Retreating' and will not contribute to making the Ball advance towards the Target! Simple enough?

As you gently draw the Clubhead away or back from the Ball at '**Address** or '**IMPACT FIX**', do so providing the COIL with '**Brace Hand** and '**Brace Shoulder**' leading the '**Brace Hip**'.

Do NOT flip or move the '**STEEL**' with your '**Hands ONLY**' or even primarily. This is a '**Big Muscle Task**' and not one for those '**Upper Body Machine**' parts known as the '**Lever Assemblies**'.

'FEEL' '**Low & Slow**', '**Deep, Flat and Wide**' in your Hands.

Start (at least) your Clubhead's moving backwards directly on the '**Target Line**' or even very slightly to the outside. This ensures good '**Extension**' in your '**Target** or '**Swing Lever**' so essential to making a solid performance '**On Line**'.

This manner of '**Take Away**' prevents a deadly sin in Golf called the '**Pick Up Inside Take Away**' which provides a whole raft of bad things better left for your competitors to extinguish.

I think a good thought is to perform a '**Brace Hand** and '**Elbow Take-Away**' '**One Piece** or '**Move Back & Up**' to the '**Brace Shoulder**'. I think personally '**BRACE HAND to BRACE SHOULDER**'; '**One Move Up** and '**One Move Down**'. That works for me.

Keep it simple!

GOLF TIP #63

SHOTS OVER A LAKE:

I know, when we stand behind our Ball and look 'D.T.L.' ('Down The Line') to the Pin it is no big deal because all 'Golf Shots' are 'Dead Straight, Ball-Pin' in any case. All you have to know is an accurate yardage, and a 'Summary of the Environment' from your caddie. Credit where credit is due, if the wind is blowing 'Right To Left' you will allow for a little 'Off Line Ball Flight' due to this 'Element in the Environment'. What else is there to do?

Right?

Boy, is that ever 'Tongue In Cheek'!

Well not as much as you might think.

If the lake or desert canyon or even a spanse of scrub trees or bush is directly betewwn you and the Target, assess it honestly. Don't make more of it than there really is. 'Mother Nature's Challenge or Decoration' is about fourty yard yon and continues to about 120 yards. It looks certain to swallow any Golf Ball that has the audacity to land within its confines. There is the potential of just a touch of fear in this pretty pastoral scene!

The green starts at 140 yards and is 22 yards deep, 36 yards wide and the flag is dead in the middle with no wind. This sounds just like this natural distraction should not distract me. It really is not in play if you can only strike your Ball 130 yards and if you have a Club that strikes the Ball 151 yards give or take a couple and it is can keep 'Centre-Lined' to within 10% of your Distance, ($151 \times .10 = 15.1$ yards), you're 'Dancing'.

So, I do not think this shot is any more difficult than without any obstacle or distraction in between me and the Target. What we have to practise is 'Looking At The Scene Before Us and Taking It For What It Really Is'. Now simply stay disciplined, stick to your 'PreShot ROUTINE' and 'EXECUTE'.

Whatever you 'FEEL' like doing, stick to your 'BASICS'.

Have you ever seen anyone do special things in this situation? You wouldn't take out a 'Beater or Waster Ball' would you? The one that you retrieved from the murky creek at Frog Hollow with the two cuts and scrapes? This approach will certainly instill confidence! So here's my advice over and above what I already stated; "Take out the best, most expensive Golf Ball you have in the bag (always carry several) and put it 'On-The-Line'. Make the shot worth something that matters. Then treat as such with the 'Confidence' you deserve. Beater Balls are 'Aerodynamically Challenged' in any case and you don't need yet another handicap. Don't even carry what you consider to be junk Balls.

Remember, this is a game of 'Visualization' so use your 'Imagination' as well. Take a big fat gummy eraser the water or scrub bush and make it go away. Picture fifty yards of fairway or plain old grass between you and the Cup. Just remember to 'Pre-Select the proper Components', meaning that you should pull a Club that comfortably clears the 120 yards to the far margin of the decorative landscape. I can tell you that 80% of the 'Weekend Warriors' think they hit farther than they really do. Coming up short is the norm. Pull that extra club even if you think you can bet there with one less; then be 'Smooth'.

Now that we have you properly indoctrinated, 'ROUTINE, ROUTINE, ROUTINE'. Those '5 CONTROLS' will be a good place to come from. Plap the shot in the 'Trusting Mentality' and enjoy it!

You will be amazed at how influential a good attitude can be in such a shot or any stroke for that matter.

Good 'TIMING, TEMPO, RHYTHM, BALANCE, CADENCE and PACE' are always helpful. Say your '**TRIGGER WORD SEQUENCE**'; '**SWEEP & SEE IT, PIN**' ("PIN" is the 'THROUGH to FOLLOW FINISH WORD') or my favourite words, '**ONE & THRU**'. These are very useful little words that require little or no thought. Once you buy into this 'Trigger Word Sequence Discipline', it shall become 'Subconscious' and a very good 'Swing Friend' indeed.

Keep your Hands and Clubhead in front of your Hips and Body throughout the Swing while 'Maintaining Your Triangles'. 'BREATHE' and let your 'LOWER BODY MACHINE' do the bulk of the WORK! That means solid 'Brace Foot PreLoad and Leg Drive'. Turn-Turn-Turn. Back Swing Length about equals Front Swing Length although the Front Swing should be ever so slightly longer due to its inherent 'Acceleration'. You all this already! You're there!

GOLF TIP #64

'THE FOUR B's'

I have just finished one of my many daily golf lessons which I generally find so stimulating. To me they are an hour of discovery, analysis and easily understood innovation prompted by the teacher and accepted by the student who is continually fascinated and inspired! Anything but minimal Math, Physics, Mechanics and Geometry is usually too much. So I avoid it.

How do I persuade a reasonable golfer to make a proper take-Away and Back Swing? What can I say to him or her to promote efficient Motions and Actions? Each client is different, hearing different messages in the same words, so we educators must be very savvy in what we say and do so at just the right time!

Bobby was his name!

He was having trouble getting the Clubhead to an efficient 'Top Of Back Swing' and returning it to and 'Through the IMPACT Zone'. So what do I say?

Once I have him aware of the correct 'Components and Procedures', 'Address Ready and better still 'IMPACT FIX', I promote that he makes moves that take the **"BRACE HAND TO THE BRACE SHOULDER"** (Turning and Wind-Up 'From The Top Down' and obviously to the Brace Side) and then, with the 'Brace Coil' applied or 'LOADED', **"BRACE FOOT"** ('From The Ground Up and From The Inside-Out'). So the words are 'Brace Hand, Brace Shoulder, Brace Foot'.

What happened to the 'Fourth B'?

It is **"BREATHE"**.

'No Blow, No Go'!

If you hold your breath, which increases and prevents the free flow and reduction of 'Pulmonary Pressure', you will assuredly get 'Tense' and not make a nice 'Free-Wheeling' high 'Clubhead Speedy Golf Swing'. This will preclude 'Distance' and almost always cause your 'Accuracy or Direction' to fall prey to 'TENSION'. So now you know! Likewise 'PUSH PINCH PULMONARY PIN' are good words!

GOLF TIP #65

'CHASE'

This is a simple one with lots of application. Short and Sweet!

Do not attempt to 'HIT AT THE BALL' but to 'SWING THROUGH IT'!

I want to see you '**FOLLOW THROUGH OR CHASE THE BALL SLIGHTLY DOWN THE LINE**'. Keep the 'Leg Drive' on well thru the 'IMPACT & SEPARATION Zone' (no Brakes at all, but especially in Swing Segment s #3F and #4F, the 'Follow Finish Segments'!)

Put another way, 'SET-UP' for a great 'Free-Wheeling Swinging MOTION' and 'Get the Ball in the Way'! The 'EXECUTION is **THROUGH**' or the '**MOTION Is THROUGH The Target**' and not at the Ball'!

My 'Trigger Words' are '**ONE AND THRU!**' (not 1 & 2)

Avoid 'FEELING the actual IMPACT' and strive to 'FEEL the Uninterrupted Geometric Circular Motion, the **THROUGH-ness**' while 'Breathing Out', of course.

Along the same logic or vane, here is a statement that perhaps dwarfs most other bits of advice I have ever heard and used.

"THE BALL GOES WHERE YOUR HANDS GO!"

Thank you Moe Norman!

Murray Irwin Norman, (twin Sister, Marie) July 10, 1929

Please strive to make this truth and reality happen regardless of the 'Mechanical State Of Your Swing'! I can tell you that, even if you make a relatively poor Swing, as long as your 'Hands Are Tracking To and Through the Target, '**Down The Target, Ball Flight or Ball Rolling Lines**' (with a decent 'GRIP'), you are safer than you think!

Straight Is Cool!

GOLF TIP #66

'BEND & STRAIGHTEN':

This 'Bullet Proof Golf Tip' is really more of a 'Drill' than it is a 'Tip', so I want you to firstly understand it and then to 'FEEL IT' as a Motion or Move as it is meant to be.

Remember that the 'Absolute MOTION of the Hips is Round & Round' (Carousel) while the 'Absoulte MOTION of the Arms and Hands (Levers) is Up & Down' (Ferris Wheel). Bend & Straighten is Up & Down, Biceps and Triceps. '**BRACE LEVER EXTENSOR ACTION**' which is key to Golfing.

When undertaking a new Motion, knowing it must be 'Conceptualized', we are best served to start working the 'Move and the Geometry' in '**SLOW MOTION**' and build up towards 'Working Speed' in about 10% increments. There is no purpose in making a physical motion at 'Full Speed' until it can be done in slow motion. We can 'FEEL' any errors and deviations much more easily and acutely when our 'Pace' is suited to our 'Performance Level'. Let's get good before we get fast!

'**BEND & STRAIGHTEN**' is a 'Brace Arm' drill or focus. It is very important to accomplish a nice fully-extended 'Brace Arm', meaning that the Elbow will be 'Straightening' through Release and Impact. Our overall 'FEEL' throughout the Back and Frontswings will be one of '**Bending & Straightening**' of the Brace Shoulder, Elbow and Wrsit. As this is a 'FEEL Drill' stand up, without a club and do it now with the objective of 'Feeling the Move'.

Remember your '**5 CONTROLS**' are always in the working procedure.
Chin, Hands, Feet, Ball, Pin.

At the '**TAKE-AWAY INTERVAL**' you should 'Feel' your Brace Shoulder simply 'Turning Back' and that it should be doing so 'Around Your Spine or Pivot'. The Arms and Hands will go along for the 'Rotating Ride', 'Feeling like the Clubhead is moving quite straight back, extending '**Low and Slow**', '**Deep, Flat & Wide**', Down the Target Line. I call this 'Backing the Car (CLUBHEAD) out of the Garage' as

it is very 'Low-Energy' and 'Without Throttle' as is the procedure using the car; that is unless you want to end up in your neighbour's back yard!

As this 'Deep, Flat & Wide' is taking place (with NO ARM TENSION) you will 'FEEL' your Arms and Hands 'Raising' as they must naturally do since you are moving them about a central Pivot Point, the Spine which might 'FEEL' like the Motion's being about your Sternum. Let the Brace Elbow '**Bend**' naturally. Very soon you will 'FEEL' your Brace Hand's position being about Brace Shoulder Level and being 'Even With It', not 'Behind or Forward'. I 'FEEL' somewhat as though my Brace Hand and Thumb are just 'Aft of My Brace Ear'; hence 'Sticking Your Thumb in your Ear'. (That is not with an 'R')

This is the comfortable 'Top Of Back Swing' or T.O.B. as we call it. From this position, 'FEEL' like your weight is moving onto your Target Heel (Replanting) and that your Hips, perhaps your Brace Hip, is smoothly but strongly 'Simply Turning' towards the Target. A way I 'FEEL' this is that my Brace Cheek (BUTT) moves Back in the Backswing and my Target Cheek moves Back in the Frontswing. I do NOT mean Forward, Down the Line, just BACK!

I like to 'FEEL' that in the initial or '**TRANSITION MOVE**', from backswing to frontswing, that my Brace Shoulder, the one we just 'Turned Back around our Spine', '**Drops Down and Turns Under My Tallish Chin**' and '**Around my Spine or Pivot**'. I want to emphasize that I POWER this 'Forward Move' primarily with my PIVOT or the Turning of my Spine very positively, pushing off from my Brace Foot, back towards the Target. I keep this Turning FEELING going until I am well Through the Ball and then I allow my Arms and Hands to keep 'Free-Wheeling or Slinging' '**Deep, Flat & Wide**', 'Out Forward and Up' naturally as they did in the Backswing Component or Interval.

SLOW MOTION FIRST:

In this manner, 'Slow Motion First' and then in 10% speed increments, faster and faster up to 'Full Speed', '**FEEL**' the Motion develop and patiently trust what you are doing to be 'Correct'. It will be useful to 'FEEL' that your Brace Elbow is tracking 'Down and Towards Your Zipper' so that it 'Keeps ON PLANE'. If you do not understand this PLANE concept right now, don't fret. It's in the Book and you can follow your INDEX to it!

I think it is beneficial that, through this 'FEEL Motion Drill', you 'FEEL' like the Ball is approximately even with your Target Eye, Sideburn or Ear right through Release, Impact, only in Follow-Through and Finish may it start to move towards your Brace Eye, Sideburn and Ear.

Relax and 'Roll the Big Golf Club Wheel' around your Sternal Hub with nicely and comfortably 'Exetended Arms'. Keep 'FEELING' like your Hands are 'Moving To and Through the Ball' and do NOT fight the Clubhead into 'Feeling' like it is doing so. Remember, it is those '**Navigator Hands**' that are in control. Educate them to track properly and your Clubhead will follow.

'Turn, Bend & Turn & Straighten'.

Another useful word sequence ... "**Turn & Lift - Re-Turn & Drop & Thrust Down The Initial Ball Flight Line**". If you can allow 'Gravity' to start 'The Front Swing Dimension Of Every Golf 'Mechanical Procedure', followed or combined with your very 'Primal Brace Toe Pressure' and resulting 'Brace Leg Drive', you shall be amazed and blessed at the same time! Quite a reward?

Remember, when the 'Brace Lever is Fully Extended' to the 'Bottom Of Swing Arc' (BOSA) it is in the '**IN LINE CONFIGURATION**' (meaning Straight Elbow Hinge/Joint and Wrist Hinge/Joint) which is a key 'Component Condition'. The 'DOFT' elements are 1) 'Clubhead Release' which attains 'Maximum Clubhead Speed', 2)'IMPACT', 3)'SEPARATION' and then the 4)'Bottom Of Swing Arc'. Note that the Ball is struck before the 'BOSA' which means that the 'Clubhead is still in its 'Angle Of Attach or Descending PATH'. It is the 'Descending Function' that, along with 'LOFT', primarily puts the useful 'UnderSpin or Y Axis Rotation' on the Ball. There is less 'Under-Spin' imparted with a Driver because the 'Descending PATH or Angle Of Attack' is minimized forcing 'LOFT' to impart the 'Lion's Share' of the 'Under-Spin'.

The above is a very good 'Bullet-Proof Drill' as well as the current form of its being a 'Golf Tip'. 'Golf Tips' often can be translated into 'Drills'.

GOLF TIP #67

'CAUGHT BETWEEN CLUBS?'

How often are you or do you 'FEEL' that you are 'Caught Between Clubs' which means 'Full Swing Yardages'? Quite often right? Remember your 'Full Swing' is the easiest and most reliable 'Procedure' in your arsenal. 'Pre-Select It' whenever you can!

We have discussed before a very sound approach to this situation. You notice that I do not call it a 'Problem'? That is because it is not! It is just simply a yardage that is not right on your 'Full Swing Yardage' for any club. It is in the middle somewhere or between yardages. Very common!

One solution is to do as follows:

1)When you are between clubs with long shafts (in your long irons or fairway woods) it is generally safe to select the next 'longer Club' and swing smoother or take a little off it!

2)When you are between clubs with short shafts (in your approach or mid irons) select the 'Shorter Club' and swing more firmly or put a little more on it! That means applying slightly more 'Brace Leg Drive' with 'MATCHING' other '**Components and Procedures**'.

This approach works quite well.

ANOTHER EXCELLENT SOLUTION:

Another slightly more specific solution is to use what the '555 Golf Academy' calls its '**FIVE WAYS TO SHORTEN YOUR DISTANCE**' discipline. You can look it up in your 'Trusty Tour Guide INDEX' or continue reading for just another moment. (Do both!)

Here are the 'Five Ways':

1) **CLUB SELECTION** 'Standard Operating Procedure' SOP

2) **DECELERATE** Never! Never! Never!
To the 'Meat Of Things Golf'

3) **STANCE** When you want to decrease the length of your 'Clubhead Travel Distance' which reduces the 'Acceleration Duration or Time Increment' which thus reduces your 'Clubhead Speed' which reduces your 'Distance', you can do so by 'Narrowing Your Stance'. This restricts your 'Lower Body Range Of Motion' which reduces the 'Swing Circumference'. Need I say more?

4) **GRIP** When you want to decrease your 'Clubhead Speed' you can do so by effectively reducing the length of the shaft. When the 'RPM' is constant, the shorter the tether ball rope the slower the speed of the ball even though it may seem to be going faster (Angular Momentum). Short irons have shorter shafts and generate less 'Clubhead Speed' based on consistent 'RPM' so the Ball travels a shorter 'Distance'. Thus, when we 'Shorten our GRIPS' we effectively shorten the Shaft or Distance between the Hands and the Clubhead (the Tether Ball Rope). Thus we reduce the 'Clubhead Speed and thus the 'Distance' the Ball travels.

5) **CLOCKING** This is a '555 Academy' term and we more often call it 'Body Clocking' which you will learn when you read the appropriate section in these 'Golfmyth Books'. We can also 'Shorten the Clubhead Travel Distance' by reducing the amount of 'Take Away' we select and execute. If we make half a Swing, we are not going to produce the 'Full Swing Yardage'. Half a Swing produces about 60% of the 'Full Swing yardage. Thus, when we want to reduce the 'Ball Travel Distance' we can elect to 'Shorten Our Swing By Clocking'. We suggest you do so by 'Pre-Selecting the Components and Procedures' of your 'Brace Hand' and monitoring its 'Performance'. Remember those 4 B's: 'Brace Hand, Brace Shoulder, Brace Foot and Breathe'. These four letters will go a long way towards keeping you on track in a simple manner.

Just for your information, there are 'Five Body Clocking Points'. They are 1) Brace Thigh, 2) Brace Hip, 3) Brace Lower Rib Cage, 4) Brace Arm Pit and 5) Brace Shoudler. The 'Fifth Clock' is the scientific designator of the 'Full Swing'. Anything more is extra and flirting with the dreaded 'Over Sing' which makes control a very challenging task. These 'Golf-Tips' will help!

BEST OF LUCK!

Q)

'There can be no happiness if the things we believe in are different from the things we do'.

This is a basic foundation for having 'the Rules of Golf' as a 'Guideline for the Game'. Similar to life too perhaps?

This is a basic foundation for 'Practising In Ernest'. It is by 'Smart Practise that we Play Smart'. This must become a bit of a 'Way Of Life' and the more you want 'IT' the more you may have to 'Work For 'IT' as well.

Develop 'Routines' that support your 'Habits and Desires'!

Q3)

Don't just 'Wish You Could Play Better Golf'

Good Things Just Won't Happen That Way!

GOLF TIP #68

'IMPACT AND SEPARATION ZONE'

We have used what are now very 'Common Terms' throughout our relationship. A common language is very bonding and binding. When we speak with a common language we will be much more efficient and effective. More social! Golf is like life!

The word 'IMPACT' is no stranger in our house! We know what it means so there is no purpose in redefining it. We use this word in the very useful phrase 'THROUGH The IMPACT Zone' which makes good sense and use of the words. We have said 'IMPACT is the Primary Imperative in the Game of Golf'. Almost totally true!

We have come also to modify this 'Phrase' by adding just two more words that make tremendous sense. This new phrase is '**THROUGH THE IMPACT and SEPARATION ZONE**'.

QUESTION:

Why is this an improved phrase?

ANSWER:

Answered with yet another 'Question'! What is the "**NUMBER ONE ALIGNMENT IN THE GAME OF GOLF?**" We know the 'Five ALIGNMENT AXES' which are, from the ground up, 'Feet', 'Knees', 'Hips', 'Shoulders' and 'Ears'. (see your 'Friendly Tour Guide INDEX'). Well, stangely, the '555 Golf Academy' '#1 ALIGNMENT' is NOT one of these!

Another lead in question! What is the only object or body part to actually touch the 'Golf Ball'? The only 'Component' to make contact with the Ball is the 'Clubface' which is not a 'Body Part'. You may use your 'Foot Wedge' on occasion! That is a 'Body Component'!

**Therefore, '#1 ALIGNMENT In The Game Of Golf Is Your
'CLUBFACE AIM AT THE MOMENT OF SEPARATION'.**

Please understand this and make the 'Concept' an 'Intellectual Reality' that is 'Actualized' every 'Golf Shot'! Yet another question!

QUESTION:

"Why 'SEPARATION' and NOT 'IMPACT'?"

ANSWER:

'When the 'Clubface Initially Comes in Contact with the Ball' it is 'AIMING' where? 'OPEN'! It is NOT Square To The Target Line or Ball Flight Line! We know this! So, if the Ball were to come off the 'Clubface' while it was pointing to the 'Low-Energy Side of the Target Line' we would not be pleased. Rough, Bush, Grunge! Lose stroke or struggle to '**Hold On and Stop the Bleeding**'!

The absolute 'Key Time Interval' is that of 'SEPARATION' because that is where the Ball comes off or separates from the 'Tool'. It travels down that 'Clubface AIM Line' and that line only!

If we think of our primary task as being 'Letting The Ball Come Off The Clubface Precisely' we would have less tendency of 'HITTING AT IT' and would more tend to 'SWING THROUGH IT' and 'LET IT GO' or what we call 'RELEASE IT'. 'Releasing Pressure' is a very central issue in making the 'Golf Swing'. (see 'Release', 'Clubhead Release', 'PIVOT Release')

If this does not make sense to you, read it again and again until you get a 'Grip On IT'.

Like understanding a 'Stage One Stroke Procedure', you cannot proceed past 'Stage One' until you get it... until you can prove you have it by 'Setting-Up and Executing' twenty 'Chip Shots' with proper 'Physics and Mechanics'!

You must get this 'Concept of Clubface AIM at the Moment Of SEPARATION' before you head off down the 'Golf Path' but one more stride.

If you can 'Putt' well, you already know this truth and reality.

Think of the 'Five Essential Elements'. If you do not know them, turn to your 'Golfmyth Collection' and employ your 'Trusty Tour Guide INDEX' to locate the information. Read it without further delay! Your 'Golf Future Depends Upon It'!

Good Luck and Enjoy!

GOLF TIP #69

'Your HANDS (UBM) CONTROL the Golf Club'
(GRIP)

'Your ARMS or LEVER ASSEMBLIES (UBM) SUPPORT Your HANDS'
(The UBM GOES UP & DOWN ONLY and produces
all the 'VERTICAL MOTION')

'Your LOWER BODY MACHINE PIVOT TRANSPORTS Your LEVER ASSEMBLIES'
(The LBM GOES ROUND & ROUND and produces
all the 'HORIZONTAL MOTION')

**'COMPERSSION and LINE OF COMPRESSION
is what Golf Is Physicallly all about.'**

**'THE BACK OF YOUR TARGET HAND
CONTROLS THE CLUBFACE'**

This being the fact and case, 'FEEL The Back Of Your TARGET HAND', the carpel bones in the back of your Hand, know where they are 'ALIGNED' at all time because 'The Back Of Your Hand Controls The Clubface AIM' and thus largely and primarily controls 'Ball Flight'. 'Clubhead PATH' is also of importance along with all 'Five Of The Essential Elements' that directly factor into every 'Golf Shot' however short or long. Get this if you fail to get many more things that might appear to be really important. These 'Other Things' are not more important!

So it is the '**CLUBFACE AIM AT THE MOMENT OF SEPARATION**' that is the key condition and interval in our entire 'Golf Swing Duration'. Make no bones about this! These 'Bones' are 'Carpel Bones'!

Best Of Luck!

Hit 'em Long and Straight' and keep them 'In The Short Stuff'!
In 'Golf', unlike bowling, small numbers don't buy the beer!

GOLF TIP #70

'ALL WE SHOOT ARE PAR 3s'
(even at 7400 yards!)

QUESTION:

How do you think of a 'PAR 3'?

ANSWER:

"We it is a whole where we can use one club, usually an iron, to get on. So we are 'On In One' and hopefully 'In In One More'! If we take two 'Putts' or a 'Chip and A Putt' it is a 'PAR'."

That seems to be a very sensible response to me! How about to you?

But I think it is not the best answer by a very long way!

Let me see if I can improve upon it or, at least, provide you with yet another perspective.

A 'PAR 3' is a 'Whole In One'.

ON a 'PAR 4' we likely take a Driver of the tee and try to get good position for the next shot at the Flag Stick. What if we were to think or perceive the 'Driver Strike' as a very long 'PAR 3'? And that we were attempting to strike the Ball precisely at a 250 or 220 yard flag? Then from there, we again attempt to 'Hole Out' for real with an 'Approach Shot'?

From this perspective, we are really attempting to make **'TWO PAR 3's' in a PAR 4!**

Carry it further. **A PAR 5 is three PAR 3's!**

Isn't that a productive way of looking at any 'Golf Hole' that is not actually a real PAR 3?

New perspective! Better visions! Best Of Luck!

GOLF TIP #71

'THE NUMBER ONE ALIGNMENT IN GOLF'

Make no mistake, the only 'Component' to ever make contact with the 'BALL' is a 'Golf Clubhead'. Notice that I have not used the words 'Sweet Spot of the Clubface' because very nice folks sometimes miss this small 'Centre Of MASS'! Neither the 'Foot Wedge' nor the 'Quick Hand' are acceptable alternatives!

If this 'Clubface' is the absolute and singular object, then it might be useful for us to examine its 'Function and Conditions' during its doing the 'WORK' for which it was designed. The primary purpose is the 'Transfer Of Power in the form of 'Momentum, Inertia and Velocity' to the Ball. These are relevant words.

Equally important to these states is the 'Condition of the Clubface'. The 'Clubface Action', due to its 'Circular or Orbital PATH', comes at the BALL from the 'Inside'. Its 'PATH' is 'Inside Out' which is not quite like an old pair of socks! This being true, along with the factual statement that 'The Clubhead is the only man-made object to make contact with the Ball', then the 'Conditions Of The Clubface' must be of significant importance and influence.

Indeed they are. **'THE NUMBER ONE ALIGNMENT IN GOLF IS CLUBFACE AIM'.**

These 'Conditions' (see '5 Essential Elements') are most critical not at 'IMPACT', where the 'Clubface AIM is OPEN to the Target or Ball Flight Line', but just at the 'Moment Of Separation' when the Ball departs. 'Square to the Ball Flight or Target Line' is good! If one can learn where the 'Back Of Ones Target Hand' (carpal bones) is at this moment, the 'Shot Making Benefits' are profound. After all, you know that the 'Target Hand' controls the 'Clubhead' and that the 'Target Lever' controls the 'Swing Radius and likely the general 'Swing' as well. What actually creates or powers the 'Swinging Motion' remains a topic for some other time.

Work on your 'Clubface AIM and Control'. The dividends are manifold. They shall be seen and enjoyed both privately and publicly which are certain rewards and salve to the 'Golf Soul'.

BEST OF LUCK!

GOLF TIP #72

'THIS IS MY LAST SHOT'

I learned this little bit of very good advice from 'Gary Player' along with my good Canadian friend 'Johnny Dudley' while at Lucaya in the Bahamas. Thank you both.

Gary was and is a champion at the little 'Short Game Shots'. No one with any common sense would bet against his making short shots. Johnny was about as good as it gets in this area of executing 'Golf Strokes' too! He would just as likely sink 'Approach Shots' inside twenty to forty feet as not. We made some heads turn in our 'Best Ball Matches'!

Let me see if I can put their message in a form that might be memorable?

'MAKE FRINGE AND APPROACH SHOTS YOUR LAST SHOT'

(Makes Your Putter Unnecessary)

What do I mean by this statement?

Diligently go through your entire 'PreSHOT Routine'. Don't cut out any aspects. 'Take Dead Aim'. Then 'EXECUTE', 'CHIN Tallish', 'BREATHING OUT', 'One & Thru' with some 'Follow or Chase', 'Hands' moving directly 'Down The Ball Flight or Rolling Line'. Make sure you do your '**Three Brush Stroke Before You Paint The Picture**' so you have the 'Weight, 'Momentum, Inertia and Velocity' right.

'ANY BALL THAT COMES UP SHORT OR BELOW THE HOLE CANNOT GO IN'

(Give It A Chance)

Get the BALL 12 to 17 inches past every hole or to the bottom. Come at every hole from above. You can easily 'Master These Short Game Basics' and you do not have to be athletic to do so!

So Get At It!
Do It Now!

GOLF TIP #73

'TEE BOX DIVOT'

We all have challenges '**AIMING or ALIGNING Off The TEE BOX**' at one time or another. You know the deal. The tee box is square and its sides are not parallel to the center line or sides of the fairway. The designer built in a little trickery. But it is fair game!

Get between the '**Tee Markers**' and find your line from the center. You may then decide to play from the right or left side of the '**Markers**' depending on the '**Environmental Elements**' or you '**Pre-Selected Ball Flight**'. Remember, as long as you are inside or between the '**Tee Markers**', you can drop back two '**Driver Club Lengths**' but may not move closer to the hole.

You know what an '**Intermediate Target**' is. If not, it is a mark or item on the ground (leaf or piece of paper), in front of your Ball '**Within One Club Length**' (in front of the Tee Markers is OK) and '**On Line to the Target**'. This put it within your '**Peripheral Vision**' where it belongs so that you can see it and your Ball at the same time.

Here is the meat of the '**TIP**'. You are the first foursome out in the early morning. There is no debris on the tee box. Now what?

You cannot stick a tee in the ground to provide a mark as it can be deemed as a mechanical aid. You can be disqualified or lose the hole in '**Match Play**' and be penalized '**Two Strokes**' in '**Stroke Play**'. It is contrary to the '**Rules**'. Now what?

Step in front of the Markers and make a few practice swings. Strike the ground a little '**FAT**' with one which will make a sharp little divot. Don't fix it. Now step back '**Five Paces**' and visualize the Target and Ball Flight with the divot on the '**Ball Flight Line**'. Immediately you get your '**Mental Picture**' established, walk up to the '**Tee Markers** and stick your '**Tee**' in the ground '**On LINE**'. Place your '**Ball on the Tee**'.

Now you have a '**Ball Set-UP With An Intermediate Target**' in perfect position! And it is within the '**Rules**' as long as you do not admit to your very savy '**Pre-SHOT Routine**'!

GOLF TIP #74

FAIRWAYS, GREENS AND QUADRANT so you can 'PUTT'

I think we could all use this 'Bullet-Proof GOLF TIP' every round. So it may qualify as useful? This is a '**Course Management**' tip.

If any 'Player' were asked long enough what his goals were for the round, he would have to reply, "**Hit Fairways and Greens**". No golfer can excel if he or she does not accomplish this task onal PAR 4's and 5's. Of course on the PAR 3's one must hit 'Greens' in the 'Five Or Ten Foot Circle' in order to bring home the bacon.

So, simply enough 'Swing Down The Line' and get your 'Tee Ball' on the fairway where it gives you the best opportunity to make your second shot. This may not be in the middle either! Now, if you can comfortably reach the green with your next shot, 'Hit The Green'.

Here we are to the '**QUADRANT**' aspect. We want to make our 'Putts' from below the hole because an uphill 'Putt' is much easier and safer than the freaded 'Downhill Slider'. Wherever the 'PIN' is. Get below it or on the side closer to your current 'Ball Location'.

To '**QUADRANT THE GREEN**' simply draw a '**Gunsight Cross Hair**' right in its middle. If the 'Flag' happens to be on the 'Cross Hair' all very well and good. Then the 'Top Right Quarter Of The Pie' is called 'Quadrant #1', the clockwise piece of pie is called 'Quadrant #2' and #3 and #4 accordingly. Your 'Green Is Quadranted'.

If the 'Green' is flat side to side but slopinb uphill away from the leading edge or front you will always 'Want Come At The Hole From Below'. Your caddie says. "**Center Line Quadrant #2 #3 Five Feet Below The Cup and Let It Release A Little**". Very good and now meaningful advice!

Use good discipline and strategy!

BEST OF LUCK!

GOLF TIP #75

GO DOWN AFTER IT ('BOSA')

We have discussed the '**TARGET LEVER DEAD ROPE**' and this 'Concept' is very useful indeed. We know that our 'Target Lever' must be gently fully extended at all times throughout the 'Back and Front Swings' until such time as you are in the 'FINISH SEGMENT' when it is allowed to fold while the 'Brace Lever' is 'In Line or Extended and Straight'. At least one 'Lever' is 'Extended, Straight or In Line' at all times in a proper Golf Swing.

So, 'From The Top Of The Back Swing' (TOB) we want to initially let the 'Brace Hand and Lever' 'Drop Down' towards the Ground adjacent to your Brace Foot while the 'Brace Leg Drives' to whatever degree is required to accomplish the 'Pre-Selected Procedure'.

If the '**Primary or Target Lever Assembly**' (**Swing Radius Generator**) does its job, what I want you to 'FEEL' is like it is a fixed length 'DEAD ROPE' that hangs from the 'Target Shoulder' down to which you 'Throw Your Brace Hand' during which its 'Three Levers, Single Action' function smoothly takes place.

I 'FEEL' like I 'Drop and Throw' my 'Brace Hand' 'Down To The Limit or End of the Target Dead Rope'. In this manner I always get to the precise 'Bottom Of Swing Arc' at the 'Precise Time' (RPM) necessary to 'Make The Ball Go Away'!

You will too!

By the way? You may 'Feel' like you are going to hit very 'FAT'. If you set you 'Chin Tallish' (Top Of The Tether Ball Pole) you will never strike the ground 'FAT'. 'SET-UP' properly to make a proper swing.

Works every time!

GOLF TIP #76

BE UP SO YOU CAN GET DOWN CHIN & CHEST TALLISH CREATE SPACE BETWEEN YOUR HIPS AND STERNUM

Your '555 TEAM' has said to you many times that **you must get to 'Brace Connected Address or IMPACT FIX' 'SET-UP' before you are prepared or able to 'EXECUTE' a good 'Golf Swing'**. This means that you must have a stable 'Brace Foot' planted on the ground and then connect it through a stable firm body through your Hands and Arms to the Clubhead. You must be able to 'Transport Your Clubhead' forward with the 'Motive FORCE' created or supplied by your 'Brace Foot PreLOAD and resultant 'Brace Leg Drive'. You should be able to 'FEEL' this 'Horizontal Bracedness'!

Likewise, **you must create and 'FEEL' 'Vertical Bracedness' from the 'Feet up the Body to the Tallish CHIN'**. If the 'Top Of Your Tether Ball Pole' is not stable and to its 'Optimal Top', the rotating or orbiting Ball will not be stable either.

You need to get and 'FEEL' 'Pushed UP from your Hip Sockets to your Sternum'. You must 'Create Space' between your Hips and Your Sternum which get the Shoulders in a good operating position and 'Plane'.

If you do not get your 'CHIN Tallish' you will not be able to 'Swing Right Down To The Very Bottom Of The Dead Rope' without hitting the ground 'FAT'! If you do not get to your fully extended, 'In Line' 'Target Lever Position' through the 'IMPACT and SEPARATION Zone', so necessary to making good 'Golf Strikes', you will suffer from 'Ball Flight Control' to mental illness or '**Golf Maddness Or Time In Golf Pergatory'**!

So a good thought is to 'Get Up So You Can Get Down'.

Hope this works for you!

GOLF TIP #77

'IMPACT FIX'

This '**IMPACT FIX**' topic is key to your success! So let me see if I can provide its meaning to you in the simple form of a useful and easy '**555 Bullet-Proof TIP**'.

You know what '**Address Ready**' is. That is when we are properly '**SET-UP**' with all our '**Components and Procedures**' '**Ready To Go**'. Right? It is when you have your '**5 SET-UPS**' tended to in the manner the '**555 TEAM**' prescribes. We know they work and help every time! Your '**5 CONTROLS**' are a great insurance policy too! Use them! '**Address Ready**' is when you do your '**TAP TAP TAPS**' to find your '**BALL LOCATION**' which is a primary task.

But, '**Address Ready**' is a '**Passive or Static**' condition. There is no '**Lower or Upper Body Machine Movement**' employed or even simulated or prepared for. There is more '**Work**' to be done before we can '**Trigger**' our '**Take-Away**'. We would NOT attempt to strike a ball from an '**Address Ready Position**'.

'**IMPACT FIX**' simulates the '**Action of Striking, Compressing and Releasing The Ball To Go Back To Its Restitution Form or Shape**'. In order to simulate the '**IMPACT CONDITIONS**' we must apply the appropriate '**Components**'.

These include, '**Brace Toe Pressure, Brace Foot PreLoad or Brace Leg Drive**', the resulting '**Hip Rotation or PIVOT**', matching '**Brace Lever Extensor or Down Force Action**' ('**In Line Condition or Configuration**') and a '**Squarely AIMED Clubface**'. It is these '**Elements**' ('**5 Essential Elements**') that enable us to repeatedly create and control '**Compression and Line Of Compression**' of the '**Golf Ball**'.

When we '**Actively or Dynamically Strike The Ball**', we are '**Rotating or Pivoting Forward**' due to the '**Brace Leg Drive**' (LBM Engine). When we apply this '**Brace Leg Drive FORCE**' it moves our '**Hips**' and thus our '**Center Of Gravity**' (COG) and '**Center Of Rotation**' forward towards the Target.

We know that the 'Address Ready Position' does NOT involve any 'FORCE'. There is no 'Brace Leg Drive' active or simulated. We know, therefore, that the 'BALL LOCATION' must be moved forward from the 'Static Or Passive' 'TAP TAP TAP POSITION' as well.

If not '**MATCH THE COMPONENTS AND PROCEDURES**', we will make 'Imperfect IMPACT' or be forced to 'Manipulate' to correct the 'Set-Up Errors'. With a natural 'Centrifugally Generated Swing' from an incorrect 'Address Ready Position', we will strike the 'Ball' too early and 'Thin'. The 'Clubface AIM' will also still be 'OPEN' in this improperly 'TIMED' execution. You will not like your 'Ball Flight'!

So, let us progress to this 'IMPACT FIX'.

When we make our actual 'Strike' we do not want to 'Repeat the Address Ready Position' because it does NOT have any of the necessary 'Active or Dynamic Elements'. What we want to 'SET-UP' and accomplish just before 'Take-Away' is the '**IMPACT FIX ELEMENTS**' that we just described. This will enable us to get back to the proper '**IMPACT and SEPARATION ELEMENTS**' necessary to '**Compress and Release The Ball with that Clubface that is Squarely AIMED Right Down the Pre-Selected Target or Ball Flight Line**'.

Just before 'Take-Away' go to your 'IMPACT FIX' and start your 'Back Swing Motion' from there and nowhere else! There is a little 'Forward Press' with that '**FLAT TARGET WRIST**'. Learn this 'FEEL'. It is by '**REMEMBERED FEEL**' only that you might become a '**REFLEX GOLFER**'. The effort is well worth it. The ends does justify the means!

Now you know what 'IMPACT FIX' is all about.

It is key to your 'Playing Success'.

Don't leave home without it!

BEST OF LUCK!

GOLF TIP #78

'THE BIGGEST SWING CRITIC IS YOUR BALL FLIGHT'

'The Biggest Critic Of Your Golf Swing Is Your Ball Flight'. This may seem to be either overly simplistic or just not to make any sense. Either way, here is what the '555 Team' means by this tip.

We can all eventually, with years of study, come to know precisely what makes up a good golf swing. **There are volumes written about this 'Artform'!**

Take the knowledge you have and make the best 'Set-Up' you know how. Make the best Swing you can. Observe the 'Ball Flight' right up to its coming to rest as we prescribe when we suggest you 'Hold Your Position In Order To Evaluate' after the swing and observe the Ball.

When you see the total 'Ball Flight and Behaviour' from start to finish you will know what type of a 'Blow You Delivered'. You will know what your '**IMPACT & SEPARATION CONDITIONS**' were. When the 'Ball Flight' is curved, you imparted 'Side Spin Rate' around the 'Vertical Axis' or 'North South Pole'. When it is straight, you did not. This 'Ball Spin Rate' aspect is critical to eventually scoring well.

'Top and Bottom Spin' or 'Over and Under Spin' which is rotation about the 'Horizontal or Equatorial Axis' is quite readily observed and felt. When you hit the Ball very 'Thin' or topped, it just does not get into the air. Distance is reduced. When you strike the Ball very 'Fat' or 'Bottomed' it will go straight up as it will come off the Top of the Clubhead whether it is a Wood or an Iron. Very 'Fat' does not go very far! Moving too much dirt!

This is why 'Your Ball Flight Is Your Biggest Swing Critic'!

Watch it carefully!

E-Mail: AskUs@555golf.com

WebSite: www.555golf.com

Telephone (817) 673-8888

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GOLF TIP #79

'BRACE HAND TAKE-AWAY'

The 'Brace Hand Take-Away' is a key move in your 'Golf Swing'. Get to know and understand it well.

There is a lot of controversy as to whether the 'Target Hand' or the 'Brace Hand' is dominant in the 'Take Away'. Let me tell you that it is NOT the 'Target Hand'. Do you swing the baseball bat and hit the ball with the 'Front Or Back Hand', with the 'Front or Back Foot'? When you can answer this question, you can rationalize that the 'Brace Hand and Side Dominates The Golf Swing' whether you are a 'Swinger or a Hitter'.

The '555 Team' likes to use the '**4 B's**' as a useful guideline to this 'Brace Side Dominance End'.

They are '**Brace Hand To The Brace Shoulder**' then driven by the '**Brace Foot** and Leg Drive while '**Breathing**' Out fully through out the entire Back and Front Swings.

Let your Brace Side do the 'Work' and the 'Brace Hand Control' the lion's share of the functions of the 'Upper Body Machine'. The 'Lower Body Machine' just goes 'Round & Round' and you know that already!

GOLF TIP #80

'BRACE LEG DRIVE'

This 'Bullet-Proof Golf Tip' is very much about the '4 B's' and how they function in the 'Lower Body Machine' (LBM).

The 'Golf Swing is generated **'FROM THE GROUND UP'** and **'FROM THE INSIDE OUT'**. Understand and realize this before you proceed!

The 'Brace Foot' provides two key 'Power Elements'. They are '1)The Brace Against the Ground so that when we push hard we do not just 'Spin Out'. 2)The Brace Foot provides the actual 'Push or Thrust'.

In this manner the 'LBM LEADS' the 'LAGGING or TRAILING UBM'.

This 'Brace Leg Drive' produces all the 'Horizontal Motion or all the Round & Round'.

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WebSite: www.555golf.com
Telephone: (817) 673-8888
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GOLF TIP #81

'BREATHING' 'PULMONARY PRESSURE MUST BE RELEASED'

'How important is 'Breathing'? Try a few days without it! This process exchanges carbon dioxide for hopefully good pure oxygen. Good luck!

In the process it gets rid of waste that is filtered out of the air mass by the tissues in the nose, airways and lungs. We cannot get along without good sound '**Breathing**'.

When you have exhaled, the pressure in your chest and lungs is at its normal minimum. You should take time every day to truly exhale fully and followed by a nice full, you can feel the expansion' deep diaphragmatic in breath. Learn to like the 'Feel Of Expanding Your Oxygen Reservoir'.

When you inhale the pressure in your chest and lungs is at its maximum '**Pulmonary Pressure**'. When you are in this state of expansion, you are in a state of 'Pulmonary Tension' which precipitates some general muscular tension throughout your entire body.

We know that '**Tight Muscles Are Slow Muscles**'. We also know that 'Clubhead Speed' generates 'Distance'. So tight muscles do not produce 'Optimal Distance'. Learn to Swing In A Free-Wheeling Manner' especially with your long-shafted clubs.

In order to accomplish 'Optimal Performance', one must learn to 'Exhale When Your Swinging'. You know the rule. '**When Your Clubhead Is In Motion, You Must Be Breathing Out**'.

If you want to excel in your 'Game' you need to recognize and pay heed to this truth and reality of the 'Great Game Of Golf' and athletics in general.

GOLF TIP #82

'BUMP & RUN'

This is really a very useful 'Shot Technique' or 'Procedure'. If you do not have it mastered, get that task accomplished soon!

The 'Bump & Run' is quite similar to the 'Chipping Protocols'. It employs like '**Components & Procedures**' which is 'Tools and Motions'. The 'Swing Length is usually abbreviated as the distances you want to Ball to travel are usually shorter than 'Full Swing'.

Utilize a slightly '**Aft Ball Location**' with your '**Weight Distribution**' slight forward. This will promote or induce a little 'Steeper Angle Of Attack' and 'Descending Blow' which produces a 'Reduced Net Effective Loft At Separation'. Your 'Ball Flight' will be lower than usual.

This 'Bump & Run' is a very useful 'Procedure' in the wind.

Remember, you can make a 'Full or nearly Full Swing' 'Bump & Run' which would then be termed a 'Knock Down Shot'. These are also very necessary when playing in head and side or cross winds. Notice that I did not include 'Tail Winds'. When you want to go farther in a tail wind, you want the Ball to get well up into it so the velocity is greatest and the ride is longest.

Play well!

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WebSite: www.555golf.com

Telephone: (817) 673-8888

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GOLF TIP #83

'BUNKER SHOTS'

This 'Procedure' instills certain fear in most but the shot should not really strike terror into the hearts of any golfer who has simply taken the time to learn the "Components & Procedures' or what the '555 Team' refers to as 'Protocols'.

If you do not have your 'Golfmyth Collection Of Books' already, you may want to enquire from the '555 Team' or our 555golf.com 'WebSite' as to the easiest method of purchasing a copy for your library. It will make a big difference to your ability to move the 'Little White Ball Around the 150 Acre Billiards Table'!

A key fact about 'Bunker Shots' is that your 'Clubface' does not actually come in contact with the ball. You 'Splash Sand' out of the 'Bunker' and that proper volume of sand actually takes the Ball along for the ride.

'Sand Shots' are 'FAT SHOTS'! You will necessarily strike the sand a short distance behind the Ball so as to get the 'Leading Edge' of your 'Sand Wedge' (or any club) down to the 'South Pole Of The Ball' just before it passes the 'Bottom Of The Ball'. This action will get a volume of sand moving in this 'Splashing Fashion' and naturally force the Ball out of the bunker.

'Set-Up' as in all 'Golf Shots' is key! You can accomplish this what the '555 Team' calls '[Square To Square](#)' or '[Open To Open](#)'. 'Square To Square' means that your 'Body Alignment and Clubface AIM are both parallel to the Target or Body Line'. 'Open To Open' means that your 'Body or Foot Line is 'Open To the Target Line' and then too your 'Clubface AIM' must be equally as 'Open' to that line. The 'Components & Procedures' must 'MATCH' if you intend to make good 'Golf Shots'.

Relax and let the 'Clubhead Do The Work'. '[The Ball Goes Where The Hands Go](#)'!

GOLF TIPS #84

'CHIPPING'

A CHIP IS A PUTT WITH A HOP, Made With A Different Golf Tool

This 'Procedure' has its own set of 'Protocols'. You might want to go to your 'Golfmyth Table Of Contents' to find out where there is more information in this 'Shot'.

In a nut shell, 'Chipping' produces more 'Run than Trajectory'. There is '**More Ground Time than Air Time**'. The objective of making solid 'Chip Shots' is to 'Set-Up' with slight 'Aft Ball Location' and with slightly more weight distributed onto your 'Target Foot' than 'Brace Foot'. This steepens your 'Angle Of Attack' and 'Reduces The Net Effective Loft and Trajectory'.

When you execute 'Chip Shots' make sure you prepare for them much as you would for a 'Putting Procedure'. Use a similar 'Pre-Shot Routine'. Read the Green because the Ball should behave much like a 'Putt'. Pick a '12" Landing Circle' and utilize an 'Intermediate Target'.

Use your '5 CONTROLS' always!

Don't forget to add a little 'Chase'!

Breathe Out!

Trust Your Swing!

GOLF TIP #85

'COMPONENTS & PROCEDURES' 'MATCHING'

This topic of 'Components & Procedures' is a very common item when you are around the '555 Team' for more than a few minutes!

The 'Components' are the '**Body Machine Tools**' combined with the '**Tools In Your Bag**' to accomplish the 'Pre-Selected Motions' that we have come to call the 'Procedures'. Very simple logic and accurate use of language.

All the 'Body and Bag Components' must 'MATCH' your 'Pre-Selected Procedures' so that you can accomplish the desired results.

You would not make a 'Putting Procedure' with a 'Driver Swing and Tool'!

Simple as that!

GOLF TIPS #86

'COURSE MANAGEMENT'

'Course Management' is also an efficient use of the English language. It means just what it says!

We must work hard and train to evaluate or strategize what is best way to play a 'Golf Ball' around the eighteen holes one shot at a time ending up with the smallest possible number of strokes. This includes a very sound application of those 'Components & Procedures'.

To be a good 'Course Manger' you should understand the '**Billiards Golf Rule**' which is 'It Is Not What You Sink That Matters Most But What You Leave'. You must have a good grip on the '**Pitching Wedge Rule**' as well which is a '**Do Your Math**' task. Know your 'Wedge Distances' or 'Approach Distances' very accurately. Strike your Ball to you most comfortable 'Approach Distance' and strike at the 'Heart Of The Green' from there and from there only!

Avoid making shots from what the '555 Team' calls '**No Man's Land**'. This is the ground inside your 'Full Swing Pitching Wedge or Full Swing Lob Wedge' from which most golfers who do not understand and who have not mastered 'Clocking' struggle with. Avoid these 'No Man's Land Distances or Lies' like the plague!

Think your way around the pitch or links. Without these earned skills, you are not going to score well except by accident. That will be far less often than you dream about it!

GOLF TIPS #87

'DRIVING'
"I DRIVE AS I PUTT"

(see 'The 5 Essential Elements')

The ability to 'Drive The Ball' with the longest shafted clubs sets up the rest of the hole to your advantage. Don't let anyone fool you about this! It is a tremendous asset!

However, I want to add that a well-honed 'Short Game' can greatly ease the pain of a faulty 'Long Game'! Your 'Long Game' cannot mend your 'Short Game' but your 'Short Game' can make up for earlier ills!

Driving requires a good 'Pre-Shot Routine' followed by sound 'Physics and Mechanics'. That is not to say you have to be Sir Isaac Newton or have a university degree in the subject, but you will have to have a good grip on '[Things Mechanical](#)', especially a great 'SET-Up'.

Make sure you have those '5 CONTROLS' fully on deck before you give any commands to shove off!

Study the 'Driving Protocols' in your 'Golfmyth Collection of Books'. This will clearly identify your 'Components & Procedures'. When you comprehend the 'SET-UP' and get it done correctly, you are more than half way to success!

'FROM THE BOTTOM UP' and 'FROM THE INSIDE OUT'. That is how this 'Fullest Of Full Swings' is effectively and repeatedly executed.

Questions?

Call or write!

Don't hesitate!

GOLF TIPS #88

'THE FAIRWAY BEACH'

Oh, Good Lord, I'm on the beach again! You do not need your bucket and shovel!

Don't fear. Get your heart rate back down below 175 and take nice big deeper more relaxed breaths! Don't sweat it!

The 'Fairway Beach' is not a big deal.

The task is one of evaluation followed by knowledge and execution within your ability.

Walk into the sand. Feel its texture and depth with your feet and not our Hands. If it is solid or firm, play the shot like it is on the fairway grass. Perhaps take on extra club and swing smoothly. Do not over-swing! Make sure that the 'Trajectory or Ball Flight' will clear the 'Exit Lip of the Bunker'. If not, take a more lofted club and accept the fact that you are not going to make the Distance you desire. Lay up wisely to your 'Pitching Wedge Rule Distance'. You can score PARS from there and with this strategy and discipline.

If the sand is soft, simply adjust your strategy, 'Components & Procedures' to accomplish a great 'Ball Flight' which might be to that 'C.A.D.' or 'Calibrated Approach Distance' that 'Billiards Golf' is all about.

Be aware of your 'Lie' and adjust your performance accordingly. If you want to know more about it, turn to your trusty 'Golfmyth Tour Guide Index' or 'Table Of Contents'. The information you may require or desire is all in there.

Study well!

GOLF TIPS #89

'FROM THE GROUND UP' and 'FROM THE INSIDE OUT'

**Embrace these two phrases
and YOU shall be both 'Blessed & Happy'.**

This term, 'FTGU' and 'FTIO' means just what the English Language portrays or delivers. Good truthful stuff!

When you are at the 'Top Of Your Back Swing'. Ready to make the 'Transition and Forward or Down Move' the 'Power' to do so comes from your 'Brace Foot Up'. The 'PIVOT Pressure' come out of the 'Brace Side' and out of the ground, so to speak.

The term 'From The Inside Out' makes sense as well. Your 'Spinal Column' turns early and 'Drags' your 'Hands and Limbs', the 'Upper Body Machine' (UBM), along for the ride much like a 'Bull Whip or Flail'. 'Leg-Driven Centrifugal Force' performs the 'Work'.

The 'Lower Body Machine' (LBM) produces all the 'Horizontal Motion' (Round & Round). 'Forward Clubhead Speed' is generated from 'PIVOT Speed', whereas the 'Vertical Motion' is generated by the 'UBM' whose 'Lever Assemblies' create all the 'Up & Down'.

Understand this concept. It is more than frivolous!

Newtonian Truth!

GOLF TIPS #90

'KNOCK DOWN SHOTS'

'Knock Down Shots' are very useful. Their name aptly describes what they are all about. Instead of producing a 'Full Factory Trajectory' one for any number of reasons, desires a shot that flies lower than usual. Two great and practical reasons would be to stay 'Under The Wind' and to make your 'Ball Fly Under Some Overhanging Branches' or Lightning filled Cumulo-Nimbus Clouds'! You might hit the Ball a very long way!

This shot is very systematic to produce, especially when you look upon the task of making 'Golf Shots' as simply 'Components & Procedures' utilizing the 'Lower Body Machine' to create all the 'Horizontal Motion and the 'Upper Body Machine' to generate all the 'Vertical Motion'. 'Up & Down' and 'Round & Round'!

The 'Knock-Down Shot' requires a club with less Loft and therefore a longer shaft. So 'Select One'. You may have to 'Choke Down or Shorten Your Grip slightly by your 'One Inch Increments' as we have discussed. 'Ball Location' will also be slightly 'Aft Of Normal' for that 'Club Selection'.

Depending on the end result or 'Ball Flight' you desire, you may want to 'Pre-Select Your Weight Distribution' to be slightly 'Forward on the Target Foot' as well to induce a little steeper Angle Of Attack' or slightly more 'Vertical Swing Plane'. Make sure the Back Of Your Target Hand (Swinging Hand) leads the Clubface to the Ball. That ensures the 'Flat Target Wrist' and prevents 'Throw-Away' which creates a whole host of negative properties including 'Increased Net Effective Loft At Separation'. If you want a 'Knock Down Shot' you do not want any 'Balloon'!

Good firm 'Brace Leg Drive' resulting in a strong 'PIVOT' is beneficial to keep your 'Ball Flight Down'. Remember the 'Lower Body Machine' tends to 'Shut The Clubface Down or to Close The Clubface Aim'. When you do so the 'Net Effective Loft' decreases as well. Play Smart Golf! Control your Ball Flight!

GOLF TIPS #91

'LOB & FLOP SHOTS'

The 'Lob Shot' can be demanding if you do not know what makes it tick! To get a good handle on it, simply turn to your 'Golfmyth Table Of Contents' to that 'Trusty Tour Guide Index' and proceed to investigate it. Ball Flight is high and short with little or no 'Run' after your touch-down.

'Lob Protocols' are straight forward. You must 'Set-Up For Success'!

Practise this 'Component & Procedure' combination and get to know what the 'Ball Flight Characteristics' are. Catalogue this information.

Make good Swings or 'Executions' and allow the 'Golf Club' to do its job!

With a 'Full Swing' your 'Ball Travel Distance' will vary individual to individual. Strong hitters will manage about 130 yards with a 'Full Swing #PW' down to about 100 yards with a 'Full Swing #LW'. Softer swingers will manage respectively about 100 yards down to 70 yards or less with their '#LW'. If they want to produce shorter distances, then they best learn the '5 Ways To Shorten Their Distance'.

Depending on the environmental conditions, one can use the 'Lob Wedge' for sand shots from time to time remembering that the 'Bounce' is less than with the 'Sand Wedge'.

Be aware of 'Spin Rate Characteristics'. Let the Clubhead do the work!

Be wisely but courageously innovative!

GOLF TIPS #92

'BRACE LEVER DOWN FORCE'

'BRACE TRICEPS EXTENSOR ACTION'

Our 'Down or Vertical Force' must match our 'Around or Horizontal Force'. When we manage this, our 'Up & Down' gets to the ball at the same time as our 'Round & Round'. (see 'Timing, Tempo and Rhythm')

This 'PINCH SHOT' does exactly what the name implies. You 'Pinch The Ball Off The Ground By Letting The Clubhead Do it Share Of The Work'. 'Set-Up For Success'!

Every 'Full Swing Procedure' has some 'Down and Out Force'. The 'Shorter Shafted Clubs' naturally have a 'Steeper or More Vertical Swing Plane' and thus a more amplified 'Down Force' more than 'Out Force'.

The physical description of the 'Motion' is 'Brace Lever Down Force or Brace Lever Extensor Action'. When you are in the 'Bottom Half Of The Swing Circle' you are exerting considerable 'Pinching Action'.

In this 'Procedure' you do not want to 'Sweep The Ball Off Its Perch' as one might do with a Driver on a nice high tee. You want to swing 'Down and Thru The Butt Of The Ball' (DOFT).

Remember the more 'Pinch' you impart, the more 'Back Or Under Spin' you will apply as well. Your 'Ball Flight' will tell you all about it!

Remember your '4 P's' as well.

GOLF TIPS #93

'PITCHING'

A 'Stage 3 Procedure' having 'Wrist Cock & Pivot'.

The 'Pitching Procedure' is rather the flip side of your 'Chipping Procedure'. 'Pitching Ball Flight' has '**More Air Time Than Ground Time**' or 'Flight Time Than Run'.

Learn your 'Pitching Protocols'. They are in your 'Golfmyth Collection'.

You can 'Pitch' with numerous Clubs ranging from your 'Lob Wedge' all the way down to your '#8 Iron' or more. The determining factor is more 'Air Time Being Greater Than Ground Time'.

They are quite 'Full Swing' in nature other than when you desire a 'Distance' that is shortened. Then all you have to do is employ your '5 Methods Of Shortening your Distance' discipline.

Make the right 'Club Selection' and then 'Put A Good Swing On It'.

'Pitching' is generally a 'Stage Three Procedure' involving both 'Wrist Cock and PIVOT' but may not be if your 'Distance Is Very Shortened'.

GOLF TIPS #94

'PUTTING'

A 'Stage 1 Procedure' having 'No Wrist Cock and No Pivot'.

This 'Shortest Of All Golf Strokes' may well be the easiest with the biggest test for maintaining simplicity and control! **'ALL PUTTS ARE DEAD STRAIGHT'!**

It equates to 40% to 50% of all the stroke you will card so it is important! This being the case, spend the same amount of practice time on this 'Short Game Discipline'.

Your performance on the 'Dance Floor' is critical to your attitude on the next tee box so it quite sets up every next hole! Earn the right to excel at this very simple stroke. If yours is not simple and reliable under pressure, change it!

The '5 Essential Elements' are very much in force with this delicate transfer of Energy! Know, understand and apply them well. You will rewarded by using the 'B.E.S.T. Routine' with every past at the Ball.

Your 'Clubface Aim', 'The #1 Alignment In That Game Of Golf', must be 'Square To The Ball Rollin Line (BRL) At The Moment Of Separation'. Period! If you cannot accomplish this 'Condition' you are going to get caught 'Manipulating' and paying the high price for that ill!

Your 'Putting Protocols' are essential information. The 'Procedure Is A Stage One Type' with its absence of any 'Wrist Cock or Pivot'.

'Set-Up Your Forearm Triangles' hanging on proper 'Postured Lower Body Machine' and keep them very stable along with your 'Quiet Head and Shoulders'. If you have motion in these areas during the Stroke' you are 'Dead Meat'!

Make another stroke and another and

GOLF TIPS #95

'ROUTINE'

Our 'Pre Shot Routine' (PSR) Eliminates 'Tension and Stress' ... Golf #1 enemy.

A very big word this 'ROUTINE'! Its value is not at all foreign to any person who is required to do the same things day after day, even as simply as getting ready to go to work. You had better not get dressed before getting into the shower or let the clutch out before you get the motor running!

In the 'Great Game Of Golf' you are going to be confronted very often with the same shots. You would be well served, therefore, to develop a method or system of getting ready to execute the same 'Stroke Procedures' in the same manner. Makes good sense?

You may have to learn how to 'Build A Sound Routine' but that is why you have a 'Teaching Pro' at your beck and call. Of course you can develop your own 'Routine' by trial and error if you want to suffer the learning curve. Whether you improve or not depends on how much suffering you can endure!

The really wonderful benefit of 'Routine' is that having one enables you to repeat great feats at will! When you are of the opinion that you have one fine tuned, write it down! Be precise right down to how many seconds it takes! Time In Motion!

Think about how that affects the 'Golf Game'!

Keep your versions simple and reliable!

GOLF TIPS #96

'RPM OR TIMING'

**Think of 'The Bicycle Wheel & Tire Concept'.
The Valve Stem always point at precisely
the same point on the Hub'.**

'The Hole In The Butt Of Our Golf Grip' always points at 'The Hole In Our Belly' or at our 'Target Hip Socket'. This is absolutely basic. Master this cooperation!

This 'RPM' subject is really about another common 'Golf Term' we know as 'TIMING'. **They are about 'Parts or Components' being at the right place at the right time!** Not much more to it than that!

It is very much about 'Components & Procedures'.

A key issue that is 'RPM' related is that the 'Upper Body Machine' 'Components', the 'Hands, Wrists, Arms and The Golf Club', must be generally 'In Front Of the Lower Body Machine At All Times'. If you cannot accomplish that, you will forever struggle with being 'Off Plane' and producing the commensurate negative 'Ball Flights'. Your scores will be erratic and higher than you might like!

'RPM and TIMING' are about keeping the 'Target Hip and the Butt Of The Golf Club Grip' (the Heel Of The Target Hand or the Brace Index Finger) traveling at the same rate of change of position in the 'Swing Circle'. If you can do this your 'Geometry' will be much improved. The 'Physics Of Rotation' will then be able to accomplish 'Clubhead Speed and Control' which will be passed on to the 'Ball Flight'.

Keep thing Golf going 'Round & Round' and 'Up & Down' in their proper ratios, always!

I do not know if there are any 'Secrets In The Golf Swing' but this is close!

GOLF TIPS #97

'STAGING YOUR SWING' (see Stage 1, 2 and 3 Procedures)

This sounds a lot like a Shakespearean Performance' and it is. There is some comedy and some tragedy. How yours balances out is quite up to yourself and perhaps your teacher if you have one! I happen to think that the 'Golf Course' is truly a stage upon which great rounds and relationships unfold every day in all kinds of weather.

However, this 'Stage Business' has no curtain. It is about the '**Degree Of Hand Travel and Body Motion**' you employ to accomplish your 'Golf Swing'.

'Putting' requires very little overall 'Motion' as it is a very 'Short or Small Stroke' that moves the Ball relatively short distances, however precisely! This is a 'Stage One Procedure' that requires 'No Wrist Cock and No Pivot'.

As your 'Ball Travel Distance' increases so too must your 'Hand Travel Length' (Swing Radius and Length). In order to accomplish this, the 'Lower Body Machine' must get progressively more involved or active. So, 'Big Chips and Small Pitching Procedures' require more Motion. This means you extend your 'Range Of Motion' to induce 'Wrist Cock' but still 'No Pivot' or 'Lower Body Coil'.

Want to make the Ball go farther, Swing Bigger with more 'Hand Travel' which induces or activates the 'Lower Body Machine' (LBM). The 'Stage Three Procedure' has both 'Wrist Cock and Pivot or Coil'. The 'LBM' creates the 'Horizontal Motion' and 'Clubhead Speed' that make the 'Golf Ball' 'Go Away Far' and straight as well!

Don't make much more out of it than that for now.

GOLF TIPS #98

'THE #1 ALIGNMENT IN GOLF' 'CLUBFACE AIM AT THE MOMENT OF SEPARATION'

This is really a gut issue! I cannot tell you anything in 'Golf' that is more meaningful in the most simplistic manner as this. **'The #1 Alignment In The Game Of Golf Is Your Clubface AIM At The Moment Of Separation'**.

Why 'SEPARATION'?

A lot of very dedicated folks use the word 'IMPACT' but when your 'Clubface' comes into contact with the Ball, it is 'OPEN' and not "Squarely Aimed Down The Ball Flight or Target Line".

We all know that the only physical property that comes into contact with the 'Golf Ball' during the swig is the 'Clubface'. It must be correct or you will never graduate from 'Get Luck or Crap Shoot Golf School' and be condemned to mediocrity!

Remember that the back of your 'Target Hand' controls the 'Clubface' and the 'Brace Hand' takes out the 'Clubhead Lag'. This means that the 'LAGGING Brace Hand' (UBM) helps to get the 'Clubhead Caught Up To The LEADING Lower Body Machine'. The 'Hands', and primarily the 'Brace Hand', monitors the 'Velocity Of The Lever Assemblies'. You see our brain knows the 'Hands and Arms Get Behind' and some mechanism has to be responsible for proper 'RPM and TIMING'. The 'Hands' were first in line when the task was assigned!

'Know Where The Back Of Your Target Hand Is Pointing At All Times'.

GOLF TIPS #99

'THE MEDIAL HEAD of the BRACE KNEE'

'FEEL the Base of the PIVOT'

The 'Brace Knee' is a primary area of focus in the 'Golf Swing'. The '555 Team' is of the opinion that the 'Medial or Inner head of the Femur (inside knob of the knee) is the 'Base Of The Pivot'. In other words, when you Wind Up or Load Coil, you should 'Feel' that you torque at this point in the 'Brace Knee'. It is a more effective 'Feel Point' than is the 'Brace Foot' which experiences more 'Push' than 'Twist'. The 'Brace Side Of The Golfing Machine does the Lion's Share of the Work'.

You can understand the 'Tether Ball Pole' concept. When you have the ball flying around the top of the pole at speed the actual pole must be stable or the ball will come out of orbit and wobble violently. If you move the base of the pole the same effect will be observed.

The 'Base Of The Pivot' (Brace Knee) in Golf is the same. Once you get properly 'SET-Up' it is beneficial to not move the 'Brace Knee' either forward or back. It is wise to not change it 'Knee Flex' as that alters the 'Top Of The Pivot or Tether Ball Pole' as well. Thirdly, the proper 'Set-Up' includes a little 'In Press' of the 'Medial Head Of The Femur' towards the 'Target Leg'. This is a 'Loading Process' too. When you accomplish this move, the 'Weight Distribution Of Your Brace Foot' moves slightly to the instep or inside of that foot. Keep it there especially through your Back Swing and Front or Downswing. There are dynamic things that take place to move weight around that foot. Don't worry about it right now.

The 'Brace Knee' is a key 'Engine Component Of The Golfing Machine' and it is very important to the 'Lower Body Machine' (LBM). Learn about it and protect its functions.

GOLF TIPS #100

'THE BRACE SIDE IS THE POWER or PUSH SIDE'

The 'Brace Side Of The Golfing Machine' is everything on the side farthest from the 'Target or Flagstick' when making 'Golf Swings'. When performing other athletic endeavours, the 'Brace Side is the side opposite to the 'Direction Of Travel'.

The 'Brace Side' is the 'Power Side'.

When you strike a baseball you do not make the move and generate the bat velocity from the foot closest to the pitcher who is the pseudo target. If you were to attempt to do so, you would have to 'Pull' yourself towards the 'Target' with your front foot and leg or side. This is not how it happens!

The '555 Team' likens the 'Golfing Machine' to a 'Two Wheel Drive Pick-Up Truck'. The rear wheels drive (provide propulsion) and the front wheels steer. We say that you must 'Steer So You Can Clear'. The 'Target Leg' provides 'Balance' like a camera tripod. It also catches you when or after you 'Pivot' or drive thru the 'IMPACT & SEPARATION Zone where you strike the Ball. This is about the 'Lower Body Machine'. More later.

The same basic premise is true about the 'Upper Body Machine' or the 'Hands, Wrists, Arms and Shoulder Sockets'. The 'Brace Side' is the more active side of the Machine. The 'Target Side' has a very simple task and that is to 'Establish and Maintain Swing Radius'. The '555 Team' likens this Target Lever Assembly' to a 'Dead Rope' which performs best when not in a state of 'Tension'. It must stay long and relatively relaxed to do its optimal job. It does not provide 'Ram Force or Thrust' as does the 'Brace Lever Assembly'.

Keep these very basic truths in mind; the front part!

GOLF TIPS #101

'THE GOLFING MACHINE IS MOTION SIMPLICITY'

This term is really apt. What are we when making a solid 'Golf Strike' but a 'Human Machine', especially when we can make a 'Golf Ball' go away profound distances? This application of 'Force' is very 'Machine Like'.

We break the overall machine down into '**Bottom And Top Aspects**'. They are called the 'Lower Body and Upper Body Machines'. Additionally we divide the total machine into a '**Left and Right Vertical Half**'. We call these the '**Brace and Target Sides**' for practical reasons. The 'Brace Side Drives or provides the Power'. The 'Target Side' provides 'Balance or Stability and then Catches you after you have made your 'Powerful Turn or Rotation towards the Target'.

This system and nomenclature should be beneficial to your understanding of and communication about the 'Golf Swing'.

We then further break down the overall performance into 'Components & Procedures' which are the 'Parts' and what we do with them. Simple approach, wouldn't you think?

Lots more to come!

GOLF TIPS #102

'THE SWING ENGINE'

Is the 'Pivot Axis' combined with the
'Brace Lever Bend & Straighten Action'

This term is appropriate. An engine develops 'Power' and does 'Work'. Our 'Golfing Machine Bodies' are not much different save having living tissue controlled by a mind rather than a modern day computer.

The 'Golfing Machine Engine' is found in the 'Trunk or Abdominal Core' combined with the 'Brace Leg' which drives the 'Golfing Machine' horizontally through it simple 'Turn Brace (Load Coil) and Turn Target UnCoil or UnWind' task. **This 'Accumulates, Loads, Stores, Delivers and Releases' (ALSDR) the 'Energy or Clubhead Speed' (MIV) to the Ball which makes it 'Go Away'.**

There are literally hundreds or 'Components & Procedures' that the 'Body' can perform but we can keep it simple for now. If you want to become a physiologist, I am certain the doors will open so that your 'Brace Leg' might 'Drive You Through It'!

The engine is a 'Body Core or Lower Body Machine Matter' that creates all the 'Horizontal Motion or Round & Round'. The 'Upper Body Machine' (UBM) generates the 'Vertical Motion or Up & Down'. This is your key to success!

Don't make it much more complex than that!

GOLF TIPS #103

'TIMING, TEMPO, RHYTHM, CADENCE, PACE AND BALANCE MAKES MUSIC

These six words are very important to your Game. You will have heard them used often. They are just the building blocks of our language and the foundation of our communicating and learning. So best we understand them!

'**TIMING**' like our '555 Team' term 'RPM' deals with 'Components (parts) being in the right place at the right time during the 'Golf Swing's Orbital or Circular Trip'. For example, the 'Clubhead and Hands' had better be in a proportionate or cooperative position to the 'Engine Hips and Torso'. Too early or too late spells disappointment!

'**TEMPO and RHYTHM**' refer to balance in the 'Time Dimension'. The 'Golf Swing' is more balletic or more of a poetic interlude than a mechanical event.

'**CADENCE**' refers to the 'Beat Of The Music' that guides the 'Golf Swing'. The Back and Front Swings are not even or equal in 'Duration'. If you think of the 'Golf Swing As Having 16 time parts', there are about 10 in the Back Swing and about 6 in the Front Swing. That is because the 'Front Swing is Accelerating'!

'**PACE**' again deals with the 'Time Management' of the 'Total Swing'. If you are a little quicker than your partner, you may play at a faster 'Pace'.

'**BALANCE**' is critical in any physical endeavour. When we are just 'Walking About', 'Balance' enables us to make one step after another without succumbing to striking the earth with our noses and chins! Standing on one leg takes 'Balance'. When we simply walk, we spend about half our time on just one leg! Golf is no different as we walk about and make Swings that have varying amounts of 'Weight Distribution' at almost all times.

All these terms add up to 'Overall Balance'. 'Balance in Life' is a benefit!

GOLF TIPS #104

'TOOLS'

'Tools' comprise not only the implements in your 'Golf Bag' but all the 'Components' that make up your own 'Body or Golfing Machine'. Just because they are naturally heated and fueled by tissue and metabolism does not mean they are not 'Tools'. They are! All your physical parts are capable of and designed to perform tasks and do 'Work'. They generate 'Power' not all that unlike your automobile.

You must know a little about the 'Machine Functions' and 'Maintenance' so you get the optimal performance and life out of your 'Body Machine' just like with your car.

The 'Golfmyth Collection Of Books' covers the entire spectrum in some detail. If you desire more, there are more books available or you might consider attending a medical school!

Take care of all your equipment and it will take care of you!

GOLF TIPS #105

'WHY LESSONS?'

This question is 'WHY?' and not 'When?'

The answer is very simple indeed!

'The Stimulation to Take Golf Lessons' may be triggered by the amount of tolerance you have for suffering! If you have a 'Low Pain Threshold' you may start lessons earlier or quite earlier!

The '555 Team' is convinced that virtually everyone can learn the strike a 'Golf Ball' by trial and error, but the process is very slow, hit and miss and frustrating. Why reinvent the wheel and do the time when someone else has already done it for you?

A good 'Golf Lesson' cost the equivalent of about two rounds of golf. Why would anyone not be able to overcome embarrassment, apprehension or a little fear to find a teacher and get to know him or her? You will save years of certain 'Golf Pergatory' by doing so.

Makes sense to this 'Old Country Gentleman Golf Teacher'!

Procrastinating will not help!

Make the decision!

Take the step!

GOLF TIPS #106

'WIND PLAY'

Mother Nature Always Puts In Her Two Cents!

The fundamentals and purpose of learning how to play in the wind are simple! You must do so to be able to play effectively! Sooner or later you will have to master 'Wind Play' to score well.

Get know why wind is generated and how it moves about through the trees and across the open plains. Understand what wind does to a spherical body like a 'Golf Ball' both at rest and in motion. At slow velocity the effect of wind on the Ball is different than when it is traveling at higher speeds. 'Spin Rate' about both the 'Vertical and Horizontal Axes' is very important. The results are equally as different. Get a grip on this!

Key to 'Wind Play' may well be to stay out of it!

If you cannot avoid it, stay under it! Also '**Feed The Wind**'. Like throwing a volley ball into a fast moving river. Plan where you want to retrieve the ball. You can also control the amount of motion you desire by imparting beneficial 'Spin Rate' on the Ball. **You can draw or fade the Ball to compensate for 'Wind Drift'**.

As you get farther above the ground the velocity and direction changes and likely for the worse.

Knowledge and carefully 'Pre-Selected Components & Procedures' will help you master this 'Environmental Element' with relative ease.

Your 'Golfmyth Collection Of Books' will provide you all that you need to know about the 'Physics and Mechanics' or 'Ball Flight' that you require to become more comfortable in the elements.

Do not hesitate to invest the time and money to improve. The process is very rewarding but must be earned!

GOLF TIPS #107

TARGET LINE MAINTENANCE

MAKE THE BALL GO FROM A TO B!

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

The purpose of the 'Great Game of Golf' is to strike the Ball into the Hole in as few stroke as is 'Humanly Personally Possible'. Best to do it in one smooth flowing action. As long as you have a Club in your bag that goes the correct 'Distance' and you make it go the right 'Direction', the 'Hole In One' is quite possible every stroke! Confidence!

Now think 'Target Line Maintenance' which means we select the shortest distance between the two points, a '**Straight Line From The Ball To The Precise Target**' (quarter) and 'Visualize The Ball Flight'. Right! You say. Maybe you but not me to a quarter! Make a simple decision. Think You Can! Focus and 'Execute'! You will be amazed.

If we get a little lazy and just 'Shoot At The Green' which is 150 feet across, then our Target is effectively a 150 foot cup! That would make the game much easier! Hit 'Greens In Regulation' and the hole is completed! Wouldn't that make for low scores?

'Take Dead Aim' and your game will improve immediately! Play 'A to B Golf' and you will buy fewer drinks and meals at the 19th Hole!

When the '555 Golf Team' says 'A to B' it means all your "Upper Body Components", especially the 'Distal End Of The Levers' (Hands) tracking 'Down The Line' as well. **Think 'Three Ink Spots'!** Thrust Lines should be relatively parallel to the 'Body or Foot Line'. That is how 'Newton' makes it natural!

Play well!

GOLF TIPS #108

'SWINGING THE CLUBHEAD' Feel The Steel!

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

The reliability of '**Newton's Laws Of Motion**' should become a basic part of your game very soon. If it is not already, get at it!

That 'Pendulum', the weight at the end of the string, 'SWINGS' so regularly and predictably back and forth like with 'Big Ben', it is a 'Golf Model' for success. Don't 'HIT AT THE BALL' with your Golf Club, but '**SWING THROUGH THE BALL**'. Abbreviated and Full Swings really only vary in 'Swing Length'. From the 'Top Of Back Swing' (TOB) first allow the 'Clubhead and Lever Assemblies' to just drop 'Gravitationally' right towards the ground. Then, as the 'Brace Hand Comes Below The Brace Hip', into the 'Bottom Half Of The Swing Circle', apply more 'Brace Leg Drive' and 'Brace Lever Down Force' so that you 'PUSH and PINCH' the Ball from its perch.

Remember, the 'Four P's' are 'PUSH, PINCH, PULMONARY, PIN'. Always be '**Breathing Out Whenever Your Clubhead Is In Motion**'! Tension slows down 'Clubhead Speed' which produces 'Distance'. If you want to strike 'Golf Balls' efficiently, 'Relax' and accomplish your 'Power' 'FROM THE GROUND UP' and 'FROM THE INSIDE OUT'.

All the 'Horizontal Clubhead Motion Is Created By the PIVOTING Lower Body Machine'. The 'Upper Body Machine', comprised of the 'Lever Assemblies', creates all the 'Vertical Motion'. Remember and practise this! Don't leave home without it!

Play well!

GOLF TIPS #109

THE THREE INK SPOTS

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

This '**Three Ink Spots Drill**' is really simple and very useful. Here is how it goes.

Take your 'Ball Point Pen' and place an '**Ink Spot**' or '**X**' on the 'Back Of Your Target Hand' on the 'Carpel Bone' just above the first 'Index Finger Knuckle'. Place another on the 'Aft Heel Pad Of The Brace Palm' (close to your Wrist Bone). The third goes on the 'Outside Prominence of your Target Elbow'.

These 'Three Ink Spots' now provide you with a 'Guidance System' by which you can '**TRACK MOTION**'. This is especially useful in your 'Putting and Chipping Procedures' although the discipline will prove applicable in all 'Swing Procedures'.

You know that, when you have 'Set-Up Your Forearm Putting Triangle' the sides and angles never change shape during the 'Entire Back and Front Swings or Strokes'. These two 'Procedures' find 'Motive Force' in the 'Rocking Chair Shoulders Motion'. There are other ways, however, such as the 'Brace Hand Thrust Or Push' and more. Later!

Practise and Play well!

GOLF TIPS #110

HANDS CONTROL THE CLUBHEAD

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

Never forget the '555 Golf Academy Basics' of 'The Hands **CONTROL** The Golf Club'. The 'Arms (Levers) **SUPPORT** The Hands'. The 'Body **TRANSPORTS** the Arms'. All the 'Clubhead Horizontal Motion' is created by the 'Lower Body Machine' whose 'Absolute Motion Is Round And Round'. The 'Upper Body Machine' creates all the 'Vertical Motion' or the 'Up & Down'. The 'Legs PUSH' while the 'Arms PINCH'. If you do not know this, get a copy of the 'Golfmyth Collection Of Books' without further delay. This is a substantial literary work that encompasses about all you might need and want to know about the 'Golf Swing' and much more!

When you make your great smooth and flowing 'Swing THROUGH The Butt Of The Ball', all the way to the 'Target Pin', the 'Lower Body Machine LEADING' and the 'Upper Body Machine LAGGING', you will know that your 'Hands Control The Golf Club' and especially they 'Monitor The Lag and the Velocity'. If the 'Clubhead' gets too far behind or in front, it is the sensitive 'Hands' that discover and announce the fault.

Do not get me wrong! I am NOT saying you should create this deficiency of being out of 'RPM'. You should always be in 'TIMING and RPM BALANCE'. **The 'Hands' should always be out in front of the 'Chest and Hips' and never behind your 'Lateral Hip Line or Axis'**. When they are so, you are 'Under Plane' and will suffer from excessive 'LAG'. Tiger suffers from what the '555 Team' calls 'Trap Snap'. You may understand!

Always 'RELAX' and 'BREATHE OUT IF THE CLUBHEAD IS IN MOTION'!

If Your Hands Are In Motion, Your Captain Eyes Are NOT!

If Your Hands Are In Motion, You Must Be Breathing Out!

Practise and Play well!

GOLF TIPS #111

SEE THE BALL COME OFF THE CLUBFACE
'Ocular Acuity'

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

This is positively one of the most important things I can tell you in striking a 'Golf Ball'. It is a 'Secondary Absolute'.

My extensive airline pilot training and experience teaching this discipline and its skills, brought me to understand that the eyes are not only the 'Window To The Soul' but also the only reliable sense at times. In 'Flying' and 'Golf' the **'Eyes Are Definitely The Captain Of The Ship'!** Use them well!

The 'Eyes' gather 90% of the intelligence data that is required and processed to effectively fly an airplane and swing a 'Golf Club'. Use them to that degree! If you can see the 'Target' and the 'Object Ball' well, you will likely be able to strike it reliably.

We all know the term **'Eye-Hand Coordination'**. It is not 'Hand Eye'! If we are not looking at the Ball during the 'Swing, IMPACT and SEPARATION Event' we might as well be playing in the dark!

You must strive to **'See The Ball Come Off The Clubface'** with every single 'Swing Procedure' or your performance, regardless of length, will unquestionably be compromised and your scores will balloon!

Play well!

GOLF TIPS #112

THE 2 D's and THE 3 C's

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

The '**Absolute Reason We Play The Game Is Pure Personal Pleasure**'. Sometimes having fun might not only seem allusive, but downright impossible. This 'Great Game' can be punishing! Just one really solid shot per round keep us coming back for more. Bring healthy intellect and masochism into light right? Remember we can play as long as we can walk. Not a bad attribute I would think! Golf has 'Staying Power'!

We must learn how to create 'Distance' and control 'Direction'. If you strike the Ball far enough and on the right line, it will go in the hole!

If you had the choice of 'John Daly' long or 'Tom Kite' accurate, which would you take? A 200 yard strike down the middle beats a 300 yard version in the bush every time! Remember, to bring a 450 yard PAR 4 to its knees, all it takes is three well struck #8 Irons at 150 yards each! If the last one is a 'Bull's Eye' you will not have to 'Putt'. They call that a 'Birdie'! Five or six of these per round will likely put you in the money!

CONFIDENT - You must 'Trust Your Clubs' so you can 'Trust Your Swing'.

COMFORTABLE - You must 'Set-Up' and 'Execute' in a relaxed manner. The best #5 Iron you ever struck just went 'Click'!

CONSISTENT- This will 'Follow As The Night The Day' is you get the first two!

Play well!

GOLF TIPS #113

'NOWHERE TO GO'

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

'IF YOU HAVE NOWHERE TO GO, YOU WILL GO NOWHERE'!

We often talk about 'Precise Target' and 'Taking Dead Aim'. You must simply think that way every shot every round! The best variety of 'Golf' is what 'The 555 Team' calls 'A To B Golf'. That is 'Straight Line Golf'. It never fails!

'Aim At That Quarter'! It is a 'Precise Target'. Why a 'Quarter'? Because the ultimate 'Target or Resting Place For The Ball' we accomplish on very hole is the 'Bottom Of The Cup' where the 'Pin Hole' is located. This 'Pin Hole' is the size of a 'Quarter'! **Why not shoot at the 'Bull's Eye'?** Getting it close always makes the next shot easier! **'BILLIARDS GOLF'!** There is no greater cost for 'Taking Dead Aim' than just slashing away in the direction of the green while hoping you can land on it somehow! And the results are much better when you focus on a precise destination. Your scores will go down.

Are you delighted to just finally get on the green? Of course! But, if you have the 150 foot green as your 'Target', you are effectively giving yourself a 150 foot cup to shoot at! I would take that any day. If I were to be able to just hit that '**150 Foot Cup**' and call it 'Holed', watch out PGA leaders! There is no risk in 'Shooting At The Cup'. There are manifold rewards! If you strike the Ball at a '150 foot Island Green' and miss by a foot? **SPLASH!** If you are coming at the same 'Island Green' but have the 4.25" Cup or "Quarter' as your Target and miss that by a foot you are a '**Kick In Birdie**'!

Play well!

GOLF TIPS #114

BETTER CLUBS HIT BETTER SHOTS

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

There are two distinct aspects of this wonderful game we so enjoy to play and so often fear. They are '**The Person**' and the '**Equipment**'. For us to get the best out of the combination we must look after both. Any thing short of that will compromise our performance and enjoyment. Pity!

So as to be able to 'Trust Our Clubs' we need to locate a 'Proven Professional Club Builder' and work with him to discover our accurate needs. Thereafter, the clubs can be 'Bracketed' to consistency. Then we can proceed in the comfort of knowing the equipment is right. That is a good place to come from.

Owning and using good tools has it drawbacks. There is an 'Achilles Heel' so to speak. Where we used to be able to blame our 'Clubs' for bad shots, 'Custom Fitted Golf Clubs' will no longer afford us that opportunity!

What then? Find a 'Proven Professional Golf Teacher' and allow him or her to exercise long-term good judgment and knowledge in our interests. Learn the '**Physics and Mechanics**' so that you can gain the ability to come at Golf from a perspective of '**Geometry and FEEL**'. We must understand the '**Physics Of Rotation**' and the '**Geometry Of The Circle**'. In that way only shall we overcome the various obstacles presented to us by each course and the myriad of circumstances. It is in this manner that we shall become consistently successful at moving the Ball from A to B.

Play well!

GOLF TIPS #115

SET-UP

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

Devote 70% of the time in your overall '**ROUTINE**' to properly getting ready or 'Setting Up' and 30% to actually making the Swing or 'Executing'!

If you can understand and utilize those '**5 SETUPS**' you will be well served. A golfer with a sound 'Set-Up' and a mediocre 'Swing' will score pretty well. A golfer with an unorganized and capricious 'Set-Up' and a great 'Swing' will struggle at best! '**SET UP FOR SUCCESS**'!

You have a handle on the concept of 'STANCE' now but I want to tell you that it is one of the weakest parts of the 'Routine'. You need a 'SQUARE Brace Foot' and an 'Open Target Foot'! (40 to 50 degrees for the Driver) You must learn to '**STEER SO YOU CAN CLEAR**'! If you cannot 'Leg Drive' towards a 'Clearing Target Hip' you are going to run into a very 'Closed Target Gate'. How do you effectively get through a closed gate? 'Open It First' or crash!

You need to establish and 'Athletic Address Ready, Greco Roman Position' with gently 'Flexed Knees'. **The 'Flexed Brace Knee Is The Base Of The PIVOT'**. Once you 'Set It Up' the flex stays in and remains constant all the way through the 'IMPACT SEPARATION ZONE' all the way to 'Stand Up'.

Regarding your 'ALIGNMENT', just visualize a '**Railway Track**' running through the Ball. The outside rail runs from your 'Clubhead to the Ball'. The inside rail runs from your feet to 'Parallel High Energy Side Of The Ball'. If you do not understand this, '**CALL or E-MAIL US**'! Right away!

Play well!

GOLF TIPS #116

BULLET-PROOF EXERCISES AND DRILLS

After we discover a burning desire to 'Master This Game', we all need some discipline in order to improve. The 'Bullet-Proof Drills and Exercises' are key to this metamorphosis!

The 'B-P Exercises' enable our 'Bodies' to get more in shape or fit so they can handle what we are going to demand of them. The 'B-P Drills' are tailor made to sharpen our ability to better use our 'Tools' while meandering about the links chasing the 'Little White Ball' towards a 4.25" hole in the ground.

You will find a very useful selection of proven 'Exercises and Drills' in the 'Golfmyth Collection Of Books' which can lead you to 'Golf Success' as well as any other method short of one of our 'Certified master Teaching Professional'.

Some of these 'Exercises and Drills' will make more sense than others. Remember they have been designed and field tested and proven over many years. Why so many? Because there are so many wonderful varieties of golfers like you who we want to reach effectively. If one of these 'Exercises or Drills' does not strike accord, another will!

Do your 'Exercises and Drills' in a methodical manner perhaps every second day. If you have any questions about the sequence or application of any of these 'Learning Tools' feel free to simply call one of the '555 Team' or you can send us a personal 'E-Mail' and we shall respond to you immediately in a professional manner.

Remember, one of the very good benefits of being an 'Academy Member' is that you will have a 'Personal Teacher' to look after you and keep you company throughout this 'Golf Journey' that truly never ends!

Play well!

GOLF TIPS #117

SWING THOUGHTS

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

The '555 Team' constantly designs and shares '**Swing Thoughts That Produce and Reinforce Correct Swing Feels**'!

This done, we can learn to '**Repeat The Feel**' and thus become '**Reflex Golfers**'. That is the player who simply looks at the Target, draws a line to the Ball, takes a deep breath and 'Executes'. He has to know his 'Swing and Tool Performance'!

When you are in the process of 'Executing' a relatively complex 1.5 second 'Golf Swing' you will have no time to think about the 'Physics and Mechanics'. If you do, you will ham-strung or place yourself in a straight jacket both mentally and physically.

When you have truly earned the right to make good 'Golf Swings' you will do so more subconsciously than consciously. You will repeat a sequence of learned sensations that have proven reliable. You shall never have to think your way through the event.

Ernie Els has a great 'Swing Thought'. It is, "**LOW and SLOW PIN**". How pure and simple is that?

Remember, whatever you do to get the 'Golf Club' to perform, do not get caught in the 'Position Golf Trap'. Learn to make 'Alignment Golf' your method. **The 'Number One ALIGNMENT In The Game Of Golf' is 'CLUBFACE AIM AT SEPARATION'**.

Play well!

GOLF TIPS #118

DON'T FORCE YOUR SHOTS

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

This '555 Golf Academy Tip' is a core consideration. So many nice folks try to hit the ball so hard and really 'Force Their Shots'. This produces '**TENSION**', '**The Number One Killer Of A Good Golf Swing**'.

Are 'Tight Muscles' fast or slow? If you can answer this question, you are well on your way to the realization of core truths about the 'Golf Swing' that will put you in good stead for the rest of your career, even if is just '**Having Fun Chasing The Little White Ball With The Stick Through The Rolling Heather Covered Hills**'!

Tight muscles are Slow! A slower 'Clubhead Speed' produces less 'Distance' and tends to impart '**Component and Procedural Errors**' that induce '**Bad Spin Rates**' which suck! You know, curving leaky 'Ball Flight' with poor 'Ground Roll' when it happens! Ugly stuff!

"So now what do I do? I'm a tightie"! The first challenge is to 'Reduce Your Grip Pressure'. So where does it come from? Think '**Softer Gentler Hands**' that will magically tighten just when required through the 'IMPACT and SEPARATION Zone'. Hold onto the 'Golf Club Handle' with your 'Helper Fingers' (the little ones) and 'Release the Problematical Pincher Finger Pressure' (Thumb and Index Fingers). Stop squeezing the 'Life Out Of A Good Grip'! Relax your Hands and Lungs! '**Breathe Out When Your Clubhead Is In Motion**'.

I know it is very 'Clicheed' but '**Relax and Let Your Clubs and Legs Do The Work**'. '**Give Those Hands and The Upper Body Machine A Day Off**'!

Play well!

RPM

The Bicycle Wheel & Tire Concept

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

You have all heard about the 'Golf Terms', 'TIMING, TEMPO, RHYTHM, CADENCE, PACE and BALANCE'. 'TIMING IS RPM'.

OK! So what the heck does that mean?

The 'Components and Procedures' must be 'MATCHING' for the 'Parts To all Interact Properly or Cooperatively'. Like in the 'Internal Combustion Engine', you do not want 'Exhaust and Intake Valves' both going up at the same time'. You do not want #3 and #4 Pistons going down at the same time! That causes 'Parts Wrecks'.

The same is true in the 'Golf Physics and Mechanics'. You want good 'TIMING' so 'Part and Pieces Are Coordinating and Not Conflicting'. We know that the 'Lower Body Machine' creates all the 'Horizontal Motion' or all the 'Round & Round'. Well the 'Arms, Hands and Clubhead' must go 'R&R' in a relationship that is efficient and not in opposition to each other. We must have the 'Clubhead traveling at the same 'RPM' around then 'PIVOT HUB' as are the 'Hips And Abdominal Core' (LBM).

This means that the 'Controlling Hands' must be essentially 'Out In Front Of The Transporting Body' at all Times'. They must not get too far behind '(LAG') or ahead 'LEAD') of the Hips. 'LAG gets the Shaft and Clubhead Under or Below Plane' while 'LEAD' gets the Shaft and Clubhead Over or Above Plane'. Being 'Off Plane' induces problems like 'Hooking and Slicing' to mention just two. 'Casting' is a condition which involves being 'Over or Above Plane'. You have heard the term 'Over The Top'. Well that's it! Get it together so your 'RPM' is right!

Play well!

GOLF TIPS #120

WARM UP FIRST

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily. Start your golf session or day on the 'Putting Practice Surface'. Work Small To Large!

People often drive their cars as they prepare for athletics. Turn the key. Start the engine. Go! Until you have the engine up to operating temperature or at least warming up, it is foolish to go! You do more damage or create more engine wear in the first two or three cold miles than in the next 100 warm ones. Any athlete who has longevity and success in mind learns to 'Warm Up' or spends more time recuperating from soft tissue injury. Injuries defeat champions. Poor regimens are major challenges! Get your 'Routine' organized!

IF YOU DON'T HAVE A ROUTINE, MAKE ONE FAST!

You need to understand and learn how to 'Stretch & Strengthen'. This is the key that opens the 'Athletic Door To Success'! 'Range Of Motion' (ROM) comfortably and safely accomplished is the foundation.

The '555 Team' has investigated, designed and developed a very large '[Library Of Bullet-Proof Exercises](#)' that are available via the '555golf.com' 'WebSite'. They come under the titles of 'Fitness' as well as more specifically for each area of discipline in your games. Get at it! If you need help, '[ASK US!](#)'

Play well!

GOLF TIPS #121

FEEL THE STEEL (Clubhead Mass)

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

This little 'Warm Up Exercise' is as important as any you might ever come in contact with. It relates to the '555 Team's Saying' **'FEEL THE STEEL'**.

You must get a 'Swinging Motion' going before you can ever hope to execute good golf strikes. We know you can be a 'Hitter' but you must get your 'Motion' going regardless of the 'Components and Procedures'. 'Warm up and FEEL' are key!

You must get those 'Hands and Arms', 'Lever Assemblies' 'Extended' so your can **'Swing Deep Flat and Wide, Down The Line'**. You must learn how to "Swing The Clubhead' in its big 'Inclined Circle' (feeling 'One Dimensional') We come to know in our discussions of the **'Geometry Of The Circle'** as it pertains to 'Golf' along with the **'Physics Of Rotation'**. Terms such as 'Swing Radius, Swing Width, Swing Length and Bottom Of Swing Arc' are common and important. Get to understand them as soon as you can.

Be aware of the 'Clubhead PATH' and all its behaviours while traveling around the 'Inclined Circular Plane'. Learn the 'Remembered Feel' of these physical feats and realities. In this manner you can become a 'Reflex Golfer'. That is really cool stuff!

Just a reminder, **'Always See The Ball Come Off The Clubface'**. Those 'Captain Eyes' are never off the bridge!

Play well!

GOLF TIPS #122

TOUCH TOUCH TOUCH
Find The Bottom Of Swing Arc - BOSA
Brace Lever Extensor Action

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

This term is all about your '**Bottom Of Swing Arc**' (BOSA) which requires good relaxed and extended 'Lever Assemblies' during every 'Swinging Motion or Stroke'. When you 'Drop Your Levers' out in front of your 'Body' so that the 'Sole Of The Clubhead' touches the ground, you will know where your 'Ball Location' and that 'Bottom Of Swing Arc' really is, or very close. Can you see that this is all about the '**Geometry Of The Circle**' and the '**Physics Of Rotation**'?

'Touch Touch Touch' is more 'Address Ready' than '**IMPACT FIX**'. I find the latter key and important. Learn to establish your personal 'IMPACT FIX' with every 'Club'.

Just a hint! The longer the 'Shaft' the more 'Leg Drive' you require to 'Swing or Centrifugally Sling The Clubhead Around The Inclined Circle On Plane'. The longer the Shaft and the more the 'Leg Drive' the farther forward you may want to place your Ball.

'Touch Touch Touch' is about 'Relaxation, Lever Extension and Ball Location'.

**'Swing Smoothly Through The Butt Of The Ball'
and 'NOT AT IT'! Do not try to 'HIT THE BALL'!**

Get familiar soon!

Play well!

GOLF TIP #123

YOUR BALL SITTING UP IN THE ROUGH

When your Ball is 'Sitting Up In The Rough' there will be a tendency, especially with a 'Fairway Wood' or Shallow-Faced Trouble Wood' to 'Chilli Dip The Ball' which means your Clubhead simply passes under the Ball with very poor results.

To prevent this doom, make sure your '**Ball Location**' is on the 'Inside Target Foot to the Target Shoew Laces' so that you strike it with an ascending PATH.

How do I like to look at this situation so that it is properly 'Set-Up'?

Pretend that your Ball is 'Teed-Up High' and make the strike with this 'Feeling' and 'Execution'.

Also make sure your 'SET-UP CHIN Tallish' does not drop during the Front Swing or you will be 'Doubly Dead'! The 'Top Of Your Pivot' must NOT move either 'Up & Down' or 'Forward And Back'. Both these 'Posture Errors' will induce 'IMPACT Errors'.

'Set this 'Procedure' up properly and you will be pleasantly surprised.

Best Of luck!

SPECIAL ANNOUNCEMENT AND INVITATION

As you already know, we have had a very current, helpful and informative global, resource website and very popular companion award-winning, twice-weekly '555 Golf Newsletter' for over 25 years!

Unique Resources! There are over 1200 'Proven Professional Pages' on board our website just for YOU!

5

Your '555 Team' is passionate about YOU and your entire golf game, end to end. We prove that fact every day by our exemplary service and dedication.

The '555 Golf System' is a powerful tool you can use for prompt and lasting improvement.

Our '24/7 Live Support' separates us from our competitors. We intend to keep that separation growing with another 60 fresh 'Instructional Videos' coming out of the oven progressively over the coming times.

We have clients who have been with us for over thirty years and golfers who travel long distances to share time with us. We are both grateful for and proud of you ... our '555 Round Table Family'!

Take a moment to pay us a visit. You will like what you discover!

www.555golf.com

or

[https://.www.555golf.com](https://www.555golf.com)

You can easily, quickly and affordably join our unique 'Locker Room Premium Membership' and subscribe to our '555 Golf Newsletter' from the 'JOIN-NOW!' tab at the top of the 'Home Page'.

Look forward to seeing you very soon and often!

A LITTLE RELIEF

- 1) Remember, 'When all is said and done, more may be said than done'!
- 2) "If the phone doesn't ring, it's me!" Jimmy Buffet
- 3) 'STRESSED' spelled backwards is 'DESSERTS'!
- 4) 'Do you want to know the best way to stop a runaway stallion?
Bet on him!'
- 5) 'To Avoid The Booze' at a party while not being seen as a 'Party-Pooper', drink ice tea instead of whiskey. 'The morning after the night before', you can create the effects of a hangover by drinking warm water with a thimble full of disk soap and soon thereafter you may bang on the bathroom wall repeatedly if desired!
- 6) There is nothing to match curling up with a good book or 'Couch Potatoe-ing' in front of 'the Golf Channel' for hours, light beer in hand, when there are 'Swing Drills' to be done!
- 7) "I love 'Boxing'. Where else do two grown men pace around in satin underwear, fighting over a belt? ...The one who wins gets a purse and he gets it wearing gloves! ...It's the accessories I love!"

John McGovern
- 8) **I.B.M.** in an order specification to a major Japanese subcontractor wrote, "We will only accept 3 defective parts per 10,000 pieces."

When the delivery arrived, it had a note with the 'Bill Of Lading'. "American business practises hard to understand but we perfected separate manufacture of defective parts. Please find enclosed in consignment. Hope this pleases you!"

- 9) She said, "What do you mean by coming home half drunk?"
He said, "I ran out of money!"
- 10) He said, "Shall we try a different position tonight?"
She said, "That's a great idea. You stand by the ironing board and use that hot device while I sit in front of the TV on the sofa, drink beer and belch!"
- 11) Priest said, "I do not think you will ever find another man like your late husband."
She said, "Who's gonna look?"
- 12) He said, "What have you been doing with all the grocery money I have been giving you?"
She said, "Turn sideways and look in the mirror!"
- 13) He said, "let's go out tonight and have some fun?"
She said, "OK but if you get home before I do, don't forget to leave the porch light on."
- 14) 'Your Tax Dollars': When NASA first started sending astronauts into space, they quickly discovered that ball point pens would not work in zero gravity.

To combat this problem, NASA scientists spent a decade and \$12 billion dollars working on 'Fluids In Space' so they might develop a pen that worked right side up, upside down, under water almost anywhere including on glass surfaces and at temperatures ranging from near absolute zero to well above 300 degrees Celsius.

The Russians used a pencil!

15) Men are like fine wine. They start out as grapes and it's up to women to stomp the juice out of them until they turn into something acceptable to have dinner with.

16) Love is grand! Divorce is several hundred grand!

17) Politicians and diapers have one thing in common ... **They should be changed regularly** ... and for the same reasons!

18) It used to be only death and taxes were inevitable. Now, of course, there's **'Shipping & Handling'**!

19) A blonde said she was worried that her mechanic might rip her off. She was relieved when he explained all that was needed was for her **'Turn Signal Fluid To Be Changed'**

20) I was so depressed ... My doctor refused to write me a prescription for 'Viagra'. He said it would be like putting a new flag pole on a condemned building!

21) 'Tricky Bill Clinton' was in a supermarket picking up some items for his expensive taxpayer provided new office and residence in New York when a stock boy accidentally bumped into him. "Pardon Me, Sir" the stock boy said to the displaced Clinton. "Sure", Clinton replies, **"But it will cost you!"**

22) The illustrious social guiding lights Jesse Jackson, Jim Baker and Jimmy Swaggert have collaborated to write a new impressive book. It is titled, **"Ministers Do More Than Lay People!"**

23) Definition of a teenager? "God's punishment for enjoying a sexual relationship".

RULE #43:

The **'BRACE HANDED'** Rule

while

**SWINGING THE CLUBHEAD WITH YOUR LEFT OR TARGET HAND,
FEELING LIKE IT IS PIVOTING OR HANGING FROM YOUR ARMPIT,
or 'Target Shoulder Socket'**

Elbows (triangle) relatively close together

HIT THE BALL WITH A WHIPPING 'DOFT' ACTION OF THE
BRACE HAND KEEPING THE BRACE ELBOW RELATIVELY CLOSE
TO YOUR BRACE SIDE AND FEELING CONSIDERABLE 'Pushing'
OF YOUR BELTBUCKLE TOWARD THE TARGET BY YOUR
BRACE FOOT, the rear wheels of your driveline.

FEEL LIKE YOUR BRACE FOOT IS 'Connected' THROUGH
YOUR BODY, VIA YOUR ARMS AND HANDS, THE GRIP AND SHAFT
DIRECTLY TO YOUR CLUBHEAD THROUGH IMPACT,
YOUR RIGHT FOOT 'Pushing or Powering' YOUR CLUBHEAD.
(through your Body Machine)

The false idea that Golf is a 'Left-Handed or Target-Sided Game' for right-handed players grew out of failure to properly diagnose the 'ACTION or MOTION' correctly. The error of blaming the powerful Brace or Hitting right Hand for overpowering the left comes from not recognizing that the Target or Swinging left Hand is too weak to do so on its own. No right-handed player has ever naturally hit a Golf Ball with the left hand. Weakness is usually stemmed from 'Leakage' or 'Poor PIVOT' or 'ROTATION' off the Brace Side; **'GROUND UP'**.

GOLF IS A 'BRACE SIDED' EXERCISE. (like base ball, tennis, etc.)

Work diligently daily to strengthen your Swinging Arm side of the Lever Assembly in order to take advantage of your **'#4 Pressure Point'** which is where the Target Pectoralis Muscle group applied Force to the inside Target Bicep). Target Lever maintains 'Swing Radius' and the Target Hand controls the Clubface.

It's imperative we understand and effect this!

**'SWING With Your Target Side'
and
'HIT or Create the PIVOT or Round & Round FORCE
and
DOWN-FORCE ENERGY with your Brace Side'**

You remember, that we 'Swing the Clubhead 'Down the Line' by
getting our 'Hands and Arms Behind the Clubhead';
that we 'Get Our Weight Behind The Levers;
and that we 'Get Our POWER Behind Our Weight'!

(Brace Lever Down Force or Extensor Action
produces the 'PINCH Compression (UBM, VERTICAL MOTION)'
while
Brace Leg Drive or 'PIVOT' Creates The GO!)
(LBM, HORIZONTAL MOTION)

Q4)

"Golf and Sex are about the only things
most people can enjoy without being good at either."

Jimmy Demaret

Perhaps when one lacks proficiency in a task, keeping score might
be avoided for some time. Grading oneself may be counterproductive.
(That is unless you fudge the numbers!)
God forbid, who would ever do that?
No one you know, Right?

Q5)

"Restraint is the golden rule of enjoyment."

L.E. Landon

Sometimes less is more?
Don't believe it!
Try eating 12 pieces of cherry pie a la mode!
Would you request a thirteenth?
More Is more!

Oh how the beautiful rose can lose its bloom!
Tend to your garden with diligence.
Savour every moment

Q6)

"Only mediocrity of enjoyment is allowed to man."

Blair

(Pleasure is never pure or overly long-term!)
How perilously unfortunate!

Q7)

Golf may be perceived as a game of 'Perfection' but,
if so, this 'Perfection is always Just Out Of Reach'.

Enjoy and learn from it's elusiveness.
Become comfortable with reliable reasonable results.
Set realistic expectations.

C5]

EDITORIALS

Over the years, the '**555 GOLF ACADEMY**' has contributed to magazines and newspapers by producing 'Editorials' on the 'Great Game of GOLF' and our operations. Some of this material may be of interest to you so I have included a few of them in this book.

You may want to visit our Web Site at

www.555golf.com

... for more fresh items you can enjoy a little bit at a time.
I hope you enjoy and find this of interest.

Golf is a '**CUMULATIVE LEARNING PROCESS**', one trip at a time, and everything good helps or adds to the creation or development of the very 'Elusive Golf Whole'. Oh, how many trips there are along the way in this grand Journey! Countless and who wants to keep track! Just enjoy the ride!

Q8)

MY PLACE:

"Par is whatever I say it is. I've got one hole that's a Par 23 and yesterday I damn-near birdied the sucker!"

Willie Nelson

(He has his own personal course at home)

1)

'DOING IT IN THE DARK!'

... alone generally as GOLF is a solitary task!
... but 'Together' may be more fun.

Think 'Swinging the Clubhead' from your 'Armpits and Chest' at the end of 'LONGISH ARMS under a TALLISH CHIN' always. Swing the Clubhead back and forth in a 'Pendulum Motion' through the 'Bottom of Swing Arc' without any forced muscle action. Let your 'Live but Quiet Hands' work naturally as they will.

You must work towards playing with more of that great 'FEEL' and consistent touch from the 'Ball to the Pin' ('Two Point Golf'). Swing the clubhead from your armpits and not from the elbows. Don't get any hitting feel into your hands until your swing is well below your armpits in the vicinity of your butt. Any hitting action must occur late in the down swing and certainly NOT from the top. Delay the hit, the muscle, the grunt, the heat! 'PUSH Early and HIT Late!' Your pull and slice tendency will immediately improve.

HERE'S THE EXERCISE:

Take your #9 Iron, #3 Iron and I (driver) into the backyard in the cover of night and swing them back and forth in 3/4 swings about ten times before resting. Do this five times with each of the above clubs. (NO LIGHTS other than a good moon) You need just adequate light to see a white 'Tap X' on the fence or a tree about ten feet away. We want this to be a 'Balance and Feel Generating' exercise.

Do the 'Swinging Motion' '**TICK TOCK**' exercise described in the February 26, 1996 B.C. Report 'WestJet' issue. With the eyes essentially out-of-play, barely operative, only your sense of feel prevails. Feel the 'Swinging Motion', like it, love it and keep '**Doing It In The Dark**' until you are comfortable and become programmed to doing it under the sun, in the light of day in full view of hundreds at the first tee !

You always want to 'Swing The Clubhead' 'THROUGH the Ball' and FOLLOW - FINISH all the way to the Pin. Don't swing 'AT the Ball'! You will generate too much Tension. Swinging properly, 'Uninterrupted Centrifugally', prevents Hooks and Slices and it's that simple. If you have questions about this powerful assertion, call one of our Pros or better one of our clients who has already called!

Remember, whenever you lose that smooth magical 'Swinging Feel', your Rhythm and Balance, and 'Feel' that the last bad shot was the result of your 'Swing Having Broken Down', take the next club between the thumb and index finger and 'SWING IT' gently with balance across the side of your body (in the direction your feet are pointing) or, while walking to your next shot, in the direction you are walking.

Also, when you are making these 'TICK TOCKS', say your 'Trigger Words' which are '**ONE & THRU**'. These three little words will help you develop better 'TIMING, TEMPO, RHYTHM, CADENCE, PACE and BALANCE'. Not bad for just three words and eight letters!

This reminds your 'SUBCONSCIOUS' that 'GOLF' is the task of a smooth 'Swinging Motion' and not a big outrageous 'HIT'. When you have 'SWING AT-itis', you are in trouble. You want 'THROUGH-itis'. Striking a great 'Golf Ball' is simply getting the 'Ball' in the way of a good Swing as a result of sound 'Set-UP Procedures or Routine'.

If you are struggling over the last few holes, it is likely that your swing has broken down. If so, **FIND THAT SWINGING FEEL AGAIN FAST!** This is one of the few basic tasks you can work on during a game when you think you have lost it and gone temporarily into purgatory. Remember the '555 GOLF' 3 F's **FIND FEEL FAST**.

Play well!

Q9)

In football ... some coaches have stated,

'When you throw passes, three things can happen
and two of them are bad.'

In Golf there is no limit !

2)

'FEET TOGETHER HIP-HIP'
('Balance In Life')

Due to space constraints, we blocked our editorial shot a little right, and missed getting our three 'Bullet-Proof Drills' or exercises to you in the previous issues of this very responsible and informatively entertaining weekly magazine. Here's another.

This is our '**555 GOLF ACADEMY**' '**HIP-HIP**' exercise which is a balance and swing generator which naturally creates a 'Motion' that works comfortably and effectively under pressure.

Remember your feet are the foundation of your golf game. (We know that the 'Mind Aspect' is all too often a shaky gang plank) Pay particular attention to the placement and balance coming out of your feet. Herein lies your 'STANCE and ALIFNMENT Components' of the overall 'Swing Evolution'.

Accomplish the '**5 SET-UPS**' before you begin. These are 'Static or Passive' tasks. 'SET-UP' with a relatively '**Narrow-Footed STANCE**' (heels 3 to 6 inches apart and 'Braced Up') and 'Swing the Clubhead through the Ball along the Target-Line to the Pin' not taking your backswing past waist or arm-pit high. Finish no higher or slightly higher than you started the downswing. This swing limit is really no great task in that the natural swing, 'Brace Side - Target Side' is dynamically a 'Mirror Image' and you can test this by making some smooth practise swings.

Now ensure the '**5 EXECUTIONS**' which are the 'Dynamic or Active Execution' tasks are working satisfactorily.

The '**HIP HIP**' exercise is very compact and will help you both feel and define the 'IMPACT and SEPARATION Zone'. You will become aware of maximum acceleration and 'POWER DELIVERY' in your pendulum. It's naturally in the bottom of 'Swing-Arc' or at the end of what we call 'Swing Segment #2F'.

Do a dozen of these low-power, short-distance but very accurate, target specific shots. Then set your 'STANCE' back to normal width and continue to practise. 'Swing the Clubhead Down the Target or Body Line' and 'Swing In Balance'. You will feel more stable and the swing will be smoother. This exercise actually 'Calibrates Your Balance' by sending good signals to your brain recognizing that the 'Swing Is Balanced'.

OPTION:

'Brace Foot Toe' lightly touching the ground beside the Target Foot Heel' making the same 'Hip-Hip' shots to a specific quarter-sized target. (the PIN) You can also vary this 'Bullet-Proof Drill' by alternating the 'Toed Foot'. This exercise variation 'Isolates your Toed Foot' in each case and thus focuses on different balance physiology. The 'Toed Foot' is what we at the '555 Academy' call 'Zeroed Out'. Try doing both. We call this 'Isolating The Parts' and it is very important in understanding how your body actually puts together one simple smooth golf swing at a time with the variety of parts each doing its correct job at the right time.

We call this 'MATCHING Components and Procedures'.

Q10)

A Practical 1999 Outlook on GOLF:

"I'm relatively pleased with shooting in the 90's.
I will happily do that for another year or so.....
then it will be in the 2000's.
I scored in the 80's as well!

Q11)

"If you watch a game, It's fun.
If you play it, it's recreation.
If you work at it, it's GOLF."

Bob Hope

3)

'DOING THE FOUR BALL'

This is not a new version of some 'Texas Two-Step' dreamed up by a calf-ropin' cowboy during branding and steering chores. Neither is it some physical gyration dreamed up by a 'Line Dance Instructor' at a fully taxpayer-funded 'Pro-D Day' event!

This is another 'Bullet Proof' '**555 GOLF ACADEMY**' swing exercise. If you don't do it correctly, 'Swinging In Balance', you will not be able to perform this simple exercise.

When you get it right, the built-in practise benefits become part of your 'FEEL' and will repeat with absolute ease. Remember to always 'Swing the Clubhead Through the Ball along the Target or Body Line all the way to and through the Pin'.

'FEEL The STEEL' and do not interfere with the natural 'Swinging Motion of the Clubhead'. Newton's Law of Motion is a safe basis for a good, repeating, reliable Golf Swing. This is where we are coming from with our time-tested and proven '555 Golf Academy' programme.

This exercise is called the 'FOUR BALL' programme for a very good reason; it uses 4 balls! We told you this '555 Golf Curriculum' is simple and it is. So here is the 'Drill':

Always feel the '**3 C's**' **Confident Comfortable Consistent**

Place four nice white round golf balls (3 is O.K.) in a straight line with your sternum / centre of chest extending perpendicular to the 'Target Line'. The 'Target Line' is the line between the ball and the centre of the hole or the pin.

Now, with a '**TICK TOCK**' back and forth pendulum, 'Swinging Motion', hit the closest ball first and next, without stopping or even pausing so that you don't break your rhythm, hit the next ball. You will naturally step the left (Target or Pivot Foot) forward a little just as you are starting your 'Front Swing' so that you do not have to reach to the new ball, getting you out of balance and out of comfort. If it is 3 inches farther away than the previous ball, move your left foot forward 3 inches. You will get comfortable and co-ordinated in this exercise very quickly. Remember the 'Target Foot and Shoulder' provide the 'Swing Point' for the 'Target Lever Assembly' which includes the 'Golf Club'.

The 'FOUR BALL' exercise will not work unless done correctly. The numerous benefits will be yours to feel and use on the course; in the heat of battle where easier, simpler and natural is cool. Trust your developing great swing.

Remember to say your 'Trigger Word Sequence' all the while you are actually making your 'Strike The Ball Swings'. You know it! '**ONE & THRU**'. These three little words are magic! They take care of 'TIMING, TEMPO, RHYTHM, CADENCE, PACE and BALANCE'. That's all! Oh! And they keep your mind off those common bad thoughts too!

Any questions? Give an '555 Golf Academy' professional a call toll-free if you are not local. It will be good to hear from you. You can also send us an 'E-Mail' via the 'Contact Us' tab on the '555golf.com' 'WebSite' 24/7.

Q11)

"A good solid 3/4 swing is always better than a loose and disjointed 'Full Swing'"

Karl Fischer

"Never squeeze 30 swings into a 25 shot jar, especially when you might be feeling just a twinge of frustration. Seldom improves quality!"

'Periodic Downs' are essential
to an 'Up Mentally'

Q12)

"In golf, when we hit a foul ball,
we got to go out and play it."

Sam Snead

(said to baseball legend Ted Williams)

4)

'NO FLASHLIGHT NEEDED'

Why don't we play golf at night? Because we cannot see the ball! We must you know! And always have a clearly defined small 'Target' no bigger than the cup (4.25") or better yet the pin (1"). The '555 GOLF TEAM' call it the 'Quarter'. That is about one inch!

'IF YOU HAVE NOWHERE TO GO, YOU GO NOWHERE'.

If we did not have to see the ball, we could spoil ourselves more often; night and day! Imagine doing two years of links in one ... more time at the office, chores efficiently accomplished, less divorces, ...and all coming from that little white ball and stick !

"Leave my violin! Take my wife!" Was that actually Henny Youngman or was he really referring to his golf clubs?

Finding Golf occasionally a little frustrating? A few simple, easily adopted basics can help immediately.

Always **'SEE THE BALL COME OFF THE CLUBFACE'** ... every Clubface! 'Putter to that Driver'! Not once in a while, all the time, every shot. Woods, Irons and your Putter. This simple function is fully 1/3 of the shot. Seeing the ball very well is the reliable contributing solution to an overfull 'Bag Of Golf Demons'. We know them....all too well ! The 'EYES are the CAPTAIN of the Ship'. The 'HANDS are the NAVIGATORS'. The 'GOLF CLUB is the SHIP'.

If you can 'See It' you can touch it. If you can 'See It', you can hit It !

'IMPACT', getting the clubhead firmly and precisely on the ball with 'Clubhead Speed' is essential. We all know this. Proper IMPACT produces Distance and contributes to Direction. Without solid IMPACT we can kiss the proverbial goodbye! See the Ball better!

Go ahead! Right now... get a Golf Ball. Good! Tee it up. Look at it for a moment... 'intently' ...thinking about striking it, one shot into the cup at 180 yds with your #5 iron, no wind, greens are holding.

"WHERE ARE YOU LOOKING AT THE BALL?" Where does every club in your bag (Woods, Irons, Putter) strike the ball? Of course! So if you want to 'Kick Its Butt, Look At Its Pants' and not the top of the ball where you always put the writing. 'Look At The Bottom Inside Cheek!' Right?

'Don't Hibernate All Winter. That Would Be Nuts!'

Keep a putter in every corner and practise for a couple minutes at every opportunity. Solid IMPACT down the Target Line. 'SEE IT' and think 'PIN'. 'Trust your swing'. Look out cup!

Remember those 'Five Essential Elements'! If you have forgotten or do not know them, refer to your 'Friendly Tour Guide INDEX' in the 'Golfmyth Collection Of Books'. It is all there!

Have 'FUN' first and foremost. Golf, although being a passion, is still just a game. Even strive to enjoy your 'Practice Sessions'.

Best wishes.

Questions? Contact your '555 TEAM' at any time.

You have the methods and might I recommed using our 'E-Mail Address which is www.555golf.com

At your Service 24/7!

Did you know that we have 'Live Support, 24/7' for 'Premium Members'. When is the last time you had your very own 'Personal Certified Golf Coach'?

5) **'GOLFERS DO NOT HIBERNATE ... THAT WOULD BE NUTS!'**

The 'Labour Day Long Weekend' has come to a skreetching halt. Football season is officially underway! The 'World Series' is getting closer and baseball is getting more exciting. Little league and Pop Warner Football looms in the distance. Summer is over!

Your favourite clubs are now stuck in that dark cold corner of the garage?abandoned rather early in this off season?getting rust on your developing great touch?that steadily lowering score going to pot, again, annually? (if it isn't getting lower we can help you get it down permanently!)

The end of holidays and the kids being back in school could spell more freedom and time to hit the 'Little White Ball'. There is lots of great golfing and perfect fall and winter weather left with less course traffic ...if we are fortunate possibly three months. Relaxation is quite as important to our overall well-being as putting in a full day at work you know! Don't let any or many opportunities pass. All our days are numbered!

At no time in a golf year are you in better position to benefit from a quality 'Golf Lesson' than when you are at the 'Peak Of Your Game' which may be now. A good teaching professional is no magician. We know that slight changes at the right time make great sense and create lasting benefits. 'TIMING IS EVERYTHING!' Simple basics or 'Proven Swing Fundamentals', '**NEVER GO OUT OF STYLE**'. However they might occasionally get a little out of sync or slightly out of balance.

'PERFORMANCE EXCELLENCE'

The '**555 GOLF ACADEMY**'s Curriculum' holds tightly to proven basics taught simply and sensitively by genuine teachers who follow airline industry flight training disciplineswritten summaries or debriefing so that your 'pure' long-term memory isn't on the line! We use a simple 'Trigger Word Sequences' to stabilize your TIMING, TEMPO, RHYTHM, CADENCE, PACE and BALANCE'. They help you remember 'Key Elements' as well. Just ask our many customers.

'SATISFACTION GUARANTEED'

SOME
BASICS: Posture
 Grip
 Stance
 Ball Location
 Alignment
 Power Delivery Mechanics
 Target Line Maintenance
 Course Management
 SCORE !

THE 3 C's
CONFIDENT
COMFORTABLE
CONSISTENT

COME SEE US SOON!
(by appointment generally)

You will very much enjoy our new 'Spring Mountain Sports Medicine Facility' which specializes in 'Being Better Fit To Play The Great Game of Golf'!

'Elite Sports Performance' with our 'Evolved Pilates System' of sports training equipment distances our team from the competitors. Our 'TEAM' specialize in all the major sports disciplines.

For those dedicated enough to put in the effort, 'Come see us soon'. The benefits are 'Life-Long'.

For more information 'E-Mail' us at www.555golf.com 24/7

Look forward to seeing you.

Q13)

"Golf is not a funeral,
though both can be very sad affairs."

the author forgot to sign in

6)

'FALL LESSONS'

**When most Golfers think the sticks are put away
and the season is over for another half year.**

**This article is not for every
G O L F E R**

Is your GAME STUCK
at a scoring level 'slightly' below expectation ?

**ARE YOU DOING BETTER but not as quickly as hoped ?
..... a little frustrated?**

"Sure BUT"

YOU ARE AT THE TOP OF YOUR GAME ... right now!

... RIGHT?

... and the season is soon to be winding down, blanketed in cooler air, less sun, more clouds, more rain, no fresh flowers, slow growing grass that won't fill in those divots left by the occasional player who forgets to replace them, ball marks on pristine greens (which were to be repaired but were not) seem to just get mushy and more in the way, the absence of migratory song birds, short days that make getting out of the office almost obvious, less than perfect course conditions, empty golf course parking lots (why not two months ago on long weekends?); no tee times required, the balls are holding on all greens, stronger breezes that test our play in the wind; those 'Oh so close' wedge shots just on the fringe now hide permanently under nuisance clutter of composing Autumn leaves. (really quite unfair) It was a great approach shot. Who said Golf, like life, is always fair?

... and we think of really winding it down, forcing our testy clubs to whimper in the unheated corner of the garage, to whisper pleas from a musty car trunk? Is it fair that they should suffer the 'Off-Season Blues' with their 'MASTER' who has willingly hung it up?

**Well when is our game at its best, in its tournament form?
Likely at the close of the season!**

TO THAT HIGHER LEVEL?

If I wanted to take my best to a higher level ... WHEN?

Our best opportunity to advance is when we are as close to the front as possible; NOW!

Traditionally we invest in our great game of golf. We take the annual 'SPRING TUNE UP', that early kick-start which give us the advantage over our playing partners who do not. Right?

Winterizing our now best tuned game makes more sense, making it slightly better before laying off for that short period called off-season may very well be a better direction; one not thought of prior.

Always invest wisely in your game. Ensure the 'Golf Professional' you select is proven. Check his reputation and actually speak with his clients. Make sure he or she is a 'Teacher' and not simply a ball striker. You can watch the world-class ball strikers on weekend television, without risk ... FREE!

Q14)

"According to locker room lore, the name GOLF arose by default all other four-letter words had already been spoken for."

George Peper, writer

7)

'SEASON WINDING DOWN'

The mornings are cooler. There's no longer roll on the fairways and the greens are developing that soft, 'go-nowhere' feeling. The Canadian Honkers have moved off the apron back to the water and practise flights for the trip south. Perhaps you can hitch a ride Phoenix about the second week of November? ... with a swing that is still crisp? Right?

Thoughts have again crossed your mind of soon parking the clubs for the off-season, maybe. Just when your game was peaking after working so hard all those summer rounds and practice sessions. You have earned the right to be at the 'Top Of Your Game'. It is about to go away. Pity!

For one thing your clubs won't like it, stuck in the garage corner; untouched by the hands they've come to love. They get sulky. Cranky. Uncooperative. Start mutating a mind of their own. The driver begins plotting duck hooks and big slices just like the old days. The wedge, usually your friend, starts taking strange trips; short, off-line into the rough. Striking a little terror into our hearts, there is no telling what attitude those long irons might develop if left to themselves. Mutiny!

Be nice to your clubs. Keep them happy. Bring them, with your Swing, along to '555 GOLF ACADEMY' for a tune-up at our friendly teaching centre. One of our sensitive 'TEAM' will help you keep everything humming right through to the next tee time. Now is the best time to do it. We care about our customers and our 'GOLF ACADEMY' lesson curriculum is 'Satisfaction Guaranteed'.

Your clubs will love you for it.

For beginners and those less than proficient, not quite consistent, we have a special place in our hearts for you. We've all been where you are and we know how to get you unstuck and bringing your score down, having more FUN. We can reduce that frustration. This is the perfect time to start getting a better grip on this 'Great Game of Golf'. One of our teachers will clarify the basics and help you develop a Swing that you can take anywhere. Hit the ball longer and straighter. Hit it more accurately 'TARGET GOLF'. 'Better Contact', 'More Sweetspot', 'Stronger IMPACT' GUARANTEED! This asset is not out of your reach. 'Mastering The Basics' is here.

Should you wish, we'll match you with a set of 'Custom-Fitted Tools' that you will never again want to leave in that dark corner of the garage.

COME SEE US SOON.

'WebSite URL' (24/7) www.555golf.com

'E-Mail Address' (24/7) AskUs@555golf.com

Look forward to hearing from you.

We are here because you are here!

Customer Driven!

No question is too small.

JUST DO IT!

The '555 Golf Academy'

'NOBODY DOES IT BETTER'

8)

'WHY AM I NOT A 'GOLFING MACHINE'?

This is a very good question! It deserves a good answer too!

QUESTION:

"Why can I not play my best round every day and thus get better forever?"

ANSWER:

Because you are 'Human' and have inherited all the frailties and weakness and all the 'Wonders Being Human'!

If you were to understand what the '555 GOLF TEAM' knows to be true about the 'Golf Swing' you could get very much closer to being more 'Machine Like'! Wouldn't that be nice? But how would that work?

When you understand that there is a 'Lower Body Machine' (LBM) that must be cooperative or 'MATCHING' with the 'Upper Body Machine' (UBM), you are on your way to permanent improvement. With this knowledge comes understanding 'Components and Procedures'.

When you understand what takes place in the 'Bottom Half Of The Circle' you will be delighted.

When you know what 'Brace Toe Pressure', 'Brace Foot PreLOAD' and 'Brace Leg Drive' are and how they interrelate, you will be strides ahead along the 'Path To Better Golf'.

When you understand that the 'LBM' provides all the 'Horizontal Motion' and only 'GOES ROUND & ROUND'. When you understand that the 'UBM' provides all the 'Vertical Motion' and only 'GOES UP & DOWN' you will be able to mix these two great 'Truths and Realities' to satisfy a winning recipe.

When you understand that 'There are only Two Swing In Your Bag', you will be better served.

When you understand what 'Body Parts Clocking' is all about, you will take another step towards 'Mastering The Basics'.

When you know the 'Pitching Wedge Rule' and more about 'Billiards Golf', more lights will be turned on and you will see better!

When you have a 'Firm Grip' on the 'Five SET-UPS', the 'Five EXECUTIONS' and the 'Five CONTROLS' you can progress because your knowledge is built on rock and not sand.

When you understand the 'Five Essential Elements' the pages of 'Consistency' shall turn ever more meaningfully.

When you can thoroughly, or even less thoroughly, explain the importance of the 'Primary Imperatives', the 'Three Basic Essentials', the 'Three Primary Absolutes' and many of the 'Secondary Absolutes', you will be fortunate and ready to advance permanently.

When you want to 'Master Course Management' and can explain how the 'Pitching Wedge Rule', 'Billiards Golf' and 'Doing The Math' factor, you can even think about perhaps teaching others your wisdom.

When you feel the need to 'Master the Mental Side Of Golf' there is abundant respected material available to do so, Don't look for any end of the tunnel to be in sight although you may, if fortunate, hear the whistle blowing and feel the rumbling in the rails!

When you are ready and have the desire, give the '555 GOLF ACADEMY TEAM' a call or, better yet, come to pay us a visit. If you are not sure how to get to us, '555golf.com' and '555T2p.com' can answer those questions and make all the arrangements for you to come out and share some time with us.

PERFORMANCE EXCELLENCE

9)

'IMPACT FIX, COMPRESSION & SEPARATION'

I think we are all generally familiar with the term '**ADDRESS READY**' because it is so widely used. However, I am not so sure that we all understand it. There is a lot taken for granted in the 'Golf World'. There is a tendency to give credence to the old saying,

**"It is Better To Be Thought A Fool Than
To Open Ones Mouth And Thus Remove All Doubt!"**

But, being boldly realistic, all one has to do in this 'Golf Realm' to expose ones most intimate secrets is to make a couple of 'Swings at a Ball' on the first tee or anywhere and the 'Truth Will Out'! How 'Humbling'! 'Frustrating'! 'Maddening'!

So, for anyone interested, here is what '**Address Ready**' means. It is the overall condition, 'Components and PreSHOT Routine Procedures', that we utilize to get ready to execute a 'Golf Shot'. It is what is called 'SET-UP'. We, at the '555 Golf Academy' sometimes call it 'TAP TAP TAP'! This is because, when we are ready, if we just let the 'Clubhead' fall to the ground out in front of our 'Feet' (STANCE and ALIGNMENT, '5 SET-UPS') and tap the ground three times with nicely 'Extended Levers' (Arms and Hands) we will know where the 'BALL LOCATION' (B/L) belongs. But, this 'B/L' is not where we will strike the Ball when we are making a solid 'Leg Driven Swing'. In the 'Address Ready Our Legs Are Passive'. The 'Neutral B/L' (no action, 'Passive or Static', 'No Leg Drive', 'No PIVOT or Rotation' condition) is different from the '**Active and Dynamic BALL LOCATION**'.

In the '**SET-UP Mode**' we are not 'Rotating Forward'. In the '**EXECUTION Mode**' we are.

When we are 'Actively Leg-Driving and Rotating' forward to strike a 'Golf Ball' we will need to move the '**PASSIVE BALL LOCATION**' slightly forward of the 'TAP TAP TAP Position' so that we can get the 'Clubface and the Butt Of The Ball Together At The Precise Instant' necessary to accomplish our goals. If we do not 'Set-Up' this important '**ACTIVE BALL LOCATION**', we shall strike the 'Ball' earlier than desired causing natural 'Compression Imperfections' which include 'Thin and Open Clubface AIM' to mention just two! If we know these negative tendencies are real, we have very

subconscious corrections we usually make to avoid 'Ball IMPACT, SEPARATION and FLIGHT Problems'. We 'Speed Up Our Hand Action' to 'Square Up The Clubface' earlier than would naturally and 'Centrifugally' take place. This is called 'Manipulation' which is not overly beneficial and predictable in the 'Golf Swing' at any time.

So 'Address Ready' is different from 'IMPACT FIX'. The '555 TEAM' knows, without question, that 'IMPACT FIX' in the 'SET-UP' or 'PreSHOT Routine' is vital to making good repeatable 'Golf Shots' enabling us to realistically strive to become '**REFLEX GOLFERS**', an ultimate goal! This term means that we simply take a look at the 'Shot Situation', 'Visualize The Desired Ball Flight', 'Select A Club', 'Form An Active Mental Picture' and 'Execute'! Wonderful stuff folks!

'IMPACT FIX' requires that we transition from the 'Static or Passive Address Ready Position' to a simulated 'Dynamic or Active Leg-Driven', 'Hips Rotating', 'Brace Lever Extending', 'Compression and Separation Simulating Position'. In this 'Configuration' one will be in the 'IMPACT Condition' we call '**IMPACT FIX**'. This is what and where we must be when the 'Ball Separates' from the 'Squarely AIMED Clubface'. So it makes good sense to 'Simulate IT' just before we 'Trigger Our Brace Hand to Brace Shoulder Take-Away Move' that soon 'Winds Up The Lower Body Machine' or the 'Hips and Trunk Rubber Band' called 'COILING or WINDING'. When we 'Simulate **IT**' we get the 'FEEL' or 'Physical Cerebral Sensations Of The Correct IMPACT and SEPARATION Components' which we can reproduce just an instant later when we have transitioned from the 'Top Of The Back Swing' (TOB) dropping 'Down Out Forward & Through' (DOFT) the 'Ball' in the 'Front Swing'.

So now you know and 'FEEL' the difference between '**Address Ready**' and '**IMPACT FIX**'. 'Remembered Feel' is key to success!



'ADDRESS Ready'



'IMPACT FIX'

C6]

GENIUS

Q15)

"Genius is infinitely painstaking."

Longfellow

Q16)

"Genius is nothing but continued attention."

Helvetius

Q17)

"Genius is nothing but a mind of large general powers accidentally determined in a particular direction well chosen."

Samuel Johnson

Q18)

"Men of genius are often dull and seemingly inert in society; inert as the blazing meteor, when it descends to the earth, often being perceived as only a hot stone!"

Longfellow

Q19)

"Every man who observes vigilantly and resolves steadfastly,
grows unconsciously into genius."

Bulwer

Q20)

"Golf is a game in which you yell "fore",
shoot six and write down five."

Paul Harvey

Q21)

"Nurture yourself an honest man and then you may be sure
there is one rascal less in the world."

Carlyle

Q22)

"To be honest, as this world goes,
is to be one man picked out of ten thousand."

Shakespeare

Q23)

"Lands mortgaged may be recovered,
but honesty once pawned is ne'er redeemed."

Middleton

(how unfortunate most politicians and people of
so many important public offices fail to realize this)

Q24)

"Hope of ill-gain is the beginning of loss."

Democritus

Strange how this all rings true to both Life and Golf!

RULE #44:

The 'T H R O U G H' Rule

**SWING THE CLUBHEAD at the CUP, Hole, TARGET, QUARTER
and get the BALL IN THE WAY.**

**DO NOT SWING THE CLUBHEAD at the BALL
and hope the TARGET gets in the way!**

Swing the Clubhead THROUGH the Ball.

Always FEEL THE STEEL keeping the CLUBHEAD MOTION as your primary focus. With this operational, strive to swing that CLUBHEAD T H R O U G H the BALL while it remains enroute 'Dead Aim' to and through the TARGET or STICK. The IMPACT then will be second nature and result in just what the doctor ordered!

The 'PreLOADED Brace Toe, Stimulates the Brace Foot to activate the Brace Leg Drive which PUSHES the 'LEADING' Hips, then the Abdomen connecting the Brace Toe to the 'LAGGING' Upper Body Machine, the Shoulders, Arms, Hands and the Golf Club that 'Swings THROUGH the 'Passively Waiting Ball'. This is called the '**Drive Line** (Lower Body Machine) '**Drag Line**' (Upper Body Machine) Sequence'; '**FROM THE GROUND UP**'.

The BALL is moved as a result of your great smooth circular 'Swinging Motion' and not just because it is there and has to be 'Hit Hard'. IMPACT is the result of the Swing. The Swing is not the result of IMPACT.

This Golf Swing is very much about 'PUSHING & CLEARING' and 'THROUGHness' and NOT 'ATness'. The Brace Side is DRIVING or PUSHING while the Target Side is being DRIVEN and CLEARING or getting out of the way. Hence the very 'OPEN Target Foot (STANCE). The FOOT GATE is open so the ENERGY has somewhere to escape or a way to get out.

Keep this '**Secondary Absolute**' right up front in your mind and at the top of your list of GOLF priorities.

RAGE

Q25)

"When passion is on the throne,
reason may be out the door."

M. Henry

Q26)

"Oppose not rage while rage is in its force,
but give it way a while and let it waste."

Shakespeare

Q27)

"Rage is essentially vulgar, and it is never more vulgar
than when it proceeds from mortified pride, disappointed
ambition or thwarted wilfulness."

H. Coleridge

Q28)

'Adversity introduces a man to himself!'

(you will certainly find some Adversity in Golf
and
become far better acquainted!)

Q29)

'In times of difficulty, we must not lose sight
of our achievements.'

Mao Tse-Tung

Q30)

'Trust only Movements.'

Alfred Adler

(Remembered Feel is actions speaking louder than words)

C7]

LET'S GET PRACTICAL

How many of you are fortunate enough to play Golf in other parts of the world; regions where the 'Metric System' of measuring is used?

If not so far, I wish you well at getting there one day soon.

JUST IN CASE:

What's a 'Meter'? One meter is more than a yard. Our yard is 36" while the 'Meter Equivalent' is 39.37" or about 3.37" longer. This is 10.68% longer. (also 100 MPH is 160 KPH - Trivia?)

To keep all the Science and Math out of it, what do I do to convert while under fire or 'In The Heat of Battle'; you know just about to walk onto the 'Tee Box'? Multiply the 'Metric Length of the Hole' by .90 or take off 10% and you will have your comfortable North American numbers.

If the hole is 150 meters, you will need the Club that you comfortably strike 165 yards.

DENSITY ALTITUDE:

Golf Balls travel farther in thinner air. So higher and hotter and dryer all help your Ball go farther.

Just out of curiosity, you may again get to where 'Metric Prevails' and then so too you will hear about the temperature being in 'Celsius' rather than degrees Fahrenheit. (100C = 212F)

So, if you think it feels like 100 degrees Fahrenheit, what is that in 'Celsius'? The real formula is

$$C = \frac{5}{9} (F-32) \text{ so}$$

100 degrees F = 37.78 degrees C

So what is comfortable? 70 degrees Fahrenheit is for me. This is about 21 degrees Celsius. 50 degrees F is about 10 degrees Celsius. You are now in the ball park!

C8]

A LITTLE MORE OF THIS PRACTICALITY

I have had a lot of people ask me over the years, "Do you think I have the makings of a 'Tour Player'? Do I have enough game?"

So candidly I want to tell you how I see it.

You must have lots of game! A 'Desire of 10+' with courage!

If you have a 'Home Course' that is of substantial quality and play it about three days a week from the 'Tips' at about a 'Plus 3 or 4' you can think about a career 'Out There With The Bigger Boys'! Throw in one more round a week at another course that you do not know as well. Play it to about a 'Plus 2' or better most days, regardless of the weather, and you can think about spending your nest-egg on entry fees and travel expenses.

You have about \$25,000.00 saved up right? If not, you need a sponsor with the same amount. Search for a back-up as you may need that one too! If you are on the 'Big Tour' for real, it will cost you about \$2,500.00 per week if you stay and travel just a bit upscale! So, as I say, the first sponsor will last about half a short season if you are not in the money!

Are you single? And without children? That may help!

Now I get asked by more average folks too about their futures. Here is how I see it. If you enjoy 'Golf' and all it has to offer, invest in getting a little better all the time. Locate a seasoned proven teacher to help. Find great playing partners and always spend one round a week with a new prospect. Try to play with better golfers than you are. They will help you play to a higher level.

Love it! Give something back to the game and it will never cease unselfishly rewarding your efforts. You will always be coming back for more and are not alone!

Best wishes.

PS. If you ever get the urge; if you can get to me or my team, any one of us will always find or make the time to spend a few moments with you and have a good look at your swing. We care about the Game and you!

BYRON NELSON

Each one of us needs a hero of some sort by whom we can at least generally judge our metal! One of mine is certainly the **'Texas Gentleman', Lord Byron Nelson.**

I just want to give you a statistical summary of what Byron means to me. Out of 165 official tournaments in his prime playing era, he was in the **'Top Ten'** 155 times! That's 94% folks!

And he won more than average mortals could ever dream of winning!

What would you, what do you think of anyone winning 35 tournaments in two years and being the **'Champion' Eleven Times In A Row!** I think an **'Eleven Streak'**, at the PGA level, is unbeatable now or at any time in the future.

Ben Hogan, the ultimate work ethic, and a man of very serious determination, in the company of Byron Nelson, (they were good friends) said to the reporters one evening after the third round that "Byron needed to practise more!" The next day Mr. Nelson soundly beat Mr. Hogan for the win!

These two gentlemen are inspirational!

For your interest, Byron reports of himself needing to **"Putt 12 to 15 Footers Better"**. He counts that group of putts as being in the big scoring circle. Even with this personal criticism, he said he never **'Three Putted'** but humbly needed more to go in with but one stroke of the straight blade. Practical and honest?

Wouldn't we all enjoy these realities?

Imagine if he were to have tended to this **'Fifteen Foot Scoring Circle'** to his level of execution and perfection ...never **'Three Putting'**! Perhaps that 94% might have been 96%!

'Lord Byron', my sincere thanks and deepest respect for all you did and are still doing for the **'Great Game Of Golf'** and for me!

May you influence us for many more years to come!

We are grateful!

VOLTAIRE

Q31)

"Life is thickly sown with thorns
and
I know no other remedy than to pass
quickly and carefully through them.

The longer we dwell on our misfortunes,
the greater is their power to harm us."

Voltaire

These simple words of wisdom by a great ancient Mediterranean philosopher read true to our 'Golf Game' as well as to 'Life' itself!

"Move on Laddie! There be another shot afore ye!"

Learn by your mistakes but never fear them!

Be grateful for their having passed!

Rejoice in your lessons!

IMAGINATION

Q32)

"Imagination grows by exercise and contrary to common belief, is more powerful in the mature than in the young."

W. Somerset Maugham

Perhaps that is why we 'More Mature' can very often put a sound licking on those 'Flat Tummies' who do a thousand sit ups in the morning before breakfast and then at least five hundred lateral stretches daily after thirty-six holes, with the intention of climbing up through the ranks from below to get at the soft underbellies of the seasoned veterans! Nice term for us older folks who cannot quite shake the habit and who have not been bitten by that 'Fitness Bug'!

You know those hard-working college level players are certainly gaining ground!

Nice way of putting the fact that these young links gladiators are finding those soft underbellies that may not be quite as fit as they might and should be and are then recording their ensuing experiences on paper we call score cards!

C10]

WORK SMART LOGO



C11]

TONGUE LASHING

You know how it is!

Been there! Done that!

The '**GOLF SPOUSE'S LAMENT**'? Should be a 'Country & Western' hit written about this situation with a twangy electric guitar and several off-tune violins!

At the course all day from just shortly after sunrise. Earlier than usual! Breakfast in the member's lounge. Bought some new golf shorts and a shirt. Played 18 and stayed behind to correct an error and sharpen the artillery! Longer than planned!

Did not remember to get the car washed on the way home. It was too late in any case!

Forgot the 'Poupon Mustard' but remembered the milk!

Grabbed a single long-stemmed rose!

So you arrive home with your 'Tail Between Your Legs' expecting a deserved 'Tongue Lashing' or a moderated 'Brow Beating'? Would not be surprised to have the "You should feel badly" guilt trip pointedly applied! 'Domestic Underachiever'! 'Failed Familial Obligations'! Selfish and Inconsiderate!

Well, wonders never cease!

On this day, upon your gingerly arrival through the garage door, '**HE**' had the house spotless, the dinner prepared, the children sitting quietly at a big picture puzzle in the recreational room and the the lawn and yard work completed!

What ya thinkin'?

Good Lord!

PLAY ABILITY TEST

This **'PAT'** is designed to give each 'Golfer', regardless of **'Skill Level'** some measure of his or her 'Performance Ability' in all the general 'Ball Striking Areas' except 'Specialty Shots'. The test includes 'Putting', 'Chipping', 'Pitching' (F/S and LTF/S), 'Short Irons', 'Mid Irons', 'Long Irons', 'Fairway Woods' and the 'Driver' with a two 'Bonus Categories' called 'Short Iron High Shot' and 'Short Iron Knock Down Shot'. The '555 Golf Academy Staff' thinks this is a good test that can be easily accomplished. There will be three balls for each skill. **We wish you good luck!**

NB: The 'Yardages' below will likely differ from your 'Personal Distances' ('CAD') so substitute your 'Yardages' in the appropriate area except in the 'Putting', 'Chipping' and 'Controlled Length Pitching Shots'. Remember, it all about 'Distance & Direction'.

	Ball 1	Ball 2	Ball 3
1) PUTTING: (flat surface, no break, 'Inching')			
15 Footer (inside 12")	15	15	15
10 Footer (inside 12")	10	10	10
5 Footer (inside 12")	5	5	5
5 Footer (outside 12")	0	0	0

Total Points

2) **CHIPPING:** (flat surface, no breaks, **'Clocking'**)

40 Footer (inside 2')	15	15	15
40 Footer (inside 4')	10	10	10
40 Footer (inside 6')	5	5	5
30 Footer (inside 18")	15	15	15
30 Footer (inside 3')	10	10	10
30 Footer (inside 54")	5	5	5
20 Footer (inside 1')	15	15	15
20 Footer (inside 2')	10	10	10
20 Footer (inside 3')	5	5	5

Total Points

3) **PITCHING WEDGE:** (LTF/S, 'Clocking')

25 Yards	7.5Foot Circle	15	15	15
	15 Foot Circle	10	10	10
	15+	0	0	0
50 Yards	7.5Foot Circle	15	15	15
	15 Foot Circle	10	10	10
	15+	0	0	0
75 Yards	15 Foot Circle	15	15	15
	30 Foot Circle	10	10	10
	30+	0	0	0
100Yards	15 Foot Circle	15	15	15
	30 Foot Circle	10	10	10
	30+	0	0	0

Total Points

4) **PITCHING WEDGE:** (F/S)

130 Yards	20 Foot Circle	15	15	15
	40 Foot Circle	10	10	10
	40+	0	0	0

Total Points

5) **SHORT IRONS:** (#8, #9, #PW and using the #8 Iron, F/S)

150 Yards	23 Foot Circle	15	15	15
	45 Foot Circle	10	10	10
	45+	0	0	0

Total Points

6) **SHORT IRONS:** (#8 Iron, F/S)

High Shot	Good	15	15	15
	Poor	10	10	10

Total Points

7) **SHORT IRONS:** (#8 Iron, F/S)

Knock Down Shot	Good	15	15	15
	Poor	10	10	10

Total Points

8) **MID IRONS:** (#5, #6, #7 Irons and using a #6 Iron, F/S)

170 Yards	25 Foot Circle	15	15	15
	50 Foot Circle	10	10	10
	50+	0	0	0

Total Points

9) **LONG IRONS:** (#2, #3, #4 Irons and using a #3 Iron, F/S)

200 Yards	30 Foot Circle	15	15	15
	60 Foot Circle	10	10	10
	60+	0	0	0

Total Points

10) **FAIRWAY WOODS:** (III, V, VII, IX Woods and using a V Wood, F/S)

230 Yards	35 Foot Circle	15	15	15
	70 Foot Circle	10	10	10
	70+	0	0	0

Total Points

11) **DRIVER:** (using the I, F/S)

260 Yards	40 Foot Circle	15	15	15
	80 Foot Circle	10	10	10
	80+	0	0	0

Total Points

GRAND TOTAL POINTS _____ _____ _____

PROFICIENCY:

PRO	500 to 630
PLAYER	300 to 500
WEEKENDER	150 to 300
HACKER	0 to 150

WELL DONE !

C13]

'TARGET'

'QUARTER'

People Who Shoot At Greens Miss Greens!

People Who Shoot At Quarters Miss Quarters!

but 'Putt' For 'PARS and BIRDIES'!

How many people do you know and see honestly firing shots and praying for a safe landing on the 'Dance Floor or Putting Surface'? Throngs!! More the rule than the exception!

What risk is there in a little Walt Disney or his 'Fantasyland'? Zero! Might as well aim for the bulls eye! Be a little courageous and cocky!

Aim at the 'Quarter' which is the centre of the 'Pin Hole'! You know, where the 'Flag' sticks in the bottom of the Cup! That is the ultimate 'Target' and final resting place for that 'Little White Ball'! So let us think of it that way!

If you miss the 'Island Green' by one foot you are wet! If you miss the 'Quarter' by five feet, you are looking at one more stroke to end the hole. It may be for 'PAR' or 'Birdie'! Sooner than you know or can say "Kiss My Quarter" it will be for 'Birdie'!

I know you may be thinking that this bunch of books, this whole pile of reading has said this before. You are absolutely right! "So why one more time?" you ask. Because this 'Collection of Books' is encyclopedic in format. You should be able to find things that are interrelated in more than one place. Good things are worth saying and thinking more than once! Pre-Shot Routine!

Thank you for putting up with my purposeful redundancy!

Just one side of one more piece of nice paper covered in ink!

Welcome Aboard!

C14]

210 OVER WATER TO A TIGHT STICK

That will make your heat race and beads of sweat squeeze out of your skin! Sweaty palms and white knuckles!

This 'Knee-Knocker' should be handled by a little intelligent 'Course Management'! Doesn't take very much either!

It is likely you have several wedges in your bag? You may be fortunate enough to have a 'PASL (Pitch, Approach, Sand and Lob) Four Wedge System' on board. If so, you have the tools necessary to 'Manage More Effectively'.

If your #SW makes the Ball go 105 reliabler yards per pass, then you can make two easy 'Sand Wedges' and get to the 'Flag-Stick' without a heart attack! It is called 'Risk Management'!

You can use any of your '**PASL Approach Clubs**' or combination to accomplish this 'Two Stroke Safety' where mind wins out over compulsion! Don't make hero shots! Don't attempt to reproduce the magic you say last weekend on the 'PGA TOUR'! Wrong 'Components' and defficient 'Procedures'! You may need a bathing suit and a big beach towel!

Learn how to 'Make Two Easy Installments' to get into the '15 Foot Circle' around the 'Cup'.

Saves wear and tear on your shorts!

'Short Irons' that is!

Play '**A TO B Golf**' and manage you way to PARS!

Good luck!

PRACTICE MANAGEMENT

Natural Ability And Luck Are Not Enough!

When you actually 'Practise', you have always got two distinct area of focus. They are '**The Physiological and The Psychological**'. The one never takes place without the other. They are inextricably interwoven.

When you practise, make the bulk of the time and strokes as close as possible to the 'Real Thing'. Make your shots at the range resemble real '**Playing Situations**' so you can 'Connect The Dots' when you get out there in the heat of battle! If you are making a 'Short Game Stroke', such as a 'Lower Rib Cage Body Clock #SW' put yourself into making this 'Procedure' to the 18th Hole at the 'Masters' for the win! Even evaluate the 'Natural Elements' so they factor properly. Hit the ball into the 'Five Foot Circle' and think 'Procedure' and NOT 'Outcome'. Make the stroke and do not get caught up in the pressure of the situation. It is just another superbly executed 'Body Clocked Wedge' with lazer like results to a kick-in birdie. That will do it!

Creating '**Realistic Situations**' will season you to withstand the pressures of making clutch strikes. They may even become 'Just Another Winner'. All in a days work. In the moment! I guess one might strive to '**Practise As One Plays**'. I would go out onto the course often to play three of four holes only. These were played as the last three in a four day event. I followed my '**Four Step Routine**' every shot and made them count. If I failed to execute, then I would take another ball and strike it properly as is so necessary in building that positive 'Mental Library'. After making the successful secondary shot, I always played the first error. This helped me to make 'Saves' at any time! It built courage and character so necessary in becoming a champion.

How core is core? Make every single shot to a 'Precise Target' the size of a 'Quarter and no bigger than the 4.25 inch cup! When I was practising and correcting errors or hegative tendencies, I always made 'Slow Motion Drills' to effect the changes. Swing AT full speed are, of course, remembered by yoru subconscious, but are too spontaneous to be analyzseable in the present tense. So make changes in firstly 'Slow Motion' and then progress to faster and faster with 'Range Of Motion' until you make an effective properly 'Coiled, Loaded and UnLoaded Full Swing'. '**Proper Practice Makes Permanent**'.

PLAY HONESTLY

PLAY HAPPILY

PLAY HARD

PLAY WELL

'Course Management' is really 'FAIRWAYS, GREENS and PUTTS'
accomplished via at least relatively 'Low Risk'!

'A TO B', 'A TO B', 'A To B', 'A TO B', 'A To B', 'A TO B',

'POINT TO POINT GOLF'!

Just 'Connecting The Pre-Selected Dots Over 18 Holes'!

'Four Step Routine', 'Process Golf' and 'One Shot At A Time' helps!
(avoid 'Fear & Tension Generating Outcome Golf'!)

"Welcome Aboard"!

"Enjoy The Ride"!

C16]

JUST BEFORE 'COURSE MANAGEMENT'

Remember that your 'Golf Day' starts when your mind becomes active on the day of the event! So 'Things Golf' may even commence before your conscious functions begin! Stay balanced in your personal affairs at all times to the best of your ability so efficient rest precedes action.

That having been said, '**Nobody But A Fool Would Ever Start A Round With The Hardest Possible Full Swing!**' Such a beginning is fraught with problems. You might injure yourself and enter this great new opportunity to play a great round, a life-time best eighteen, with self-inflicted handicaps!

"So I just get off the first tee box with an approach shot? Are you nuts?"

I want to tell you that for all those unfortunates who crush a big 'Hook', 'Slice', 'Pull', 'Push', 'Block' 'OB' or any such demon off the first tee would take a great 'Approach Shot' as an alternative! Afterall, you only lie one after it comes to rest! Better than a lost in the bush two! On my score card in any case!

Keep in mind that three well struck #8 Irons at 150 yards each propels the 'Little White Ball' 450 yards! That will comfortably traverse 97% of all the PAR 4's in the entire world! You can PAR these holes with three solid 'Approach Shots' and one good 'Putt'! Use your 'Pitching Wedge Mentality and Rule!

Here's what I really mean by "Nobody But A Fool Would Ever Start A Round With A Full Swing!"

Never proceed to the first tee without adequate preparation for the round. 'Never Go Freeway To Fairway!'

You start your day with 'Stretches' and then proceed directly to the 'Practice Green' and NOT to the 'Driving Range or 'First Tee'! Even after the practice green, you start with 'Chips, Bump & Runs, Knock Down Shots and Pitches' on the driving range.

So, in this manner, 'You Never Start A Round With A Full Swing!'

Remember, there is a 'Putt' in every 'Full Swing'.

So, for 'Success And Pleasure', wake up your 'Golf Body Machine' gradually. Play well!

Q33)

IF YOU CANNOT BREAK 80,
you have no business on the course

IF YOU CAN BREAK 80,
you probably have no business!

COURSE MANAGEMENT
(in it's simplest form)

All Holes are just combinations of Par 3's!

The primary importance in 'Management' is knowing yourself, physically and mentally, and matching this with the needs of eighteen hole property in advance and one shot at a time!

We all know how the very street-smart, seasoned pros can not only manage their own games but, do the right thing at the right time to mismanage their competitors. If you have never been there, the 'Head Games' are 'Oscar Level Performances' and often their quality is only upstaged by their subtlety. There is a distinct response you need to tuck away in your theatrical scripts...

"I refuse to star in your psychodrama!"
(don't get sucked in)

1) **PERSONAL ASSESSMENT:**

At regular intervals throughout the year, and especially at the end of the season, do an assessment of yourself. How is my 'Driver'? How are my 'Fairway Woods', 'Long Irons', 'Middle Irons', 'Short Irons', 'Wedge Play', 'Bunker Play', 'Chipping', 'Putting', 'Specialty Shots? You can buy affordable, very sophisticated but easy to use handicap programmes for your 'Personal Computers' that analyze all your shots over the year and reveal your current weakness. If you have the courage and tolerance!

How is my attitude? No computer answers available but this question is equally meaningful. Questions and data like these will expose where your wheelhouse is. Now you can work on the weak parts and be a little 'Cocky and Confident' about your strong suits. Credit where credit is due. Work where work is required. You can!

Beyond 'Knowing More Of Yourself', I cannot think of any way of expressing 'Course Management' more simply and better than

Q34)

'ALWAYS THINK And PLAY At Least ONE SHOT AHEAD.'
(but play one shot at a time!)

(Prepare a day or two ahead by studying the 'Course Book'
and working out your 'Club-Selection Score Card'.)
Know Your Specific or Precise Pin Placements
Be aware of the 'Natural Elements' minute by minute!

Q35)

'Every good player steps up to a shot
knowing exactly how he's going to hit the ball.'

Tommy Armour

I can tell you, I have a few great friends and students who can reliably tell you where the next shot is going to be played from! Ben Hogan was said to be able to tell you how the entire course was going to unfold. Wish I had the privilege of knowing this gentleman! Players make plans in advance, as opposed to the duffer who stands at the ball in what is sometimes a very thick fog and then goes through Motions without a definite 'Routine and Purpose', hoping for sunshine or at least a 'Break In The Overcast'.

Q36)

" A golf course is nothing but
a big pool-room moved outdoors."

2) **BILLIARDS GOLF:**

CAN YOU PLAY BILLIARDS ?
DO YOU PLAY SNOOKER?
OCCASIONALLY PLAY POOL?

This Golf is another 'Ball and Stick Eye-Hand Coordination Game'.

YOU ALREADY KNOW THIS!

If you answer '**YES**' to any of these above skills, you already have a great basic grasp of the manner in which to approach '**GOLF COURSE MANAGEMENT**'; how to play those eighteen holes; how to take that 'Walk In The Park'.

Consider every stroke or shot on the entire course, or just one single 'Golf Hole', be it big or small, a 584 yard 'Double-Dog-Leg' Par 5, or a simple, see it at a glance 140 yard Par 3, with no trouble, flag-stick sitting all alone in the middle of a symmetrical 5500 square foot level green, with no wind and the sun at your back, to be a '**BILLIARDS SHOT**'.

Make sure you think about this 'Golf Billiard Table' as a grand sport opportunity. Consider all the options. Compare all the tools available to make the shot and weigh the multitude of landing places and ball actions that might come at us were we skilled enough to work the ball. If not, then Walt Disney has made better men than I to be in the 'Right Place at the Right Time', heros of the moment and we'll take it. How it goes into the hole is not nearly as important as the fact that it went in. We'll take it any way it happens. Right?

**'Always Strike The Ball To The Point In The Fairway
Or On The Green That You Have Determined Will**

**GIVE YOU THE VERY BEST OPPORTUNITY,
WITH THE LOWEST RISK,
TO MAKE THE NEXT SHOT.**

Leave yourself well-positioned or safe for the next shot!
(But in order to do this, one has to go to the effort!)

Here is the

THE BILLIARDS GOLF RULE:

**'IT IS NOT WHAT YOU SINK THAT MATTERS.
IT IS WHAT YOU LEAVE!'**

- 3) **THE 'PITCHING WEDGE RULE':**
(that 'C.A.D.' Shot)
Calibrated Average Distance

If you are accomplished and have developed your 'Short Game' which is the pivot point or fulcrum of a player who can score well, then you have long ago discovered the importance and reliability of your 'Pitching Wedge'. I believe it was Tom Kite who said he had built his game around his 'Pitching Wedge and Wedges'.

How far does your 'Full Swing Pitching Wedge' travel consistently? If you are striking the ball with reasonable power you will produce approximately 100 to 130 yards of 'Carry' without but minimal 'Roll'. So let us for a moment consider a solid 125 yard #PW, one-hop-stop to the heart of the green. This trusty club and shot working nine times out of ten to within ten to twenty feet ...Now that's consistent enough for most games although the 'Five Foot Circle' is better!

The important statistic we must remember is this smooth 'Full Swing' (SWEEP & SEE-IT...PIN) yardage. We must develop and trust it implicitly. Let us use 125 yards for now as this is my game and I know it so well. The 100 yard figure is likely about the universal average but find and know your own.

4) **MORE 'PITCHING WEDGE RULE':**
 ('DOING YOUR MATH')

We are approaching the tee-box of a 325 yard 'No Trouble' Par 4. Have a look at this hole using an investigative strategy from the green to the tee-box or 'Backwards', sort of 'Back to the Future'.

The goal is moving the 'Little White Ball', in as straight a line as possible, 325 yards in as few strokes as can be done. Let's consider four strokes as a noble aspiration.

We want to make our approach shot to the pin with our trusty old 'Pitching Wedge' from 125 yards, the shot I know I can make eight times out of ten to within twenty feet, even when getting inside the ten and five foot circles is the pro's goal.

Now do the math! Take 325 less 125 = 200 yards. This tells us that one solid swing producing a carry and roll of 200 yards would be ideal directly to our 'TARGET / PIN / QUARTER', in other words 'On Target Line' or 'Down The Line' ('DTL').

What club in our bag can do this nine times out of ten? It may well be the 'V WOOD' or even your '#3 IRON'. The five wood may generate slightly less loft and stay out of the wind, if there is any, but we may just prefer, on this day to use our #3 Iron. Select or pull your club. Stick with your choice! Trust it! Go through your '**ROUTINE**'. Say your 'Key Words'. EXECUTE !

Look what this accomplishes or certainly should accomplish. You are in a 'Foursome' of solid competitors. You are first up; Have The Honours'! There is the air of 'Take The Big Sticks Out' and 'Pray for Tail-Wind and Roll'. There is this strong temptation to pull the 'Big Stick' but that little '**Hamish The Golfer**' who sits on your shoulder speaks to you and says "**Play this hole with your mind and not your wildest dreams, Laddie!**"

You pull the 'V Wood', go through your routine and make a picture perfect strike to the centre-left fairway at 125 yards to the stick where the lie is flat and the green is wide-open to receive your 'Next Shot'! Were I to have come to rest at 100 yards for some reason, I have a #AW and a #SW in my bag too, you know!

BANG FOR YOUR BUCK! :

This does more than just produce a sigh of relief or sense of accomplishment in the striker. 'The Old Guy' (presuming you are thirty five or older as I am) has set up the other three opponents for some rather interesting considerations.

a) "Well the Old Guy hasn't got the length he had in his prime and he's no problem that far away from the green".

b) "It will not be much of a task getting inside him.
We'll press".

c) Another striker may think "One Down ... NEXT!"

5) **STEPPING UP:**

Player #2) The next 'Driver' has the 'Big Squeeze' put upon it for the 'Big Moment of Truth', a mighty 'Back Swing' having been taken, off balance I might add, casting and slicing solidly into the right bush at just about 120 yards from the PIN. No chance of recovery. Likely a 'LOST BALL'. He lies three. That 'V WOOD' of mine is beginning to look better every moment!

Player #3) The next golfer, with clenched jaw knows that there are only two contestants remaining with the opportunity to make it big. He steadies himself, takes a deep breath along with one last glance at the green and drills a nice ball down the middle (A little more right than ideal) but only about seventy-five yards from the stick. "Nice Shot, Bill" a chorus of three exclaims.

Player #4) Number four, Tom, an ox of a man with very powerful forearms (Popeye's Brother) and a reputation for long draws and big rolls to the heart of greens, leaves it overdrawn left side in the rough, but playable from just about thirty-five yards. Not great but he'll take it and, being the scrambler that he is, somehow will make it work.

6) **THE SCENE IS SET:**

#2 is gone and will have to take a penalty stroke from 120 yards right side which is a poor angle. #3 is in play 75 yards more right than ideal for the best approach. #4 is in the lightish rough at 35 yards but has an overhanging branch in his direct line and will not like it once he gets there to survey the lie.

The 'Old Guy' (you, if the shoe fits) is coming in from the left of centre with a full 'Pitching Wedge' at 125 yards with no hazards or obstructions and an eye full of the Flag and Pin sitting in the heart of the green. Oh YES, and you are up '**FIRST**' and have a strategic lick at first blood again, even though your last stroke left no fear on the table. Subtle tactics and realistic indeed. There is beginning to be some suspicion that you may be wiser than credited and in control. Any doubts shall soon be removed!

View your shot. Visualize your 'Ball Flight Path' ('BFP'). Select your Club. **COMMIT!** Pull it. Trust it. 'ROUTINE ...ROUTINE'! Now 'EXECUTE'! Great shot, One-Hop-Stop, a little back-spin, two and a half feet from the bottom of the cup! Now the complexion of the hole has taken a dramatic turn toward the 'Old Guy's Camp'. He's got the pressure on everyone! (I like being first shot at the dance floor, especially when it works like this one. Now you do too. I am sure.)

We need not go theatrically further into this scenario as you are 'Birdied' out and the best any one else can do is to sink their approach shot to win. If one does, well done, but the odds are in your favour, solidly in your favour. Birdie beats Par!

STRATEGY?:

This '**BILLIARDS METHOD**' of 'Course Management' might not be as flamboyant as some spectators might prefer, but your banker, your handicap and your psyche will love you for it. Tops tens pay!

This '**MENTAL APPROACH TO GOLF**' is neither complicated nor difficult to perceive, so apply it to the 'Great Game of Golf' very soon. All you have to do is fight off the urge to pull out the 'Big Stick' and try to over-hit it out of the county, which seldom works, at least in a straight line.

Remember, proof that you have a good swing operating below your 'Cranial Cavity' is that it will stand up under pressure; the more

pressure the better!

Usually evidence that this is your approach can be found indelibly written on your score card. More than eight or nine driver shots per round on a reasonably full-length course is too much. If you pull it out for anything say less than 325 yards, you may be making good swings but your thought process is failing; under pressure or not. Play the odds. Reduce the risk a bit more every round. 'Work Smart! That Works'.

I give you the **'PITCHING WEDGE RULE'**.
(**'C.A.D.'**)

Good Luck!

7) **AN OBSERVATION OVER THE YEARS:**

It is frightening how small and narrow a green can become once another fellow has already reached it close to the pin looking at 'Birdie'.

also

If you make the first putt for \$1,000.00 the other players are putting for nothing.

Learn to strike accurately (**'TAKING DEAD AIM'**) and, if at all possible, **'Trusting Your Swing'**, **'STRIKE FIRST AT THE TARGET'!**

8) **ONE STROKE AT A TIME:**

Remember that the game of GOLF is played one stroke at a time. Hit the ball that's in front of you and do your best every shot to get it to the Target. You cannot play the next shot until after you have played this one. Think a little like a polished billiards player. Make each shot with the next considerably in mind. Prepare for the next shot with good comfortable discipline and position, except for the last Chip or Putt which, nevertheless, sets up the attitude for the next 'Tee Box Shot' in any case. There is but one single stroke that is final in any round of Golf and it is 'Holing Out the Eighteenth Putt!'

Along the same lines of thought, 'Strategy'; you know how it is as common as grass for people to 'Account and Play' eighteen holes nine holes at a time, even to score the 'Front Nine' and the 'Back None', going out and coming in, as two separate campaigns? Sound familiar? You do it? Well **DON'T!**

It produces two big pieces of one pie too big to swallow and '**You Might Choke**' too! To help you to cope and maintain controlled focus, break your 18 hole round into six 3 hole challenges. Now you can set a goal of a number under or over Par that you would like to achieve in each '**Three Hole Round**' and tackle the course from this very realistic perspective. This approach will enable you to put a bad shot or a bad hole '**Behind You**' with more ease.

We all can use a little bit of this '**Turning The Page and Getting On With Life**' or the next shot looking us in the eye. Play in the 'Present Tense' (one shot at a time) ... always!

Q37)

"This hole is 614 yards. You don't need a road map for this one, you need a passport".

(said about #5 at Southern Hills, Tulsa)

9) **THE ONE CLUB FORMAT:**
Imaginative and Resourceful.

To make your game and approach to GOLF more resourceful, leave most of your clubs out of the bag. Better still, do what we call the '**ONE CLUBBER ROUND**' which works as follows:

Decide on a place to play 'NINE HOLES'. Select one club out of our entire artillery and play the entire round with but 'One Club'. I mean 'One Club'. You might think you need your trusty Putter and chose it. So be it, but you have to strike every ball in the nine holes with **'JUST YOUR PUTTER'!**

Might I suggest you select your #5 IRON or even a #PW if the course is executive PAR 3, but choose the club wisely as you are going to live and die by it for nine holes or even a full round. The simple methodology of this exercise is straight forward.

You can strike a #5 say 180 yards with the ball in your 'MID IRON STANCE LOCATION' being centre of sternum or one ball forward. If you move the ball back one or even two ball widths in your Set-Up you will 'DELOFT The CLUBFACE' and effectively make the #5 into a #3 able to strike the ball 200 yards. Likewise, if you move the ball forward in your stance from it's normal position at 'Bottom of Swing Arc' (BOSA) you will increase it's 'Effective Impact Clubface Loft' making it into a #7 IRON enabling your ball to travel with a higher trajectory covering a ground distance of approximately 160 yards.

By adjusting your 'Hand Action', even allowing a little 'Clubhead Throw-Away' (hands getting slightly behind or following the Clubhead through IMPACT) to judiciously slip in, 'Ball Flight and Clubhead Performance' can be markedly changed by increasing or decreasing underspin. One can also quite easily 'Bump and Run' or 'Pitch' with a #5 IRON as well.

If you have ONLY a #5 IRON, you are going to get very imaginative and resourceful with you shotmaking ability and learn to really appreciate your ability with but 'One Club'. Takes the pressure of your caddie's and your club selection!

10) **ONE SMALL DETAIL:**

Oh yes, to **'PUTT'** with a #5 IRON might seem like an 'Unlikely Trick' but it is not all that difficult. Set up as though you are making a normal putt with your favourite trusty tool. That means using your correctly designed and grooved Putting Grip. Now, just before gently taking the Clubhead back in your 'Smooth Putting Swing', shorten your grip, choke down about 3/4" (without altering your 'POSTURE'... Chin Tallish) which will lift your #5 IRON sole off the ground 5/8" allowing the 'Leading Edge' (bottom edge sole)

of the Clubface to strike the equator of the ball squarely toward the bottom of the cup.

This is called a '**THIN HIT**' and if you can visualize or even try it right now, you will easily or readily see that the 'Effective Loft' of this '**THIN HIT**' is '**ZERO**' and will not produce any 'LIFT' thus acting very much like a properly designed putter. Key in this procedure is the 'Pendular or Swinging Action' of the Clubhead. One will not be able to feel as though you are '**HITTING**' the ball and make this putting #5 iron work.

This all being considered (in the Mind first) and done, '**PRESTO**' you have played a successful, imaginative and resourceful nine holes with a solid score using but '**ONE CLUB**' as your friend and companion. It's a great experience and learning curve. This approach takes all the 'Tools Decisions' out of the round. It makes your bag and cart unnecessary; the load very light indeed. Mentally it is stimulating yet simplistic. Try it!

Someday when you least expect it, you may very well break a key iron and have to Comfortably improvise. Doing so, you may make an impression on you opponent that draws him out of his comfort zone.

"How in the hell does he manage that?" Getting in his head never hurts your chances of winning.

Regardless, we always approach this game from the same perspective, '**GETTING THE BALL IN THE HOLE In As Few Strokes Possible While Having AS MUCH FUN ALONG THE WAY As We Can Muster Up**'.

By-The-Way, you would be well-advised to stay 'Out Of The Bunkers' if you are one clubbing it! That is the 'Rub Of The Green' nemesis!

Who said GOLF was boring and from the world of the 'Dead Poets'?

Ain't true my friend!

11) '**CALIBRATE YOUR BAG**'

(What work do my tools actually do, precisely?)

If you do not know exactly how far each of your clubs comfortably propels the Ball with a 'Full Swing' go to the driving range and find out!

Once your 'SWING IS GROOVED' making consistent shots seven or eight times out of ten, you are ready to 'Calibrate Your Bag'.

Go to a local driving range that has accurate yardage markers and when fully warmed-up, strike five ball with each club starting with your #PW and working completely up through your full bag to the #3, #2 or even your #1 if you have one. Test strike the Woods as well.

Record all your yardages on a piece of paper. Once you have consistent results in the five balls per club clusters, compare your results and average the yardages for each club. This will give you your current 'CALIBRATION' and, thus, you will know how far each clubs strikes the ball for future use in shot determination. You will surprisingly find that each club strikes the ball about 'TEN YARDS' farther through you bag, which makes yardage easy.

If you have numerous sets of quality clubs scattered around Canada and the United States as well as elsewhere, and have a memory that may not recall exactly what the calibration of each set is, then take an indelible felt pen and write the 'Pitching Wedge Yardage' ie. "125" on the back side of your club bag tag. In this manner you will always know what general yardages to expect from the tools in a specific bag, regardless of it's location. Everywhere in the world the distances are measured in 'Yards and Meters'.

Now you are 'CALIBRATED' and your bag too !

12) **A WORTHY NOTE:**

'Range Balls' at summer 'Operating Temperatures' are about ten (10) yards shorter than real playing balls. In the winter they may, with the longer irons or clubs, be as much as twenty or more yards shorter. Take this into consideration in two ways:

1) when doing your playing math or calibration calcs,

and

2) when you are actually practising. How many times in my wonderful careers have I observed nice people getting 'Ticked Off' because their 'Range Balls' are not going as far as they would like?

- 3) That's a shame because it will certainly detract from or ruin a good practice session. Play smooth, solid 'THROUGH the IMPACT Zone', complete your Back Swing, 'See the Ball Come Off the Clubface', maintain 'RPM', get good 'Extension through 'IMPACT Zone', keep 'Brace Foot Connected', 'FEEL the Target and Swing where you FEEL'. These kinds of thought should occupy your mind and, in doing so, you will keep out the 'Demon Thoughts'. Bad thoughts create 'TENSION', a good Golf Swing's 'Number One Killer'. Protect yourself from bad thoughts. Use your positive minded 'Trigger Word Sequence' and it will not allow room in the bus for those bad thoughts.

Q38)

David Feherty on 'Quitting Golf'

"I think I'll go cold turkey in the end and build golf courses. I'll then torture other people!"

13)

2 D's

DIRECTION & DISTANCE:

the importance of accurate yardage on course combined with an accurately 'Calibrated Bag'.

always **BALL - PIN**

Guesswork will not make champions or winners.

Luck always factors into our games, but it should not be 'Relied Upon' except when it spontaneously happens to wind up on your score-card. Then one should gladly take it.

When the 'Rub Of The Green' is with our grain and not against it, we should thank 'Old Chivas Irons' with an humble slight bow and a discrete quick exit, not wanting to over stay our welcome or his generosity!

14) **THE DANCE FLOOR END OF THINGS:**

While we are on the topic of 'Distance & Direction', let me spend a moment digressing to 'Course Design'. I can hear you thinking again! 'Why NOW? Off on another target?'

Course designers know what the golfers tendencies are, ie. to vary more or to strike the Ball with more lateral (off line left or right) error with the long irons or 'Tools' than to be 'Off Distance'. So Direction is the long iron problem.

Similarly, they know that the tendency for the 'Short Game' is to be more variable in 'DISTANCE' than in 'Direction'. Approach shots tend to be more troublesome in accomplishing the correct Distance. We strike approach shots 'On Line' but tend to get them too long or too short. We talked earlier about the reason for this. It is quite simply that the Full Swing, big muscle generated or dominated, is quite reliable in creating Clubhead Speed and thus Distance. When we 'shift our focus' to 'Less Than Full Swing', where the variable is Distance Control employing more FEEL, we tend to be more accurate '**DIRECTIONALLY**' but less so in the area of Distance.

So '**Distance Is The Core Short Iron or Approach Challenge**'.

Course designers know these things!

Stray long irons find bunkers. (Direction Control Error) If the 'Lay-Out' man wants to punish the long iron game, he places hazards or traps to the 'Short Right' (Low-Energy Side) and 'Long Left' (High-Energy Side). The fade slice travels statistically more short right while the draw hook travels longer left. Hazards Back Right and Front Left are less problematic. You all know this, and if you do not, you soon will.

The 'Lay-Out' man also knows that approach shot accuracy suffers from Distance Control, too long and too short. It is for this reason that he can punish you , whenever desired, by building in

'SLOPE' from front to back or back to front. This makes 'Speed Control' with your 'Short Upright Stick' a challenge. If the course designer want to he can get nasty and install 'Hogs-Backs' running laterally across the putting surface. You know, the two or three 'Tiered' greens. The stroke Set-Up makes you sweat and causes your mind to hurt. The Ball can start off seemingly stopping, speed-up, then slow down just by the cup, go by twelve inches, catch the 11 Stimp slope and run all-the-way to the 'Bikini Cut Fringe' and drop of into the water. Nasty people those course dsigners and greenskeepers!

Is there a solution to this dastardly stuff? Yes!

Practice your 'Short Game' with dedicated emphasis on '**DISTANCE CONTROL**', ie. our '**555 CLOCKING and THRUST CONTROL**' combined with some clear understanding of the '**Stage One, Stage Two and Stage Three Swings**' so as to be able to put your Ball inside the 'Five Foot Circle'. This is where 50% of the players' Putts find the bottom of the cup in one stroke! Now that is where I want to be!

15) **READING THE WIND.**
(all the elements)

Often we see players of all performance levels bending over to pull a pinch of grass from the side of the tee box or fairway in order to throw it purposefully about seven feet into the air to test the wind direction.

This is a useful method for wind assessment when it pertains to putting, but it is not overly useful for iron play. Of course, you must ask "Why?"

Coming from the airline profession and having taught flight skills as a primary career with some 'Ultralite and Micro-Light Experience', we naturally became intimately aware of micro climatology or what the air movement is 'right on the deck' and just slightly 'above ground level'. There are wind movements or phenomenon called 'Wind Shift', 'Wind Veer' and 'Wind Back' all of which pertain to general air mass behaviour relatively close to the ground.

Wind direction and velocity right 'On Deck' is rarely the same as it is even fifty to one hundred feet above the ground. Therefore, when we are making a firm #8 Iron shot to the green, where the ball is going to travel an average #8 Iron trajectory of approximately

seventy to ninety feet in the air, we should consider the wind speed and direction at this elevation. The question is HOW ? Not with a 'Pinch Of Grass'!

There should be some indicators available and within the bounds of the hole or slightly adjacent. 'Look At The Top Of The Trees' to see the behaviour of the leaves, branches and boughs, remembering that generally deciduous trees in full garb (leaves / foliage) will show the bottom of their leaves in the wind and give a 'Silvery' appearance as the bottom sides of the leaves are white to grey to silver in colour. If you can see lots of silver while facing the trees, the wind is at your back at that tree top altitude which is where I expect my Ball to fly.

You will soon learn to judge wind 'Speed and Direction' with this real time and place information. A pinch of grass might be entertaining but it is useless when using an iron that might strike the ball fifty or a hundred feet in the air over a 150 yards away.

This 'Winds Aloft' knowledge will help your shot-making directly and accurately. Learn to be a good scout and read the tracks crossing the trail or even just off in the bush.

16) **CONSERVE ENERGY:**

ONCE YOU ARE ON THE RIGHT TRACK IN 'GOLF',
DOING THINGS CORRECTLY,

(the 3 C's Confident, Comfortable and Consistent)

IT TAKES A LOT LESS EFFORT THAN THE WRONG WAY DOES.

17) a la **TOMMY ARMOUR:**

Q39)

**'PLAY NINE HOLES OF STRATEGIC GOLF FROM TEE TO GREEN
WITH EVERY MANAGEMENT AND SHOT STRATEGY EXPLAINED
IN REAL TIME AND REAL LIFE TERMS'.**

Play the shot you've got the greatest chance of playing well.

Play the shot that makes the next shot easy.

When you get these two worthy guidelines into your head and embrace their wisdom, you will greatly improve your scoring.

Q40)

"I once had a dream where I made 17 straight holes in one and then I lipped out my tee shot on the 18th hole. I was so goddamned mad I couldn't sleep!"

Ben Hogan

One more time ...

18) **THE 'PITCHING WEDGE RULE'**
(actual 'C.A.D.' application)

DOING THE MATH:

Take the 'Tee to Green' distance, ie. 300 yards, easy straight-away PAR 4, subtract your '**Full Pitching Wedge Distance**' ie. 125 yards, (likely the safest shot in your bag) to get your '**CRITICAL TASK DISTANCE**' ('CTD'). In this case $300 - 125 = 175$ yds.

"What club in my bag will accomplish moving the ball a total of 175 yards with a comfortable full swing?" In my case it is the #5 Iron. SO USE IT! That leaves a strategically correct 'Full Swing #PW' to the 'Five Foot Circle' which is a reliably, repeatable, realistic task. Next job is one smooth 'Straight Back and Straight Through' accurate putt for a birdie.

'NOT A BAD STRATEGY'. If you do not think it is glamorous enough or as heroic as you might like, just try the 'PITCHING WEDGE RULE' for

a couple full 'Eighteens' playing for money under pressure and then compare results to your 'Pull The Big Club' approach if you are using that method. The results will speak for themselves.

If you are buying the beer more often than you would like, your 'Beer Money Reserve' may possibly be enhanced while your reputation for being the 'Easy Mark' will dissipate, perhaps giving cause for your regular 'Why don't we head to the links so Mr. X. can buy the Beers' friends to reassess their little black book. By the way, you are Mr. X. Buying out of courtesy is far more pleasant than being forced to pay off debts.

The very good side of all this, if you are gregarious and like this constant 'Beer Buying Attention', is that you will soon find a 'Higher Level' of players ringing your telephone number with invitations to join them. They drink beer too, but if you persist in '**THINKING YOUR WAY AROUND THE COURSE**', ie. using solid tools like this 'Pitching Wedge Rule', you may not buy, even for this better flight of player!

Better playing partners will lower your scores and teach you better course management, playing strategy and make you efficiently more aggressive. That is more FUN.

Your game will go to the 'Next Level'. This is GOOD !

There are wonderful people at all levels.

I want you to be the '**C.A.D.**'

'Welcome Aboard!'

19) **'BILLIARDS GOLF'**

"It's NOT What You MAKE, But What You LEAVE."

Make 'Strategy' a bigger part of your game. It can hardly be too big a part, as long as 'Having Fun' is the biggest.

20) **FORECASTING:**

When you play 'Billiards Golf' you fire at a position that benefits your next shot. Also you would be well-served to take this one step further and 'Visualize' where you could also land all things not going as planned. Pick the best 'Bail-Out' or 'Error Point' so that your 'Billiards Choice' is optimal.

This being true, it is the sign of the seasoned player who forecasts his shots two shots ahead, also with the 'Bail-Out or Error Points' considered.

Three or four shot ahead is worthy of consideration. This level of 'Course Management' might take some time to orchestrate as you have to know your Clubs, your Swing and the course. Trusting your expertiser is good!

You say this is a bit of a dreamer approach to Golf?

As mentioned earlier, Ben Hogan used to do it for '**Eighteen Holes**' and was quite reliable and accurate.

You know the story: After the practice tee work followed by some short game work, Mr. Hogan instructed his caddie to take out his #7 Iron and add a wedge. When asked "Why?" he responded, "Because there are no #7 Iron Shots on this course today".

That's knowing your Game followed up by 'Course Management'.

Wish he were healthier longer!

21) **OPPORTUNITY:**

The 'Opportunity of Winning' championships is gauged by the quality of your misses.

A prime example of this is the play of Tiger Woods in the 2000 British Open where the bunkers are most problematical; deadly might be a better description. He played 72 holes in the same conditions as everyone else over the same course (although it may not always seemed as such) and was 'NEVER' in a bunker. He forewarned this audience that one of his strategies was "To avoid the Bunkers".

For players, the '10 Foot Circle' is fundamental.
(26 to 30 Putts per round)

the '5 Foot Circle' is Magic.
(22 to 26 Putts per round)

the '20 Foot Circle' is high blood pressure and
likely numbers to match!
(30 to __ Putts per round)

22) **ALL AIR:**

There is a saying or misinformation in GOLF that;

**'Trees Are Not A Huhg Problem To Hit Through
As They Are 90% Air'**

that is, of course, until you attempt to prove this foolishness to be true while playing for a stake or the club championship.

I have found that 'Discretion Is The Better Part Of Valour'. Don't try to strike a GOLF ball through any tree, bush or shrub. Those foliage 'Air-Bags' are full of hard stuff that stops Golf Balls from going where we would like them to go! One extra stroke directly back to the fairway, even if it is backwards, is better than two or three beating a trail through the jungle, at least to date by the rules and scoring of the game as I know it.

If you have found this NOT to be true, I want your name and telephone number so I can call you often to be my partner or perhaps pay for the beer !

It will be one or the other.

23) **SUCKER PIN:**

You have all heard this term and if you have not, you soon will either about someone else's error or your own.

When the malicious greenskeeper get out of the wrong side of the bed and figures you had a good night's sleep and a 'Good Morning' from your bed-partner, he may feel slighted. 'So this one is for you!'

The green is 'Tear-Drop' shaped and at the small end it is caressed by a small deep pond punctuated by two shouldering bunkers filled with sugar-white fine sand. This talented chap with the green thumb, in his early morning constitutional stroll through the eighteen idyllic holes, tucks the cup right in the small end of the tear! It is about twelve feet from wet and only sixteen feet from the beach. Sounds more like a suntan than Golf.

If you strike the Ball courageously with your #7 Iron right at the flag and stick it inside the '**Five Foot Circle**' you will be pleased. If you miss it by seventeen feet, you may well be wet or have that feeling of sand in your briefs! The 'Sucker Bit The Hook' and the greenskeeper scores again. Thus the '**Sucker Pin**'.

Discretion is generally the better part of valour in Golf. Take 'Dead Aim' at the fat of the green and be thankful for being able to draw your putter out of the tool-chest.

One simple little suggestion in this situation is to, in your mind, reach out to the flag, pull it out of the hole and move or 'Displace It' to the '**Fat Of The Green**'. That is the safer big part of the tear; less Kleenex required too.

Now that sounds like a plan!

Wet is expensive. That is why we call it a '**Hazard**'.

Today the 'Sand Box' is generally not very hazardous and one might even aim for it if the options are more dangerous. You will often see the savvy old pros do exactly this and produce great 'Saves'.

If you are not familiar with this term 'Save', rumour has it that the name came from being in trouble and, by some blessed stroke, getting out making PAR or '**Saving Ones Butt**'.

"**NICE SAVE!**"

24) **THE 'TEE BOX' ADVANTAGES:**

Use it to your advantage. There is more to it than just a rather small piece of well prepared primary real estate off which you commence your trip through one Golf hole, not to mention segregation or selection.

The men have usually several starting point choices based on ability, nerve and wisdom. Ladies have the 'Fairer Sex Privilege' of moving to the front of the bus about a hundred yards closer to pay-dirt than the bravest who select striking from the tips. One must always respect Golf for it's inherent ability to 'Level the Playing Field' so that any natural God-given genetic deficiency or characteristic might NOT become a handicap on course.

Do not just step onto the 'Tee Box', find the centre-point between the two tee markers, peg a Ball and bash it into the next county of drastically shorter. Remember you can carefully select the Ball's Teed-Up location to your advantage.

Firstly, keep the Ball out of divots.

Secondly, ensure that where you place your tee enables you to stand comfortably on 'Flat Ground'. Often the 'Tee Box' is rather beat up by all the folks who got there ahead of you. Take care in your placement. Remember, you cannot place your tee ahead of the tee-markers but you can place it behind up to 'TWO Club lengths' and still be within the legal teeing area. Also you may place your feet outside the teeing area in order to strike the ball.

25) **AIMING OFF THE TEE BOX:**

Some simple guidelines that might be helpful to 'Right Handers' in selecting the correct location of your tee are as follows:
(for 'Left handers' use the opposite strategy)

Long Wide Fairway Straight Away:

- i) Centre of tee box for striking the Ball
 straight down the middle.
- ii) If you play a 'Right to Left Ball' (DRAW BALL)
 it would be wise to tee-up on the right side

of the tee box to allow the greatest area of fairway to work the Ball. It is safest.

- iii) If you play a 'Left to Right Ball' (FADE BALL) it would be wise to tee-up on the left side of the tee box to allow the greatest area of fairway to work the Ball

Long Fairway...Dog Leg Right

- i) Straight Ball Hitter: Place your Ball on the left side of the tee box and strike it down the middle or middle right.
- ii) Fade Hitter: Place your Ball on the left side of the tee box and strike it down the left side or left middle depending how much you trust your Ball Flight Profile. Sometimes we 'Left to Right' players find the occasional soft 'Draw' so allow for them.
- iii) Draw Hitter: Place your Ball on the left side of the tee box and strike it either down the right side or down the middle, depending on how much you are working the ball and how much you trust your consistency.

Long Fairway...Dogleg Left:

The strategy here is quite like above for 'Dogleg Right' but using the opposite tactics.

26) **AIMING OFF THE TEE BOX IN THE WIND:**

I think this is a lot of common sense but we need to use it. This is an 'Environmental or Elemental' consideration. Really the same 'Zero Wind' situation with one added element! Don't fearful!

Employing the same approach as in a 'No Wind or Calm Condition' firstly accurately determine where the wind is coming from and how strong it is blowing.

If you are on a long wide fairway Straight Away and the wind is blowing briskly from 'Right to Left', one has to factor this into the 'Ball Flight Profile and Trajectory'.

- A) If you can ONLY strike a dead straight ball, (what a great problem to have) then, in this wind and shot situation, simply play the ball 'INTO The WIND' and let it feed or carry the ball back to where you want it. Thus strike the ball toward the right rough and let the wind push it back to centre fairway.

- B) If you strike your ball with a FADE shape, moving or bending it Left to Right, then you may very well strike the ball right down the middle and it's left to right tendency will offset the wind's effect of moving it right to left.

Try to think of this tactical '**stuff**' a little in terms of a river scene. Rethink situation A) above. If the river is flowing right to left, throw a stick upstream and it will drift or be carried back to you.

Whatever the situation, the scene shall be set. Whatever the scene is, know your 'Ball Flight Profile', consider the elements such as wind and fairway slope etc. and set yourself up so as to take the best advantage of all factors, but especially give yourself as much room on the fairway to accomplish your objective.

'It Is NOT What You MAKE That Matters But What You LEAVE.'

27) **VISUALIZE:**
 (Go to the Mind Movies)

See the shot before you even begin to set-up. In fact, once you have played well for some time, you will be able to 'Pull Out Of Your Bag' or movie library, dozens of different situations that have gone before and use this data to create success again.

On this topic, I think you are best served on the actual 'Pre-Flight Visualization' by seeing the very top of the Ball Flight or the apex of the Trajectory. Move the Ball intelligently through the 'Top Of Ball Flight' and you will have a mid-flight check-point by which to both aim and judge performance.

Captaining commercial aircraft we were required to 'Report Intersections' in the sky's endless but well-defined road-map. We were likewise required to always report our 'E.T.A.' to the next intersection and our even next proposed checkpoint. Planning ahead in GOLF and producing a very solid picture make very good sense.

28) **MANAGE YOUR DRIVER:**

If at any time during a round or even a period in your season, you find that you are not managing to strike your driver well ... DON'T!

Put it away for the moment. Always carry it but banish it to your bag under it's cover so that it cannot see the light of day until it decides to approach your game with a different attitude and dedication!

The 'II or III Woods' will do just fine and keep the TENSION out of your body. You may find that your friendly fairway woods are about as far during times of stress. Tense muscles are slow muscles. Slow muscles create not only errant motion but less of it. Slower muscles create less Clubhead Speed and thus directly less DISTANCE.

Stay smooth and extended, 'FOLLOW-FINISH' for Distance with that II or III Wood. Fred Couples at 265 yards with his 'III Wood' dead straight has never been hurt by it. Neither will you be.

Straight is cool! It is much better than long and in the bush. Unless I am mistaken, this situation often leaves us lying 'THREE' and not nearly as far down there as we had expected.

Q41)

"Sweetest melodies are those that are by distance
made more sweet."

Wordsworth

To be entirely fair and honest, a great long booming drive or a crisply struck rocketing iron too is sweeter than the shorter alternative, as long as it cut the fairway or green in two halves. Anyone who says that there is no 'Rush' with such a great striking of the ball is either mad or mad at something!

29) **OFTEN OVERLOOKED:**

We are always aware of our 'IRON SHOT LIES' but may neglect to consider or evaluate our 'TEE BOX LIES' which are important and directly affect our swing stability with the big stick or any stick on this 'Starting Point Surface'.

Make certain of two things on the TEE BOX ...

1) The General 'LIE' Of The Ground

2) The 'ALIGNMENT Of The TEE BOX' To The Target Line

You do not want to be swinging down or uphill. Sidehill is not any better and perhaps worse.

You do not want to allow the 'TEE BOX' to create a false 'ALIGNMENT' for you in a drive or long iron shot. Very often the entire 'TEE BOX' is not 'Square to the Target Line' and even more often the 'TEE BLOCKS' are 'Off-Set or not Square to the Target Line'.

By the way, greenskeepers have been known to deliberately set you up badly to add a slightly bigger test to your overall skills. Their job description does not include being nice or fair. They get no tips and virtually never have any direct contact with the real world. Tends to make them slightly reclusive and morose, with a lean towards a slightly twisted sense of humour. But that's GOLF!

30) **BRISKLY**

This may be more 'Etiquette' but I think it falls solidly into 'Course Management' as well. When I play '**READY GOLF**' I feel a more comfortable 'Pace' and make shots with better 'Rhythm'.

'Walk Briskly'.

31) **READS :**

A Golf Course is like a good book, there are more than one chapter to read and likely several ways to actually consume and benefit from the book.

Reading your 'Approach Shots' to the greens, the uphill or downhill run-ins and even the complexity of sidehill approaches that you cannot fly, determining where to land your iron shots, what Trajectory is necessary to survive and conquer, is as important as reading greens.

Each misread on tough run-in approaches cost you a stroke or even two, just like on the dance-floor.

Take time to pick landing spots not just for their aesthetics but for their function. Then make them perform.

Pick a landing spot, what we at the '555 Academy' call the '**12" Circle**' and put your Ball in it with the proper 'Spin-Rate and Trajectory'. This will make for birdies and matches.

32) **MEASUREMENTS :**

I am a player who likes to know precise distances, not really like the old-days on the links when it was your 'EYE' that made this entire determination. I used to shoot a lot of precision bow and arrow. This competitive archery used sights and other such aiming devises, but the only way you knew distance was to practise reading it. It was directly rewarding or punishing. Close but no cigar!

When I look at a green with bunkers in play, especially directly in front of the green, I want to know several yardages:

- a) Distance of Ball to Back of Bunker
- b) Distance of Ball to PIN

Remember that your calculation and supplied data (sprinkler heads) will be to the front edge of the green, plus paces to the 'PIN' from there. The green contour and pin-placement data is supplied daily.

- c) Distance of Ball to the Back of the Green.

This is so I know how far I might err before I am in the trouble assembled at the rear of the bus. Those same greenskeepers at work. Incidentally, they are paid out of the generosity of our membership fees and green fees! Slightly ironic, wouldn't you think?

How is this 'Course Management'? We need to manage our anger and direct it toward those who deserve it. That person is usually in the mirror so dissolve your anger as fast as it forms. There is no point and nothing good that ever comes of it.

Certainly never take out any frustration on your Golf Clubs. They are willing and loyal servants totally at your beck and call with no emotions or predeterminations.

33) **COMBINE COURSE AND SELF:**

The frustration of making the right swing with the wrong club is well-known to most of us.

Factors we must consider are; Adrenaline, Wind (Up or Down), Fairways (Hard, Dry), Greenside Trouble, Fairway Hazards, Condition of Greens, Position on the Leader-board, and many more that are always cropping up.

One worry you should not have is "How are things at home?" but realistically they are in play.

Keep both 'Physically and Mentally Balanced' and in a good 'Rhythm'. (Tempo, Timing, Rhythm, Cadence & Pace)

NEVER FORGET THAT GOLF IS JUST A GAME!.

**It does not stop tomorrows
or bring back yesterdays!**

34) **SCRAPING MY WAY AROUND THE COURSE:**

This comment is made on many occasions to describe a round that was a struggle, Balls struck poorly or certainly not up to expectations, less luck than desired and my game just not 'Cutting the Mustard'.

How would I go about scoring the best I can possibly score on any given hole or situation?

a) From any location on the hole, for example, you are making your second shot to the green, a good approach shot opportunity, always choose a landing point or target area that if made will set-up a birdie or if missed, will not kill the chance at Par.

Always weight the '**RISK - REWARD**' quotient of every shot. If I make it I am the foursome hero. If I miss it, how far or badly can I miss it before I sacrifice any opportunity to score well. In other words, if I choose a shot that is high risk I had better be able to make it eight times out of ten, or it is a bad choice, for a 50:50 chance I am at risk of being in trouble half of the time. Half the time is not good enough for me and the guys I play with. If I am foolishly seeking a birdie, there may be a good possibility that I will end up with a bogie.

b) If I am making a shot at a green that has some trouble on one side that is in play for my style of shot, I may be wise to alter my '5 Foot Target Circle' slightly farther away from the trouble so as to avoid it, even when I know this will produce a longer putt.

An example of this 'Playing the Percentages' as the pros call it, is certainly seen often on Sundays. When the contending pro feels the safest 180 yard, #4 Iron landing area around a green is the bunker, in other words safer than the shallow creek that fronts the apron, or the grassy swale that runs bordering the left side, he will 'Bail Out Right and Long Into the Bunker'. This is a close

second to aiming just below and short of the bunker which will put him on the putting surface 12 feet below the hole.

In the 'Visualization Phase' of your '**ROUTINE**' always evaluate the safe place to leave your Ball. This is '**BILLIARDS GOLF**' at it's necessary best; your friend and mine.

This 'Visualization' process applies to every swing long or short. 'Take Dead Aim' always at a 'Quarter Size Target'.

c) Consider for a moment simply firing at a green that is unobstructed and unprotected. There are no hazards.

A good mental foundation is to select a Club and make a Swing that '**GETS THERE**'. I think a Ball struck slightly too far in this situation is far better than one that comes up short. Like a Putt, if it does not get there, it never goes in the hole.

Evaluate your circumstances ... all of them.

d) With this in mind, you may be playing a course that is hard an dry due to a hot summer. In this case an iron that will fly the Ball to the heart of the green may be the wrong choice. The Ball will likely land and bounce off the green. Therefore, alternatives must be entertained and carefully chosen. In this case I would choose a club that would land slightly short and run on providing there is an alley-way that gives access. If there is a bunker on-line, the scope changes again.

Decisions must be strategized, but never do so without our '**BILLIARDS GOLF**' approach clearly in mind. '**It is not what you sink that matters, but what you leave**'. Unless it is your last putt, it is your second last shotone more coming. Give yourself the best chance possible.

Think your way around the course. It is worth several strokes per round if not many more.

e) We all make mistakes in judgement or execution.

Q42)

'This is just plain old Golf.

but

Never follow a bad Shot with a bad Decision.
It will just lead to another bad Shot'.

I once heard a memorable comment from one of the team matches a Pro-Am tournament that I was playing in. We were in the final group and leading. Our opponents were just outside the collar, working hard, and a little slower than preferred, when the 'Ups' partner said a little louder than perhaps intended, "**Save The Drama For Your Mama. Just Get At It!**" 'Slow Play' is no salve for overcoming Pressure.

35) **THAT PERFECT LIE:**

A wonderfully witty and talented writer puts the subject in perspective this way:

"Speaking of lies, the secret in the rough is to take a few dozen practice swings with a #2 Iron (a scythe is good, too). When you have a clearing big enough to build a log cabin, change your mind and go to a wood. One last thing: Never take a caddie unless you happen to know he has a prison record."

Good caddies have to be practical-minded, tough, resilient (survivors) and prepared to influence you into doing what it takes to get the 'Little White Ball' resting on the hole in the very bottom of the cup. Oh yes, and they must be good managers too.

'Never Tell Lies'. Mom I promise.

36) **PACE OF PLAY:**

Under 'Rules & Etiquette' I spoke of keeping your game rolling and strive to play a full 6500 yard round in under five hours at the outside. My position has not changed.

But what do you do when the wheels come off and 'Pace' comes to a painful grinding halt like rush-hour in the south L.A. freeway to Orange county and 'Points San Diego'? Celebrate? Not likely. Get very core or down deep annoyed? Likely. Results? You pay more than the price of some tempo decay. Your numbers are going up like the Union Jack or a junior's shorts when the tepid partner's daddy, out of the office early, slams the car door and calls for the dog.

Here is where a couple of deep breaths are in order and some deliberate discipline will pay dividends.

If you arrive at the next tee box, having carded two birdies in the last three holes, rolling, and find two foursomes bunched up like a small group of beef cattle at feeding time in a Caribou meadow at forty-five degrees below zero, walk away and find a nice place to sit or lean against a tree. Take the lowest-key player or caddie you can find, yours or not, and make marginally meaningful small talk, other than concerning this round, what's behind or ahead.

A smaller point, but relevant. If your foursome is 'Up' but the group ahead has just departed the tee box, and it is your 'Up' at bat, do not start your Routine, even to the degree of pegging or teeing up your ball. This simple singular action is a distinct part of your 'Preshot Routine'. It is a small component of your temperament and the beginning of your next stroke. It must not be 'Isolated Or Disjointed' from the whole flow and sequence of your entire Routine. Golf is an entire process or connected sequence of events before, during and after a physical-mental stroke that actually makes your Golf ball depart.

Don't break up an orderly event simply for want of something to do. If all else fails and you simply cannot wait, pick your nose, scratch you behind or tell a bad joke. Whatever you have to do, don't start a final count-down until all systems are go!

37) **O.K. NOW WHAT?:**

Next chapter, same situation!

You have arrived at this just-vacated tee box, feeling the pressure of five or six slow holes, and the group in front surprisingly 'Waives You Through'.

Be Cautious!

This situation is very similar to the pressure that so often exists on the much-watched first tee box. Don't allow the cold-start jitters to creep into your mind and body. Take your time. Follow your precise proven Routine and do not try to make a hero shot just because those slow-pokes up front will be watching. This is a game of numbers. Big ones are bad and little ones are good!

A simple action plan here might to plan for a solid, Down-the-Line drive about ten to fifteen yards short of miracle. You might elect to use your III Wood as Freddy Couples so often does. He makes lower scores and more money than we, so, perhaps he knows something we need to adopt. I can tell you, this one sure step at a time approach is what champions like Fred and David Duval are made of.

Having read this little book to this point, you will be gathering a sense of the fact that 'Tension is Golf's Number One Killer of a Good Swing'. If you allow the muscles in your Hands and Arms, especially that Target Elbow, you are undertaking a waltz with demons. I am certain that any pressure you might put upon the muscles between your ears is equally damaging. It is this writer and teacher's opinion that failure resulting from pressure starts just behind your 'Captain Eyes'!

Stay 'Cocky, Confident', under Control and very governed by Routine.

It is always appropriate to thank the party you just played through for their kindness, even if you feel it was four or five holes too late to be gracious!

Oh, and remember to keep your Pace quite 'READY GOLF' especially now because thirty percent of those who allow you to play through, play faster than ever to now keep up to your group and even, occasionally, to show you what pressure on your rear end feel like.

Distracting? Yes. And conducive of higher scores if you allow it. Isn't Golf a protocol balancing act with a rush?

Wouldn't trade it even for a dynamite bronk ride at Mesquite even if play happens to be 'Morgue-Slow'!

38) **SIMPLE AND ESSENTIAL:**

Never follow a 'Poor Shot' with a 'Bad Decision'.

39) **BEST FOR LAST:**

Consider you are ready to strike the first Ball of a brand new first round in a three day tournament. What would be a very productive objective. Yes I know. I told you this before: 'Lord, please let me hit this damn thing down the middle, far and straight, and then get the 'Hell Out Of Dodge'. (which means off the tee box and down the road, I mean fairway)

What is a sooth option?

'Lord, please let me PAR this first hole!'

That is a great way to start any championship round.

Any doubts? Just ask any champion!

40) **WHAT ABOUT THAT CONSISTENCY?:**

I have often been asked 'Why doesn't a great event player, someone who has won the Masters or a Major, especially by a large margin, continue to dominate week after week, or at least more often than has been the general case?' We all know of that great performance followed by a vacuum of missed cuts and being off the leader board. Why and How might that situation develop?

My carefully thought-out answer is as follows:

1) The level of competition out there now is fierce and it is not just between four or five 'Dominators'. There are dozens of tour players capable of winning one event over a three or four day grind. Don't kid yourself, that is what it can be! That is what it is! There may be friendship and comraderie in the ranks, but during the event, in the heat of battle, you had beter not let up! Your rear-view mirror is full of hungry and very dangerous adversaries who will 'Kick Your Butt' with very little opportunity.

2) With this level of performance in the 'Traffic Jam at the Top', one needs a very generous helping of 'Lady Luck' to prevail. My wonderful Uncle George once very long ago told me, 'I'd rather be lucky than smart!' Smart helps but without good fortune, you are

seriously handicapped. What do you think the 'Rub of the Green', the 'Member's Bounce' and such sayings mean? The 'Members Bounce' has no sexual connotation that I know of!

Recently there was a 'Nike Tour Event' with the third round sixtyish number of players. They were '**All Under Par**' and the leader was short of that zero point by nineteen strokes with one more day to go. The course was rated as very difficult. It was well over 7,000 yards, quite narrow in the landing areas, had lots of deep rough, tricky greens although less speed than might have been the case (9.8 Stimp) and the wind was up and down.

How would you like to play three rounds to a '2 Under' and be sixtieth? ...and make barely enough to meet expenses.

I heard an interview where the commentator mentioned that the prize-money on this very tough tour was not very great. We know that! But when he and one of the players equated it to '**LAST ROUND BIRDIES BEING WORTH \$17.00 EACH**' to those out of the money, the relativity hit home to this listener!

But the Sunday '\$2.00 Nassaus' are tough too.

3) I think there is an enormous amount of talent in today's athlete. Our youth is getting bigger, stronger, faster and smarter. They are going to beat you one day if given the opportunities. They are coming at us. That is why there is a 'Senior Tour'; so that those who have prevailed for decades can still play and put away enough money to retire or further bolster their fortunes. It's an 'Old Boys Club' of significant proportions and is of great importance in the overall scheme of Golf. Don't know about you, but I love watching the tremendous talent displayed in the 'Fifties Plus Tour'. Both the competition and the gentlemanly spirit is still there.

So the competition is tough but the stage is set! This now modern day hero won several times and has now all but disappeared?

4) When a player wins a major, can you imagine how much 'Off Course' pressure is applied? Could you survive the media blitz? Could you withstand or perhaps thrive on the daily pressure, week after week, to be at the top of the Leader Board, being expected to win more often than you have and taking some 'Ribbing' for getting soft or something? How well would you wear the violation of privacy? ... because that is precisely what it can become?

5) Some players are clearly '**Naturals**' who on any right time in any event could post very 'Low Numbers'. There are many players who have 60's in their bags and souls. If you are a natural, do you need to practise? You bet! Perhaps the pressure of having won wears one out a little and thus steals energy from the body and mind that is required to withstand daily or regular focussed practice.

6) Some player clearly are '**Not Naturals**' and we know if them, but they, through perseverance, practise and guts have won. One of my heroes is Tom Kite. I do not think he was blessed with the talent of some others, but he sure was rewarded for his diligence. Now there's a golfer who is a gentleman at the same time as being a good person. Not a slight lifetime accomplishment! So why the 'Streaky' performance? You know, here today and gone tomorrow?

7) I think natural talent, that is not disciplined and trained to a very high degree, may, at the precise moment, at the right event, win. But to do so again is a lower probability that decreases as the players discipline and practice ethic decreases. You see, I know why Tom Kite prevailed for so many years. He knew Harvey Penick, took good advice, was a good student and worked very hard, diligently, on basic Swing Mechanics so that when the heat came up in the kitchen, he could stand being around, in fact, thrive on it. You see, without earning the crowns the 'Old Fashioned Way', you will not wear it for long; not when the level of warfare is as high as it is out there on the manicured battlefield.

Those who have talent and combine it with the work and discipline of study and practise, competing week in and week out, tough and toll-taking as it is, will be around longer and more often than those with talent less guided, groomed and put to the test.

High-level play is God-given, earned, honed and exercised. When all the ingredients come together, you WIN! The more you improve your ingredients, mental and physical, and the more you recipe, blend and bake, the more pastry you will produce.

That is how I see it.

Q43) 'Amen Corner at Augusta looks like something
that fell from Heaven,
but plays like something straight out of hell'.

41) **DRIVING RANGE MANAGEMENT:**

You cannot 'Pick, Clean and Place' while on course except when 'Winter Rules' are in force. Such special, 'Outside the Royal & Ancient Rules' are special subjective prerogatives of the 'Head Professional or his Ground Superintendant. When the course conditions warrant they may set 'Local Rules' which should be 'POSTED' on the club bulletin board or at the pro shop counter. Actually the starter should advise each player of these special considerations.

On the driving range, there is no need to 'Pick, Clean and Place'. But you should 'PLACE' your Balls properly.

'You are not serious?'

'Yes I am!'

When you take a 'DIVOT' generally place your next Ball in the rear or aft end of the previous 'Divot'. Do this several times which means you will make the original 'Divot' about two or three inches 'Longer Aft' each Ball. In this manner you can strike 'Six Balls in a 12 inch line' and then start another line for 'Six more Balls'. Each line is about two inches wide. Do the Math. You should be able to strike about '**36 Golf Balls Per Square Foot Of Driving Range Turf**'.

How many times have you been to the range when the next person to you has used up almost an entire staff area for one large bucket of Balls? A large bucket of Balls is about 70 to 80 count. Therefore, two square feet is adequate.

When you see the '**Random Gardener**', you know this fellow is not a professional. His or her Golf Shots on course are likely as poorly disciplined! Worse still, it is likely this person never puts 'Sand and Seed Mix' in his or her practice area.

This is pure lack of '**Etiquette**'!

42) **DOWN THE FENCE LINE:**

While we are on the topic of 'Practising Smart' at the Driving Range or practice area of your favourite golf course, I want to give you a very good idea or suggest a sound discipline.

Question first:

How many of you produce, with your mid to long irons, either curvature to the 'High ENERGY or Low ENERGY Side of the Target Line' as a standard procedure. I mean the type of 'Ball Flight' that is just slightly more (or a lot more) than a soft Draw or Fade? You do not have to answer that out loud!

Well here is a good 'Practice Procedure' that will 'SubConsciously or Intuitively' assist you to strike the Ball straighter or more 'Down-The-Line'.

Firstly, if you watch the 'Golf Channel' or the television Golf Events, you will have certainly seen the commercial that show the benefits of a major name-brand Wood that, by design, controls 'Spin-Rate'. The commercial shows a person standing on a 'Seaside Tee Box' with his driver intending to strike a straight ball, as we all intend. Then two very high, narrow 'Driving Range Nets' appear providing a 'Hallway Effect', visually and physically. I think this would be a great place to practise Mid, Long-Shafted Clubs. You will get immediate 'Visual Feed-back'.

APPLY THIS TO YOUR DRIVING RANGE:

Don't strike Golf Balls without a Target except the first dozen or so that you strike simply to get the 'FEEL OF IMPACT' and they should be with short to mid Irons. Once you have 'Pure IMPACT' under control, 'Pick A Precise Target' and grade your shots.

Another suggestion is to NOT select a 'Driving Range Stall' in the middle of the range, especially if there are no very well-defined

targets in the middle of the range. You will surely get caught in the trap of becoming just a 'Driving Range Ball Basher'. That's not productive.

Select a matt or location at the side of the range. It is always less crowded than in the middle as well.

So WHY?

Because there is a '90 Foot Fence and Netting' over there. Depending on whether you are right or left-handed, you will NOT be able to hit either a hard Fade or Slice, or a hard Draw or Hook from this position. When you select the 'Fence-Line' you create a 'Physical Ball Flight Barrier' that will almost force you to control your Ball Flight Shape. Because I am a natural, right-handed 'Fade Ball' I love this drill. When I am on the right side, against the fence, the barrier will not allow me to 'Leak To The Low ENERGY Side of Target Line'. If I want to work on my 'Ball Flight's Holding the Line' or slightly to the Draw, I will do one of two things;

1) 'SET-UP and EXECUTE' so my Ball holds the fence line on the right side of the range, ensuring that my 'ALIGNMENT' is parallel to the Target Line which is parallel to the Fence Line. I do not want my Golf Balls leaking into the netting.

2) 'SET-UP and EXECUTE' on the opposite side of the range against the left side fence and ensure that my Ball Flight holds its line against that High ENERGY Side barrier. I do not want my Golf Balls turning over towards the netting or leaking away from it. If you are a 'Brace-Handed Leaker', hold the line from this location. (this is a 'BULLET-PROOF DRILL'. See INDEX)

You can easily see how useful it is to have a real physical barrier along which to strike your Golf Balls. Earning the ability to do this well will certainly give you more 'Confidence' striking down tree-lines, along hazards or in the wind. All driving ranges have this very specialized area of practice if you will simply get out of the mainstream middle!

Always be inventive or ingenious in your practice sessions.

Remember, I suggest that you 'WRITE' a 'Game Plan' for every

practice session and 'Stick To It'. How many of you have gone out to practice, good intentions, and just wasted a large bucket of Balls? Any time you strike any range ball, other than in your IMPACT Warm-Up period, without 'Pre-Selected Components and Pre-Selected Procedures' and without a precise Target, is wasting your time. You may even be going backwards in your 'Skill Level'!

When you practise, ask yourself if you could effectively use the shots you are making on the course, If you do not have a 'Precise Target', the answer is "NO".

When you 'Practise, Set Yourself Up To WIN'!

Just playing well and having more FUN is a form of 'WINNING'!

43) **FAT - THIN DIVOTS:**

The proper 'Divot' is always quite shallow and taken 'IN FRONT' of the Ball Location. This is because striking the Ball should take place with a slightly 'Descending Angle Of Attack', unless the Ball is 'Teed Up'.

With proper 'Divots' we place each 'Driving Range Ball' at the Back end of the previous 'Divot' as discussed above.

If we 'Hit Fat' and take 'Divots' behind the Ball instead of 'In Front' of the Ball, arguably we could place our Golf Ball in the front end of the previous 'Divot' which would reduce the turf we might take in the next shot.

'You Have Got To Be 'Kidding'!

The solution to making 'Fat Shots' is to 'Keep Your CHIN Tallish', the 'Address Ready Position', in the '**5 CONTROLS**' Position throughout the entire Front and Back Swing, not to fiddle with any Ball Location relative to any existing 'Divot'.

This section was just a test of your practical and serious nature!

Always make each swing correctly.

44) **THE 70:30 RULE:**

I think this simple rule will help you to manage your game better. It has worked for me and a very large number of my clients. Please give it a try and patiently so.

This is a '**Risk & Reward**' consideration. Golf is a game that revolves around the possibility of making or not making the shot. We all need to give ourselves the very best opportunity of scoring well. High risk might make an impression on the crowd at one time over the space of a tournament, but it may not be that big of a deal overall if you lose more of these situation than you win!

Before I explain this '70:30 Rule', remember that you must avoid the urge to attempt the great shot you saw the winning pro make last Sunday. You are NOT this man and it may not be a shot you own. Make the shots you can 'Comfortably' make seven out of ten times in any situation. Now you will score lower numbers!

45) **THE RULE:**

'If you do not have a 70% chance of making the shot seven out of ten times in this situation, do not attempt it. Devise an alternative strategy very quickly, You have already used up a goodly portion of your five minutes allowed to make this shot.'

In other words, if your chance is about 30% to pull this plan off, change plans. If you '**Realistically**' have only about a '50:50' chance of making the shot, rethink or re-strategise it as well.

'70:30's' pay consistent dividends. '30:70's' don't!

Again, as in the 'Pitching Wedge Rule', play the winning numbers!

If you do not FEEL absolutely confident, (the slight rush of FEELING threatened is not 'Confidence'), re-Conceptualize, re-Visualize and then re-Actualize.

I want to remind you right here and now that three well struck #7 Irons will commonly advance the Ball about 450 yards and quite accurately so. If you strike two #7's 300 yards and follow up with a lazer accurate #PW at about 110 yards, totalling 410 yards, you can safely play ninety five percent of all the golf holes in the

entire world with this strategy. Play Golf in a 'Reality State of Mind' and not in Mr. Disney's Fantasyland!

You have heard me say before that two 125 Yard #PW's make effective work of a 250 yard Par 4 with a birdie opportunity, whereas a mediocre driver may set up a realistic bogie! Along the same lines, 'All Par 5's are just three Par 3's played on one hole'.

Play Smart!

46) **SUBTLE POINTS:**

How many of you have thought about the advantages or disadvantages of getting an early or a later draw on a tournament day? Until you get there and go through the process or event several times, it may seem a bit of a 'Blurr'; a memory that unfolded rather quickly, or slowly if you struggled. Pain always lasts longer than pleasure. Then, unless you really sit down and quietly evaluate the day or days, you may not get all out of the experience that you should or could.

There are some interesting aspect to starting times.

THE LUMPS:

If you get off early there is an advantage. The greens will be smoother, slower and more receptive to well struck Balls.

If you get off later there is a disadvantage. There will be lots of Ball and Spike marks that bother the later players. The 'Lumpy Donut' is not so lumpy earlier in the day as late. Late reminds me of putting on miniature corrugated roofing material where speed is absolutely key to 'Direction'. Slow putts that '**Die In The Hole**' are vulnerable to the imperfections that abound on the 'Putting Surface'. So if you are a 'D-I-T-H Putter', you may have to change your ways in the afernoon rounds to become a 'Speed Putter'. More speed enables the Ball to rather skip across the imperfections and be less impaired by them.

THE FLIPSIDE:

If you get off to a late start there may be an advantage. Have you got a good sense of humour and realism?

When you tee off late, you get to watch 'ESPN' or the major networks to see not only how the shots are actually being played, but see them from both ends and from above (the blimp view). More importantly, you get the distinct benefit of listening to the 'Booth and On-Course Commentators' analyze the Putts from many different perspectives. Remember they have gone onto the greens during the days preceding the tournament and in the morning of the round to practice rolling Balls from lots of locations.

Additionally, they get to see every Ball land on the green, watch its rolling to a stop and then watch the 'PreShot Routines' and rolls made by the best and the worst. This data is compiled minute by minute and soon you hear these T.V. folks make comments like "No one has read enough break into this Putt in the last two hours. It breaks left and not right. Or, it is more uphill and into the grain than expected. No one has made it to the hole from this side of the green."

Now, how helpful is it for your caddie and yourself to have all this information? Very!

It is the second best thing to having a course staff 'Walkie Talkie' so you can speak directly to Ken Venturi, Peter Kostis, Davis Feherty, Jim Nantz, Mark Lye, Peter Osterhaus, Gary McCord and others for their 'Birds Eye View' and statistical record of the line and speed. What a 'Seeing Eye Dog' trick that would be!

If you get an early tee time draw, you lose this advantage.

And here we are, thinking with naivete, that all this 'Golf Strategy' was rather mundane! All meaningless chatter! You know, the kind of 'STUFF' that would bore any football, baseball or hockey player to a cold sweat needing stress release or prevention group therapy! Alternatives? Bring on the beer with shooters and hooters! "Darling! Two valium, a prozac and viagra please with a large mug of warm milk!"

Golf and its boundless range of possibilities! Late can be good. Early can be good. Great Shots are always good! We make what we want and can of it through practice, preparation and execution!

You had no idea it was going to be this good, did you?

As Arnie would say, "Play On"!

47) **DON'T LET ONE BECOME TWO:**

I just finished a very long telephone conversation with one of my touring pros. He was not a very happy camper!

He had just come off a 'Five-Dayer' with the traditional 'Pro-Am' which he played very well. (five under although he said his Am was a 'Yapper') Players learn very quickly to shut our any noise they do not want to hear. If not, they suffer a case of the malady that has, in North America, become known as the 'Montgomery Syndrome'. Incidentally, the crowd tend not to bother those who do not take the bait and respond to or react to any of their negative stuff!

The crowd heckles for the reward they get for doing it. Almost like Golf; if you never have any fun, or even suffer for your arranging to frequent the links of your choice, you will soon cease making the drive. If not, perhaps it merits consideration; of a last resort of course! Always take a good lesson first and spill your frustrations all over the teacher. That's what we are for, to a degree! Everything in moderation you know!

Back to my tender touring pro.

He went 67, 70, 76, 69, 74. Felt he struck the Ball well off the tee with several mental errors that had a price. These cost him a stroke a round in four days. His fairway woods were reliable as usual. He got into five fairway bunkers over the last four days and hit two lips, both with #6 Irons that should have been firm #7's. (Mental Errors.) He, on one of the occasions, shared the beach with his playing partner who struch a #6 Iron, so my fellow decided he wwould as well. Bad decision. The partner was a little handsy and his slight 'Throw-Away Action' produced an increased 'Net Effective Loft' which is why he cleared the lip of the bunker. My man is a

very solid 'PIVOT or ROTATION' with nice soft and quiet Hands which produces a very reliable 'Boring Low Trajectory'. Great in the wind as it was in the first round, but not out of a fairway bunker with a thirty inch lip about ten feet away from the Ball Lie. We are now 'Arm-Chair Quarterbacks' but the picture is quite clear and came to reality. Once we make a 'Mental Error' and 'EXECUTE', it is 'Yesterday's Newspaper'.

David's 'Approach Shots' were about average and his 'Putting' was rather below his general performance. Half a dozen 'Three Putts' will do very little for your getting into the 'Top Ten'! He didn't! \$2,500.00 in expenses contributed to the overall American economy. Generous of him!

MY POINT:

How many people do you know who can make a 'Stroke Error', 'Mental or Physical' and let it 'Run Off the Duck's Back' or prevent it's influencing the next shot? Not that many!

I hear people all the time talking about 'Dropping A Shot' at a certain time and location during a round. We all do. But I wonder if you have taken a moment to reflect on the real cost?

It is my long-developed conclusion that when 90% of the Golfers drop one shot they soon thereafter drop another and, depending on their 'Mental and Physical Makeup', yet another. You can see the vortex being generated. We just manufacture our own demise if we cannot reliable control how we respond to errors, regardless of their nature. I invite you to play back your memories of all the great champions, past and present. When they had a blow-out and ended up in the ditch on the seventh hole, they called a wrecker, got a tow, inspected for damage, evaluated the cause and effect and the got on with answering! 'BIRDIE'!

When most Golfers suffer a very bad shot they usually give up two or three in the sequence of events.

Please learn how to 'Play In The Present Tense'. Look out of the Windshield and forget the rear-view mirror. In pilot terms, 'The Runway Behind You Is Of No Value' unless you have already used it to your benefit. It's history having been made or in the making if you run off the end of the bif long strip of pavement with the stripe down the middle!

Manage your game to the best of your ability every round and look for improvement.

RECOVERY SHOT:

Choose the 'Shortest Route' to safety on virtually every occasion. Don't try 'Heroics' as it is simply 'High Risk' and has warning bells going off from the 'Get Go'. Often, when recovering, choose the 'Shot' that utilizes the 'Lesser Lofted Ball Flight' to get the Ball on the ground running and behaving like a 'Putt' earlier, unless you have a 'Bunker or Hazard' on the direct line to the 'Target'.

Don't let 'One Become Two'!

48) **JUST A COMMENT OR IS IT MUCH MORE?:**

A comment by Jack Nicklaus that warrants a small place in all of our memories, and humbly so, is:

Q44)

**'The difference between being nervous and being afraid
is being prepared.'**

Jack Nicklaus

We all can play better than we think, but we might begin to do so by sorting out what we need as basics, working out a deliberate and dedicated practise regimen (small as it might be) and come to earn our results; those better ones we so desire. It must be recognized that we too have earned the ones we are so displeased with!

Never hesitate to seek out, find and prove the worth a good clear-minded sound communicating '**TEACHER**' of GOLF. Do not expect instructors to outperform teachers as there is a deep-seated difference.

Doing this will most certainly diminish any fear of being a student you might have become accustomed to, needlessly! Enjoy the nerves. They promote and precede great accomplishments in all man.

49) **AFTER A BAD SHOT, THE REAL THING:**

I was just reviewing an 'Out-of-Town Client's' personal file and as he had been thoroughly 'evaluated' in our 'Physiology, Musculo-Skeletal' department by Dr. Robert Braden, his file was actually a 'Patient File'. Robert and I always have copies of each other's files so we know the prescribed 'Procedures' we are both operating under. The team aspect is exceptional. Even the 'Video History' is in this records aspect so that either of the two specialties, 'Wellness and the Golf Swing', can see the visual progress.

Here is a copy of the notes placed in 'Scotty's' file during the Fall of 2000. It is what I wrote for him as a 'Reminder or Guideline' for a 'Playing Round' we had. The man is a solid 'Ball-Striker' who needs to focus on 'Simple ROUTINES' that are proven effective. He needs to be more disciplined in his approach to each hole so that his 'Psychological Aspect' does not derail his 'Physiological'! I am working at preventing his making one bad shot, which we all do, and then 'Blowing Up'. The message we need to hold close to our vest is that '**We All Make Bad Shots**' because that is what Golf is made of. These less-than-perfect strokes are a reality. The key focus we must have is 'What we do after we make one'.

- Two things:
- 1) **Don't follow a Bad Shot with a Bad Decision**
 - 2) **Don't follow one Bad Shot with another.**

The 'Mind' has a great deal to do with this '**SPORT**'. Some name for punishment we put upon ourselves voluntarily!

Here is what I wrote for Scotty to follow in our 'Practise Round'.

COURSE and SELF MANAGEMENT

'ROUTINE'

- 1) **Plenty of Time** (Getting To The Course Early)
- 2) **Prepared** (**All your equipment in order**)
- 3) **Positive Minded**

I call this the C/M '**3 P's**'

- 4) Each Hole
 - i) Examine its characteristics
 - ii) Environmental Elements, Wind, Moisture, etc.
 - iii) '**DO THE MATH**', '**Pitching Wedge Rule**'
 - iv) Select the Proper Club, Decide & Trust
'TRUSTING MENTALITY'
 - v) Conservative but Cocky
 - vi) Slow Deep Breathing in PreShot ROUTINE
 - vii) VISUALIZE
 - viii) '**5 CONTROLS**'
 - ix) Big Breath IN & OUT
 - x) '**EXECUTE**' '**Sweep & See It, Ball PIN**'
'See the Ball & FEEL the PIN'
Take Precise AIM
 - xi) Post-SHOT EVALUATION, always!

50) **A LITTLE ADVICE:**

Avoid '**FEELING**' like you are making '**100% Swings**'. They are to close to the ragged edge. Trouble lurks there. When you '**Squeeze All You Can Out of a Swing**' you are flirting with '**TENSION**' followed by Trouble.

Always '**Take Off 10%**' for the '**TENSION**'.

Hackers swing '**110%**' and play '**Hacker Golf**'.

The Pros swing '**Within Themselves**' (generally) at about 90% to 95% and score much better. Remember, play Golf '**Soft Back and Smooth Through**' to get the best results.

51) **JUDGING DISTANCE:**

Firstly, for me, I must know the precise 'Distance to the Cup or Target' and I want to know the 'Contour Of The Ground' around it from about twenty five yards out to in. This enable me to '**Picture and EXECUTE**' my strokes accurately. Then I cannot blame my caddie for any discretion. I am the Captain! I am responsible!

'Judging Distance and Selecting the Correct Club' are essential for being able to score. We know that 'Calibrating Our Bags' is a procedure we must accomplish. It is primarily a 'Driving Range Task' but you can keep the process active every time you 'Tee Off A PAR Three'. Since you know the 'Measured Yardage' you can test your 'Calibration' every time you step up. Remember to factor the Wind!

Keep in mind the two physical characteristics of each Club. They are 'CARRY and RUN or ROLL' and add up to your total yardage of the shot.

You may have also noticed that well prepared courses, ones who want to cater to the clients' needs, (you must first be deemed as important, perhaps over the shareholders!) will provide 'Yardage Books' with nice 'Plan View Photos' and even occasionally 'Elevation Information'. This will tell you how far above or below the tee box one might find the Cup.

There is a trick or discipline!

When you have information of this type; '**TRUST & USE IT**'!

Remember, we generall 'Under-Club' due to our imagination as to how strong we are! Most trouble around the greens is found in front, so get there. I happen to personally think that course designers should make virtually 'ALL TROUBLE VISIBLE'. If not 'Play Shall Surely Slow' as we should be allowed to walk up to the green on every hole to do our 'Reconnaissance' as several of the 'European Side did in the recent Ryder Cup matches'. It was slow, but there is a lot at stake and the rules provide time to 'Scout Out the Terrain' before every shot! I might add that 'Five Minutes Per Shot or Hole' could make for a very 'Slow and Tedious Round'! We can do the MATH. $5 \times 18 = 90$ minutes or 1.5 hours!

OUCH!

A Painful Pace.

52) **JUST A HINT:**

When you are without a 'Yardage Book' or a 'Laser Distance Finder' you need to judge well. To help doing so, take a look out to the Target and back. When doing so, especially if you are a sportsman with 'Pitch Experience' (meaning playing on a 100 yard or meter field), you will be more aware of what 'TEN YARDS' is. You will have a 'FEEL' for ten yards or ten meters. So use this instinct and experience. During the 'Out and Back Look', calculate it in units of 'TEN'. Do this twice if you need.

Once you make your calculation, 'Trust It and Live By It'.

Don't 'Second Guess' Your Decisions.

If you do so, you will find yourself in 'Pressure Situations' where 'Decision is Paramount' and you will 'Shrink At The Challenge'. Decide wisely and take the 'Leap'!

'I Think I Can. I Think I Can'!

You remember the 'Little Train'.

53) **TENSE:**

I know, you don't want to be!

Well this is a different type. It is again the 'Literary or Grammatical Variety'. We touched on this topic in the 'Psychology Chapter' but I want to run it by you one more time if you will indulge me just for a moment.

'PLAY GOLF IN THE PRESENT TENSE'. It is a 'Here and Now Game'. The shot behind you is 'Yesterday's Newspaper'. It is in your 'Rear View Mirror'. It is 'History' and cannot affect the present unless you allow it to creep into that arena.

Do not live in the 'Future' as it will become what I call 'Out Come Golf' and your reputation will reflect this 'Forward Lookingness' which does very little ever to enhance the Present. It generally creates, perhaps just a little, but it still creates 'FEAR', 'Anxiety' and 'TENSION'. (you know the #1 Killer of a Great Golf Swing)

Do not live in the 'Past' as the results will be very similar to the above. If you want to reflect on the past to keep historical events in perspective, which should help us manage better tomorrow, great, but save it for the 'Nineteenth Hole'.

So, 'Play Golf One Shot at a time, One Hole at a time and One Round at a time'. We have quite enough to do right before us, on this plate, thank you very much! Do not let your caddie throw things at you that are not both 'Positive and in the Present Tense. If you have a 'DEMON or Gremlin' on your Shoulder, kick the little 'S.O.B.' off right now!

And get a 'Non-Jurisdictional Restraining Order'!

54) COURSE MANAGEMENT IN VERY FEW WORDS!:

This important 'Golf Discipline' is 'A to B' or 'BALL TO PIN GOLF'. Keep thinking of each one of your 'Golf Shots' as straight lines between two points. Then a hole is several of these. Then a round is just a lot of 'Connecting The Dots'!

Remember, what the absolute 'Fantasy Goal' of a PAR 3 is? What is yours? Mine is to make a 'Hole On One'! **So a PAR 3 is optimally a 'Hole In One'!** Thus, it is sensible and logical that a PAR 4 is 'Two Hole In Ones'! A PAR 5 is 'Three Hole In Ones'! If you approach your entire round in this simplistic manner, you shall be amazed at how it might unfold!

To investigate and cement this mindset, draw a scale diagram of a 'PAR 5' and then stick a 'Flag' where your 'Driver' should land. Place another where you 'Fairway Wood' should land. Finally, your approach shot is aimed at the cup! "ONE, TWO, THREE And You Are Out At The Old Ball Game"!

'Course Management' is the above plus sound 'Environmental or Elemental Assessment' combined with a controlled 'Mental Side' which leads to wise moves applied in a timely fashion around eighteen holes, four strokes per hole, that, when artfully combined are called a 'PAR Round'!

55) **SWING THOUGHTS:**

"How many 'Swing Thoughts' are too many?" This is a question I get all the time. In my opinion, it has an answer.

Let me firstly define 'Progressive Swing Thoughts'. These are thoughts that are sequential or that fit into the 'PreSHOT Routine', the 'EXECUTION Routine' or the 'PostSHOT Routine'. There are some for each but you may not be able to handle more than one per each segment. If you have two, they must not overlap or require simultaneous 'Mind Space' or what I sometimes call 'Mental Hard Drive Space or Memory'. You are NOT 'Conscious Multi-Task Capable' or very few people are and the more pressure we are under, the less we can do more than one task at a time. As we have discussed, some people void their active 'Mental Hard Drive' of any thoughts at all. '**Clear Minds Perform Clear Tasks**'.

Here is what I think is the 'Bottom Line'. You can have as many 'Swing Thoughts' as you like and 'Feel' you can handle until any one or more of them interfere with the absolutely essential '**BALL TO PIN THOUGHT**' that must be an ingredient or 'Component' of absolutely every shot, big or small, short or long.

Remember, we talked very distinctly about this 'Game Of Golf's' being one of 'Two Points' or 'A to B'. We must at all cost be aware of these 'Two Points'. And we must do so being '**BALL AWARE and PIN FOCUSED**'. We must avoid being '**BALL BOUND**' as it produces 'Tension' and the tendency of 'Striking At The BALL' and not 'Through The BALL'. You know the story!

56) **A THOUGHT:**

Simple as this may sound, '**BECOME YOUR OWN BEST COACH**'! I think you can benefit from knowing me and my fellow teachers, but you must ultimately 'Make Your Own Moves' and do so 'Alone' and 'In The Heat Of Battle'! Learn about 'The Golf Swing'. Apply this knowledge to your 'Own Swing'. Keep updating all this knowledge and correlating it to your 'Own Swing'. Keep it simple and related to the 'Basics'. (You might find '555 GOLF' useful here) 'Visualize Your Shots'. Allow your actual 'Swing' to become 'SubConscious'. 'Let IT Happen'. Always 'Finish And Hold' so as to be able to effectively go through a 'PostSHOT Routine' which the 'Evaluation Phase'. Remember, '**YOUR BALL FLIGHT IS THE NUMBER ONE CRITIC OF YOUR PERFORMANCE**' and it shall be ruthless, unforgiving and perhaps the

most beneficial ally you will ever develop in the 'Sport' that must remain a 'Source Of Pure Personal Pleasure'!

By the way, you can and should share your own 'Coaching Notebook' with your 'Personal Swing Doctor' and do so with candour. This confidant, if worth his weight in salt and having earned the right, will know the truth even if you perhaps fail to tell the 'Whole Truth and Nothing but the Truth'!

57) **TWO WAYS TO ANALYZE YOUR SWING:**

I think there are 'Two Basic Ways to Analyze Your Swing'. They are as follows:

1) **'FROM THE GROUND UP'** and **'FROM THE INSIDE OUT'** as the 'Golf Swing' evolves. (Physics and Mechanics)

2) 'From The BALL Back to our Brace Foot' which is by **'BALL FLIGHT'**, by practical results. (Geometry and FEEL) This is your 'Number One Critic'. Remember?

Please work at understanding the difference between these two distinct approaches to the 'PostSHOT Routine' and 'Grading Your Own Performance'. Evaluating 'Ball Flight' is one of a good instructors best 'Tools' and should become yours as well.

58) **ALWAYS KEY:**

'THE BALL ALWAYS GOES WHERE YOUR HANDS GO'. I cannot put it more simply! A good 'GRIP' is and will remain your best ally in making a 'Great Golf Swing'. They are your only connection to the 'Golf Club'. Learn it well!

59) **AN 18 HOLE GAME:**

Always remember that a 'Round Of Golf' is comprised of 'Eighteen Individual Holes' each of which is a separate little 'Battle or Challenge' to be overcome or won while keeping score. Each hole is a singular **'Test Of Character'** while being a 'Test Of Discipline' which when combined with the other seventeen, make up the 'Round'.

I think the name 'Round' was applied because we generally walk hole to hole getting fully back to where we started or 'Around The Course or Links'. Perhaps you can tell me if there is another explanation and I shall make an addendum in the next printing with credits to you for your kind effort and contribution.

60) **POWER:**

'Boy Oh Boy', do we all know something or have our own personal opinion of what this is. So I won't help you further! But I just want to help you gain perspective. Golf should be '**Effortless POWER and NOT POWERLESS Effort**'!

61) **'FEEL THE POWER':**

It is very useful, in fact I think essential, to learn the 'FEEL Of POWER' and where it is generated. This includes awareness of 'Rhythm, Tempo, Timing, Pace and Cadence'. You are well advised to put some effort in the pursuit of better understanding these separate yet inter-related aspects. A method of doing so is to '**Make Full Swings At Half Speed**' or to do what we at the '555 Golf Academy' call '**Slow Motion Drills**' and '**Isolate The Parts Drills**'.

Of course, the 'Flipside' of this approach is to 'Make Half Swing At Full Speed' which you DO NOT want to do. Such moves produce what I call the '**ONE TWO SWING**' which is a 'Golf Swing' without any 'Rhythm', with too fast a 'Tempo', with excessive 'Tightness' and lacking in 'RPM, Timing, Pace and Cadence'. You know a 'Golf Swing' with 'Cadence' is a '**ONE AND THROUGH**' Motion! We do not '**Hit At The BALL**', but '**Swing the Clubhead THROUGH the Butt of the BALL**'.

Your 'Golf Swing' must not be or become a 'Make IT Happen' but a 'Let IT Happen' event. I will say no more.

62) **OFF TO A GOOD START:**

How many of you good folks have found yourself '**Tight On The First Tee Box**'? Not good!

Soon thereafter, about fifteen to twenty minutes, being specific, after about three holes, just mumbling your way off the 'Number Three Green', you are behind the 'PAR EIGHT BALL' or what might

have become known as 'In The Hole'!

So how do we prevent this common quandary?

There are several useful preventions which are just good 'Routine and Preparation'.

1) Warm Up with useful 'Stretches'.

2) Warm Up on the 'Driving Range and Practice Green'.

3) During the final stages of your 'Driving Range Warm Up', play the first three holes, 'Shot for Shot', 'Club for Club', with good 'Visualization and Imagination' from your matt or stall. This will build 'Familiarity and Confidence' so that, when you arrive at the real '#1 Hole', '**You Can Play Your Fourth Hole**'!

This enables you to play with less 'Fear and Tension'; to get under way or 'Off To A Good Start'.

63) **FEARFUL?:**

I have heard a very large number of clients or by just eavesdropping, say "I will just work my way into this round!" Well it just does not always 'Work That Well!' You may just fall into what I call the 'Slow Start Syndrome' from which you struggle to recover. You know, 'Digging Yourself Out Of The Proverbial Hole!'

So what then? Simple! Never fear getting the first three holes under your belt with at least two birdies and no bogies! Now that works for me!

64) **FINAL ADVICE OR STRATEGIES:**

i) Don't attack the course from the first tee. Get settled over two or three holes. (but warmed up before the first tee) Starting with a couple 'Birdies' is great, but the 'statistics are not in your favour'!

ii) Play the 'PAR 3 Holes' with three strokes each. You know the 'Precise or Close to Precise Distance from the Teeing Ground to the Hole' so your chances are really quite good, especially considering that you are using an Iron off the Tee Box for more general accuracy. If you accomplish these 'Four Three Stroke Holes', you can make 'Four Fives' and still score a 'Gross PAR 72'. All you have to do in the balance of your round is shoot 'Level on the Par 4 Holes'! If you convert the 'Fives to Fours', Bingo! Now how about a couple 'Fours into Threes'? Rocket Science! Right?

iii) Play the 'PAR 5 Holes' level or better.

iv) Play the 'Ball as it Lies' so you can when you have to.

v) Never play a 'Short Game Shot' until you are thoroughly prepared, meaning that you must 'Visualize and Commit to the Shot'. Make sure you consider the 'Action of the Ball' after it makes it 'Touch Down or Landing' on the 'Dance Floor' just like a 'Putt'. Absolutely picture the 'Ball Rolling Line or PATH' (BRL).

vi) Practise Shots you are not very good at!

vii) Get your 'Approach Ball to the Right Place on the Green'. You want it 'Below the Hole', but you have to 'Get It There'. Most hackers leave their 'Balls Short and to the Low ENERGY Side of the Target'. Soft Greens will 'Hold' while firm or hard Greens will 'Release and Run'. Plan for this. (see 'Quadranting the Green')

viii) 'Trust Your Clubs and Your Swing'.

ix) 'Maintain Your Composure'. Anger rarely does anything positive except by mistake. If you ever get angry and make a great shot, 'Count Your Lucky Stars'! Strive to bring the 'Level Of Your Thinking Up To the Aspired Level Of Your Ball Striking and Scoring' so you can play in 'Confidence, Comfort and Consistency'. Remember that 'Trusting Mentality'.

x) Stay out of trouble, but, getting in it, get out of it 'Directly'. 'Don't follow a Bad Shot with a Stupid Shot'!

xi) Think and FEEL 'BALL to PIN' specific.

xii) Know where your 'IMPACT FIX' is so you can 'Reproduce it at the Moment Of Separation'. So, put yet another way, 'Know Where the Back of Your Target Hand is AIMED' so you can effectively AIM your Clubface.

xiii) Select the best Club to get the 'Safest Task' accomplished. Don't pull out the 'Big Stick' when a 'III Wood' is a better 'Club Selection' except for your 'Ego'.

xv) In your 'Iron Play', when you are 'Between Clubs', make good choices. When 'Between Clubs' in the 'Long Irons' take the 'Longer Club and Swing Smoother'. When 'Between Clubs' in your 'Short Game', select the 'Shorter Club and Swing Firmer'.

xvi) Play 'Billiards Golf' so that you give yourself the absolute best opportunity to make the 'Next Shot Easiest' on a direct line to its Target. Play 'A to B Golf'.

xvii) 'Stay Out Of Trouble'.

xviii) Think you way around the Course of Eighteen Separate Holes, 'One Shot or Stroke at a Time'. 'Get Lucky Golf Helps but it is not Reliable Golf'.

xix) Learn your 'Club Distances', especially in your 'Less-Than'Full Swings'. You must master your 'Swing Length Control'; that is the 'Length of your Back Swings or Clocking' to control your 'Ball Flight Length'.

xx) Get your 'Short Game Shots', especially your 'Putts', to the hole. Short never goes in!

xxi) 'Master Your Basics'. Get a very firm 'Grip' on your '**555 GOLF**', especially on the '**5 CONTROLS**' which will at least partially insure your 'SET-UP' is safe.

xxii) 'Swing in Balance'.

xxiii) 'Take Lessons' and do so as frequently as is required to improve and stay improved. You must 'Practise' at least three to five times between lessons. You must 'Practise'!

xxiv) 'Take Small Certain or Defined Steps', 'One At A Time' until you have 'Covered the Selected Distance in each of your 'Golf Trips'. Numerous 'Trips' comprise the 'Journey' which may very well be a 'Lifetime On the Links'. This 'Golf' is indeed a 'Life-Long-Leisure-Skill'. Enjoy it!

xxv) When you are learning the Game, 'Set Your Own Performance Level'. By this, I mean for you to even 'Set Your Own PAR' or, perhaps not even keep score for some time. When you start, never hesitate to move your Ball from trouble so you do not injure yourself.

xxvi) Play with Golfers who are better than you are. They, if good people, will help you in varying degrees to elevate your level of play. They will demonstrate to you 'How to Play the Course'. This leadership is very beneficial.

xxvii) '**MASTER YOUR SHORT GAME**'. Learn to have fun in this fundamental aspect of Golf. Make sure you have fun practising.

xxviii) Hit Balls from everywhere and work on your 'Ball Shape or the Shape of your Ball Flight'.

xxix) Do not be timid. When you 'FEEL' comfortably capable of making a 'Testy Shot', give it a 'Whack'. There will be time when you must take this 'High Road' to win.

xxx) Find good 'Role Models' and spend time with them.

xxxii) Play in adverse weather so you can be comfortable in it when you have to. The 'Elements' play a key role in 'Golf' as a 'Long-Term Venture'. We must take the storms with the fair weather and it is best to actually enjoy the challenge of bad weather on the course.

xxxiii) 'Tournament Play', with all its preparation and pressure, must still be played 'One Shot At A Time', 'One Hole At A Time' so as to enable you to put eighteen of these together with a good result.

xxxiiii) **'YOUR WORST PUTT WILL BE BETTER THAN YOUR WORST CHIP'**, so, if you have an occasion to see both a solid 'Putt' and a great little finesse 'Chip' in your 'PreSHOT Visualization' that you are employing to help in your 'Club Selection'; 'Components and Procedures', **'Pull The Short Upright Stick'**. Make a good read. Put a good 'Stroke On It'! 'Let IT Happen'! 'Bottom of the Jar'!

xxxv) A PAR 3 is a 'Hole In One'. A PAR 4 is two 'Hole In Ones'. A PAR 5 is three 'Hole In Ones'.

xxxvi) Pre-plan your round the night before. Sound complicated? It's easy! Take a **'Course Play Book'** (the book that shows all the holes in detailed 'Plan View' or 'Overhead' with the yardages) and compare it with the 'Actual Score Card'. Play the round mentally! Decide what tees you are going to play. Write 'Tee' in the first 'Name Line', then 'Fairway' and 'Approach' in the next two lines. "Why?" you ask. Great question! Because I want you to have a **'GAME PLAN'** the day before. so you have a 'Game Plan For The Round'. I want you to 'Pre-Plan' your eighteen holes. I do not want you experience what the multitudes enjoy or hate over and over and over ... 'Crap Shoot of Get Lucky Golf'! Randomly executed strokes or shots that need more help from the 'Golf Gods' than from the player. If you know ahead of time what 'Club' you will need off the 'Tee Box' and then what your second club will be, you are on the way to some really improved results. All you might have to do at each 'Tee Box' is assess the 'Environmental Elements' that 'Mother Nature' deals to you at the moment. That may affect your 'Club

Selection' but you already have a 'Bench Mark Selection' form which to work! This '**Course Management**' will set you in very good stead! Prepare a thorough '**Club Selection Score Card**' the night before! Write the numbers on an actual 'Score Card'. Carry it with you and give a copy to your caddie!

xxxvi) Study the Game.

xxxvii) '**ALWAYS HAVE FUN**'!

xxxviii) '**BE GRATEFUL**'

65) **EIGHT STEP PRE-SHOT ROUTINE:**

I know I have mentioned this subject several times throughout these books and more recently as some advice for Scotty. I would like to summarize my favourite thoughts and sequence on a useful 'Pre-Shot Routine' right now. If you do not have one, design one that is simple and personally comforting.

I like the following:

- 1)'Mental Preparation' (Think and act positively)
- 2)'Visualization' Build a 'Mental Picture' of the shot that is before you to a point that you are certain of its possibility.
- 3)'Clubface AIM' is the 'Number One ALIGNMENT Component'
- 4)Once your 'Clubface AIM' (CFA) is established and trusted, 'MATCH all other ALIGNMENT Components to it'! ('**5 CONTROLS**') Then your 'Swing' will naturally accomplish the proper 'Clubhead PATH' with the least amount of 'Resistance' possible.
- 5)'PIVOT Waggles' and not 'Flippy-Wristed Movements'
- 6)'EXECUTE' ("One and Through, BALL-PIN")
- 7)'Evaluate' (honestly)

8) 'Be Grateful' (Beautiful place to be!)

Be systematic!

66) **LIGHTNING:**

Lightning strikes before or without the notice of 'Thunder'. At 186,000 mile per second, it gets there first! Lightning definitely strikes first, but seldom right on your own front-door step without notice. It will ring the door-bell if you keep it in working order. Any meteorological event which includes 'Lightning and Thunder' usually develops afar and translates closer and closer until it may even camp on your front lawn; an unwelcomed guest.

Thunder happens as a result of contraction of highly charged or heated and expanded atmospheric gases resulting from the electrical discharge which markedly heats the air. Lightning bolts are HOT! It is the 'Cooling and Contraction' that makes the 'Clap'! It is NOT an applause from the Golf gods.

Thunder is Mother Nature's very effective way of announcing the 'Electrical Aspect'. It is her 'Early Warning System'.

When you hear thunder (Zeus' or Thor's Works), do not dally around or scurry under any trees. They may offer shelter from the moisture but not from lightning. Also, I would strongly suggest that you not make that one more last Swing, with even a 'Short Golf Club' thinking it is a less-effective 'Lightning Rod'. I am certain electricity, even D.C. current, is not prejudice or fussy about the length of it's 'Shot'!

Leave the 'Bolts' to inanimate weather vanes and non-tissue 'Lightning Rods'.

The 'Rest of the Round' will wait a few moments and that is all it will be in the 'Rest of Your Life', just a brief moment!

Rule: If you hear a 'Clap' on the course, Run like hell! If the 'Clap' were for a great stroke, your playing partners will retrieve you soon enough!

And this is 'Course Management'?

Certainly a bit '**AROUND THE FRINGE**'!

I hope you got some useful ideas.

By the way, if you have a great 'Course Management Idea' of your own, don't hesitate to 'E-Mail' it to us and we will perhaps put it in our next book or newsletter with credits to you.

See, you too can be a 'Part Of The 555 Golf Team'! It is a fun and rewarding place to be.

We look forward to any participation.

Thanking you for being here.

"It is easier to make up for a bogey
than a double or triple!

Don't follow a bad shot with a dumb shot!"

'Ignore Your Short-Comings and
Focus on your Strengths.'

Dr. Karl M. Fischer

AS SIMPLE AS I CAN PUT IT

First of all, **'Know Your Course'**. You must take whatever time is required to learn how each hole is built and thus how it is meant to be played. A good way to do this is to 'Walk The Course Backwards' the night before the actual round. Put your butt against the flagstick and walk out to your 'Wedge Optimal Approach Distance' that you can trust in the heat! That is where you score from in a consistent manner! **'Master Your Wedges'!**

We have all gone out 'Cold Turkey' and played a course. The second round is always better! When you have 'Chips On The Line', as in a PGA event on Thursday, you have no margin for much error. You cannot win the event on Thursday, but you can sure as heck lose it there! Remember, every stroke lost during the first round lurks closer to the front end of the bus the closer you get to your destination! **"If only I hadn't got that pair of bogies on Thursday morning! Slow starts kinda plague me, it seems!"**

Well you must think right, warm up and start warm!

'Be Prepared'!

Play the course as simply as possible. Be methodical! **'Minimize Risks'!** Do not attempt shots that you saw a hero make weeks ago on Sunday for the win! You must play your game!

Laying up is not a sin or an indication of a character flaw!

Always remember that each 'Golf Shot' is just an **'A To B'** endeavour. All golf shots are simply **'Straight Lines Between Two Points In Time and Space'**. This being the case, the round is just a lot of 'Dots Placed Logically On The Property'. So the round is just about **'Connecting The Dots'** one stroke at a time!

JUST HOLES IN ONE:

A PAR 3 is optimally 'A Hole In One'!

A PAR 4 is optimally 'Two Holes In One'!

A PAR 5 is optimally 'Three Holes In One'!

Let your imagination roll while you are on the course. Be 'Courageous and Cocky'. Think success! That is a first step to achieving it! **"What you think, you can achieve!"**

Play this game in the '**Present Tense**'. Do NOT get caught up in what your '555 TEAM' calls '**OUTCOME GOLF**' or you shall fall prey to self-induced '**TENSION**' and, thus fall upon your own sword!

LEARNING FROM YOUR MISTAKES:

Use your '**Three Score Card**' discipline so you know more about what you do in advance as well as knowing more about what you have accomplished during the round. Evaluate! Do thorough 'Post Mortems'! Making mistakes is a reality and is equally acceptable! Making them to no advantage, without learning from them, is not!

'SHE', 'Mother Earth', the 'Big Green Ball' on which we stand while playing 'The Great Game Of Golf', can teach us a lot about ourselves and the 'Game' if we only pay attention with an open mind! **'A Bad Shot Is Always A Learning Opportunity'!**

I have the tendency to feel anger as quickly as anyone else. Perhaps faster as I am hard on myself! I demand proficiency in what I undertake! So what do I do when I get caught in this quandary? Follow the '**Ten Second Rule**' and '**Tap My Foot On The Ground**'! The 'Ten Second Rule' enables me to blow off steam for only ten seconds, after which 'IT IS OVER'! New ballgame! Next shot! 'Tapping My Foot On The Ground' is my personal way of 'Thanking HER For My Learning Opportunity'! Making a bad shot can be just one instance of pain! If you quickly learn from it, the pain goes away replaced by the 'Pleasure Of Improving'! Now isn't that cool!

Be Reverent!
Be Grateful!

"Welcome Aboard!"
"Enjoy The Ride!"

THE FOUR-STEP ROUTINE

Remember we all need some disciplinary process or sequence to ensure our best 'Repeatable Performance'. We need to be more like the factory assembly line that makes the same parts hour by hour, day by day, week by week and month by month. The same quality that we can actually improve with a little tweeking from time to time. What a great modern day evolution. This how we should 'Manage Our Golf Game'. Having a strategy leads us to success!

So here is what you '555 TEAM' calls the 'The Four Step Routine'. You will find bits and pieces of this throughout your 'Golfmyth Collection' but it warrants a moment right here and now! This type of 'Golf Stuff' never gets out of style!

1) **PRE-SHOT ROUTINE ('Conscious Process')** **'SET-UP'**

The first aspect of this interval is to **'VISUALIZE'** and to produce optimal and optional 'Confident Mental Images' of the 'Ball Flight'. Very quickly the actual 'Ball Flight Visual' will form. After taking into consideration the 'Natural Elements', 'Go with your Gut'. **'Good Routines' make for 'Good Chemistry' and strong 'Performance'**.

Go through the 'Formal 'Pre-Shot Routine' that suits the 'Procedure' you have 'Pre-Selected'. This includes making your 'Club Selection' and going through all and not part of the aspects. Your 'PSR' is your friend! It produces 'Comfort & Confidence' which is essential to good sound and successful 'EXECUTION'.

2) **EXECUTION ('Sub-Conscious Process')**

Very simply, once you have done the three 'STEPS' above and you are 'Confidently Ready', in 'Balanced Pace' ('One & Thru'), **'TRIGGER' and 'EXECUTE'**. Allow your 'Spirit and Mind' to run the 'MACRO', remembering that the **'Mental or Focus'** then 'Lateral' the 'Process' to the 'Sub-Conscious'. It is key to NOT obstruct this transition from 'Conscious to Sub-Conscious' or you shall prevent 'Trust' from functioning and likely remain 'Conscious, Mechanical, Manipulative and get bitten by 'OUTCOME GOLF' so often stung by 'Fear and Doubt'.

3) **POST-SHOT ROUTINE ('Conscious Process')**

This is the '**Post-Shot Evaluation**' where we respectfully 'Grade Our Performance'. If we do terribly, it is a 'Toilet Shot' and we 'Flush it' with very little attention to anything but the 'Root Cause'. If it is a great shot, we give ourselves two pats on the back. This gives our 'TAPES' two separate opportunities to pay attention and adjust. These two recognitions also, simultaneous to the 'Tapes' provides us an opportunity to load this 'Procedure' to the 'Mental Shot Library' where it is stored for immediate future use. (SHOT MACRO) Automatic or '**REFLEX GOLFER**'. Winner Magic!

4) **RELAX and RE-ENERGIZE ('Conscious Process')**

This is a very important interval. After the 'Post-Shot Evaluation', we all need time during battle to simply relax. From the 'Ball Location' towards the next shot location, we just walk and '**RELAX**' with specifically pre-selected 'Thoughts' being organized or defined. 'Beach, Wine, Lady, Fishing, Flying, Music, Mantra, Dreaming,... We only become 'Retrieved' form this 'Away Process' when 'Proximity' beckons us back. We know instinctively that we are getting closer to the 'Ball Location'. We step on a 'Yardage Marker' and start gently counting our paces. When we get to the Ball we know how far we are in front of the 'Yardage Marker' so we do a little math and thus know how far the 'Ball' is form the 'Centre or Leading Edge of the Green'.

Design something like this for yourself. NO! Use this one starting right now! If you experience any difficulty or have any questions, call you own 'Personal Certified 555 Master Teaching Professional' and iron out the kinks. If you have a really solid local professional, consult with but minimal delay! This type of 'Process' is key to your success!

'THREE SCORECARDS?'

STUDENT: "You've got to be kidding! I already diligently pass off all the score-keeping responsibilities to the other guys! I hope they are honest!"

TEACHER: "Well, my friend, keeping your own scorecard and 'Two More' will not only keep you honest but also keep you informed. It's easy! Relax and read on!"

'SCORECARD #1' (The Regular Card): We need to know what our performance actually is! Golf is a great sport with very small numbers that seldom lie if they are kept honestly. Anyone who cheats on their records ultimately pays personally. If you under-score, write down a 4 when it was a 5, that only cheats and disadvantages you. When it comes to playing for a new \$450.00 gas Bar-BQ you are already behind the 8-Ball whatever your 'Cheat Margin' is. So you put yourself in an early hole. If you over-score ('Sand Bagging'), you will advantage yourself by pretending you are poorer than reality. But, you know, golfers are savvy and you will lose two items; 1)friends and 2)any future invitations to events! But that's all! If you want to be 'Golf Lonely' just cheat! We at '555 Golf' carefully scrutinize our events and if any competitor is caught 'Sand-Bagging' they are not only 'Out' but the prize, be it money or goods, are returned. We have ways of preventing 'Over-Scoring' that work too! Keep you score accurately and play by the rules.

'SCORECARD #2' (Pre-Selecting Your Clubs The Night Before) is easier than the previous model and you will do it before the actual round! It's preparation! All it does is what we call **'DO THE MATH'!** Very easy and even more important! Remember, if you are prepared you will be in a better or elevated state of mind. If you have wisely-chosen, practical chores to perform before or during your round, you shall be more settled and play to a higher level. When you are occupied with good processes and discipline you will do less worrying! This second scorecard task is easy. It simply predetermines what clubs you will use and how you plan to attack the course. You should be doing this every round already!

You know the **'Pitching Wedge Rule'** and this is the key to the

'Second Scorecard'. We are smart, finely tuned 'Course Management Animals'! Right?

If we have a 375 yard PAR 4 and subtract our '**CAD**' ('Calibrated Approach Distance') which may be our 'Full Swing Pitching Wedge' at say a nine times out of ten 125 yards, one hop stopper, you then use that distance for all holes where it fits or can be applied. Remember? So, '375 - 125 = 250' and the hole is therefore a 'Driver' off the tee box, assuming that you strike your 'Driver' about 250. With this method of planning, you always strike your friendly reliable 'Pitching Wedge' at the stick and thus score better. No more little 'Dinkers' from the huge myriad of yardages inside your '#PW CAD'! How good are you at 62 yarders? 38 yarders? 17 yarders to the 'Dance Floor'? Not as good as you are with your perfected 'Full Swing #PW' inside the '10 Foot Circle'! My professionals are striking ball into the '5 Foot Circle' and fully intend to do so every time! They make those '5 Footers' too!

Note that, if you carry a 'Four Wedge System' (artillery) you will actually have 'Four Full Swing CADS'. What an advantage! If you do not get this benefit, you had better call you 'Personal 555 Certified Master Teaching Professional' and '**ASK US!**' very soon. It is only your reputation at stake! A hint? #PW=115-125 yards; #AW=105-115 yards; #SW=95-105 yards and #LW=85-95 Yards. So you have four CAD's with just one reliable swing!

So, for your 'Second Scorecard' you simply write your predetermined 'Club Selection' under each hole with the anticipated 'Tee Yardage'. **DO THE MATH!** This preparation gets you more comfortable and enables better scoring! When more settled, you make better strokes!

'SCORECARD #3' (Actual Shot By Shot Performance) you already know and utilize, but I shall spend a moment reviewing it for you. Again, if you have questions, call your 'Personal 555 CMTF' and '**ASK US!**' Being bashful makes no sense at all! This 'Scorecard' is your actual 'Shot Recording Device'. It requires a full clean card. You write, from bottom to top, in the provided boxes, the actual results of each shot's 'Distance and Direction' as well as your specific 'Club Selection'. In this manner, after the round, you shall know all your strengths and weaknesses so you can practice better and improve. The record categories (bottom to top on the scorecard) include 'Tee Box', 'Fairway Wood & Long Irons' (FW/LI), 'Approach 1' (A1), 'Approach 2' (A2) and 'Putting' (P).

A full 'PAR 4' looks like this:

. .
O x Tee Box
I 250
. .

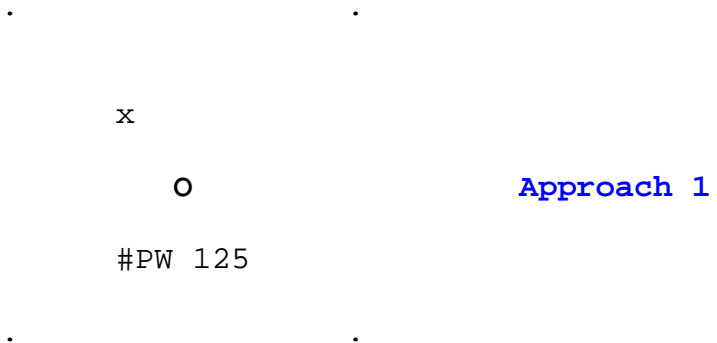
Shot #1 Off The Tee Box: Looking at the 'Tee Box BOX'! The 'o' simply signifies the 'Target'. The 'I' simply signifies what club you selected off the 'Tee Box'. The 250 implies how far your 'Driver Ball' traveled. The 'x' records where your 'Tee Ball' came to rest. In this case it was slightly right of where you planned. That is all you require in the bottom box.

Shot #2 is an 'Approach Shot From The Short Stuff' ('A1'): It was 'Pre-Selected or Pre-Determined' ('Course Management Planned', 'Pitching Wedge Rule', 'Do The Math') to be a 125 yard '#PW' to that magical 'Calibrated Approach Distance' ('CAD') which you can make nine times out of ten! We call this 'Approach #1'. Were you to have come to rest at, say, 115 yards, you may then select your '#AW' as the 'Club Of Choice' for the shot that is 'In Your Face'. If you strike it perfectly, it will then get into your opponent's face!

Were this to be a 'Par 5', you would have a 'Fairway Wood or Long Iron' shot to plan and record. We allow for this task.

If you were to make a very poor 'Second Shot' and 'Flub' your 'First Approach Shot' ('A1'), then you will naturally have a 'Second Approach Shot' ('A2') to record. We left space for such errors on your 'Scorecard #3'.

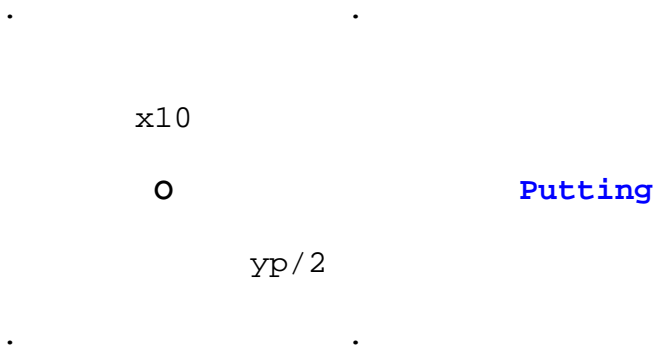
The recorded 'AP #1' looks like this:



This 'Approach Shot' came up ten feet long left. You perhaps 'Held Your Breath And Pulled Just A Little'. You may have 'Flipped' just a little as well. Remember, let you 'Lower Body Machine' do all the 'WORK'. Learn to make 'Dead Handed Shots'. They enable the 'Clubface To Naturally Square Up' in the manner that is 'Physically and Mechanically Sound'.

The recorded 'Putting Scene' looks like this:

Shot #3 and #4:



The 'x' is where your 'Approach Shot' landed ... 'Long Left Ten Feet'. Then, from your perspective, you 'Putted' it too far and left of the hole (perhaps 'PULLED' or simply 'Misread'). This left you with a two footer back and you made it like a piece of cake and a seasoned 'Touring Pro'.

Had you missed it again by a foot, you would have to add something like 'z1' which means you would have 'Three Putted'! **YUK!**

Congratulations, you achieved a PAR 4!

So how simple is this system?

You have already got it!

Right?

SUMMARY:

Now you have a very simple method of recording all your actual 'Shot Performance' and can thus do a thorough evaluation of your strengths and weaknesses. Then you can 'Practise Smarter' as well. Better and better!

I have little personal items which I shall tell you directly but you keep it simple! Don't add too much or you will get a big mess. You can see I use the capital 'P' for '**Push**'. I use a lower case 'p' for '**Pull**'.

I always use my '5 SET-UPS', '5 Essential Elements' and 'Ball Flight' to reveal basic errors. That is why we at the '555 Academy' have so carefully designed and defined the '555 System' for you over the years.

As an optional more in depth record system, if I have a 'Posture Issue' and say drop my 'Tallish CHIN' and strike the ball 'FAT' I write '**PF**'. 'THIN' is '**PT**'. If I have any weakness in any of the other four 'SET-UPS' (**G**rip, **S**tance, **B**all Location and **A**lignment) I then insert that 'Initial' in the 'Shot Box'. If I had a 'Green Reading' issue, I insert '**GR**'. If my 'Dead Target Rope' became a 'Causal Error' and I strike the ball 'THIN', I note 'TDR'.

Easy!

Right?

I suggest you review or evaluate your 'Performance Scorecard' within an hour of completing your round. Then go over it again that same day. In the evening when your daily routine is slowing down is best ... just before your '**Daily Affirmations**'. If you do not know what that is, you know the drill ... contact your 'Personal CMTF' and

"ASK US!" "JUST DO IT NOW!"

Do this recording for every shot on every hole.

Hope this helps you improve

"Welcome Aboard"!

PERFORMANCE EXCELLENCE

E-Mail: AskUs@555golf.com

WebSite: www.555golf.com

Telephone: (817) 673-8888

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‘555 GOLF ACADEMY’

‘PERFORMANCE EXCELLENCE’

TRIGGER WORDS and KEY THOUGHTS

- | | |
|---|-------------------|
| 1) ‘Yes I Can’! | CONFIDENCE |
| 2) ‘One & Through’ (Incantation for all Swings regardless of length) | TEMPO |
| 3) ‘BALL – PIN’ Golf or ‘A to B’ Golf (Two Point Golf) | TARGET |
| 4) ‘SWEEP & BALL PIN’ (Generic Trigger Words Phrase) | |
| 5) ‘The Ball Goes Where Your Hands Go’ (Logical Truth) | HAND PATH |
| 6) ‘The Back Of Your Target Hand Controls the Clubface AIM’ | GRIP |
| 7) Your Hands Control the Golf Club (Fact!)
Your Arms Support the Hands (Fact!)
Your Body Transports the Arms (Fact!) | |
| 8) ‘Steer So You Can Clear’ (Physical Reality) | STANCE |
| 9) ‘See The Ball Come Off The Clubface’ (Essential) | EYE DATA |
| 10) Do Not Hit ‘AT’ the Golf Ball, Swing ‘ THROUGH ’
the Golf Ball to the Target. | |
| 11) ‘ Compression and Line Of Compression ’ (Pure Physics) | |
| 12) ‘ Matching Components and Procedures ’ (Basic Discipline) | |
| 13) ‘ Avoid Side Spin ’ wherever possible. Prevent ‘Cut Action’! | SPIN RATE |
| 14) All Horizontal Clubhead Movement is produced by ‘PIVOT or LBM’. (R&R)
All Vertical Clubhead Movement is produced by ‘LEVER ACTION or UBM’. (U&D) | |
| 15) ‘Get Up So You Can Strike Down and Through’ | POSTURE |

16) You must create space or clearance between your Hips Sockets and Your Sternum. This is the ‘Matador Proud’ we have talked about so often. Once ‘SET-UP’ it stays in place throughout the entire Back and Front Swings.

17) ‘**Set-Up For Success**’! (Mental and Physical) **SET-UP**

18) ‘BALL LOCATION’ is under your ‘Clavicle’. **BALL LOCATION**

19) Body and Shoulder Line generally match the Target Line
(Always Swing Down Your Body-Foot Line) **ALIGNMENT**

20) The **4 P’s** ‘**Push, Pinch, Pulmonary, Pin**’

21) 3 Primary Imperatives

- 1) Flat Target Wrist,
- 2) Clubshaft On Plane,
- 3) Clubhead Lag Pressure

22) ‘Brace Hand is directed at the Ball’. Vertical Motion. ‘Up & Down’ (UBM) (Hand PATH) **HAND PATH**

23) ‘Target Hand is directed at the Target’. Horizontal Motion ‘Round & Round’ (LBM) **HAND PATH**

24) ‘Target Hand Controls The Clubface AIM’ (Basic Discipline) **SWING RADIUS**

25) ‘Brace Hand Takes the Lag Out’ (Basic Discipline) **LEAD & LAG**

26) Take Away is primarily a ‘Brace Handed Move’ (Basic Discipline) **BRACE SIDE**

27) The **4 B’s** ‘**Brace Hand, Brace Shoulder, Brace Foot, Breathe**’

28) Target Lever is a ‘Dead Rope’ (Basic Discipline) **SWING RADIUS**

29) ‘**5 SET-UPS**’ Posture, Grip, Stance, Ball Location, Alignment **555 GOLF**

30) ‘**5 CONTROLS**’ Chin, Hands, Feet, Ball, Pin **555 GOLF**

31) ‘Breathing Out Whenever The Clubhead Is In Motion’. (Basic Discipline)

32) Constant ‘Spinal Crankshaft Forward Inclination’. (Primary Set-Up)

33) Flexed Brace Knee Always! (Primary Set-Up) **KNEE FLEX**

34) Minimal Tension. (Basic Discipline) **TENSION**

- 35) Maximum Confidence. “Yes I Can”. (Mental Game)
- 36) ‘Soft Away and Smooth Through’. **BALANCE**
- 37) ‘D.O.F.T.’ (Stroke Path Discipline) **GEOMETRICAL HAND PATH**
- 38) ‘**From The Ground Up**’ and ‘**From The Inside Out**’ (Physics & Mechanics)
- 39) ‘**Brace Lever Extensor Action**’ or ‘Brace Lever Down Force’ (U&D, UBM)
- 40) ‘**Brace Leg Drive**’ (R & R, LBM) **BRACE SIDE**
- 41) ‘**Be Ball Aware and Target Focused**’. (Ball Pin Golf)
- 42) ‘**The Five Essential Elements**’
- 43) ‘**Staging Your Swing**’.
- 44) ‘**the B.E.S.T. Rule**’ or procedure. (Routine)
- 45) ‘**Three Brush Strokes and then Paint to Picture**’
- 46) Feel like you at least ‘Slightly Chase The Ball Down The Line’ to the Target. This promotes good ‘Brace Lever Extensor Action’ and a good square ‘Clubface at Separation’. Also ‘Connection Through the IMPACT Zone’.
- 47) ‘**The One Inch Rule**’.
- 48) ‘**ALL PUTTS ARE DEAD STRAIGHT**’. **DEAD AIM**
- 49) Swing Down So Your Ball Can Get Up. The ‘Downer Your Swing the Upper Your Ball Flight’. (PINCH) You must get the Golf Bal on the ‘Sweet Spot’.
- 50) The ‘Harder Your Swing the Shorter Your Ball’. (and less accurate)
- 51) The ‘Lefter Your Swing The Righter Your Ball’. (for Righties)
- 52) ‘**Square Clubface AIM at Separation**’. **CLUBFACE AIM**
(Number One ALIGNMENT in the Game Of Golf)
- 53) ‘Relaxation and Smoothness’ makes ‘Clubhead Speed’ possible. ‘Tension’ makes it near to impossible with decreased accuracy. So, ‘**Soft Away and Smooth Through**’.
- 54) Always know precisely where the ‘Absolute Target’ is located in relation to your ‘BALL’, your ‘Clubface’, your ‘STANCE’ and your ‘ALIGNMENT’. **TARGET**

55) Always 'Play Billiards Golf' and use your 'Pitching Wedge Rule'. Smart Golf! 'Course Management' makes sense! **COURSE MANAGEMENT**

56) The 'Stroke Of Preference' around the Green is the 'Putting Stroke' (Stage One) and, of your 'Six Putters', always use the one with the least 'LOFT' so you can 'Get The BALL on the Ground Behaving Like A Putt As Soon As Possible'. It produces the least error and requires the least amount of 'ENERGY'. It is safest and scores best!

57) '**THREE BRUSH STROKE and then PAINT THE PICTURE**'! **ROUTINE**

58) Always work on the part of your game first that scores the most or saves the most 'Strokes'! It is NOT your 'Driver'! It is your 'Short Game'!

59) 'Live Life and GOLF at a comfortable PACE'. **PACE**
(Get to the Golf Course an hour early!)

60) 'Strive to control your 'PACE' with your 'Pulmonary Rate' **BREATHING**
(When you 'Pull The Club From Your Bag' take a 'Deep Diaphragmatic Breath' and maintain that deepness and breathing rate throughout your 'Routine', especially 'Through The IMPACT Zone or Interval.)

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555 GOLF ACADEMY

‘COURSE & PERSONAL MANAGEMENT’

Let us summarize the ‘Key Components and Tasks’ in playing a smart ‘Round Of Golf’. The challenges may sometimes ‘FEEL’ or seem insurmountable but, when taken task by task, it becomes manageable. Here is a list of items which are not in the order of any priority so you can ‘Prioritize’ it for yourself. You may think I am a bit ‘Motherly’. Your right!

Always remember that **‘Golf Is Fairways, Green and Putts’!** Get good at each!

1) Make sure all your **‘EQUIPMENT’** is in order the night before. (Check List)

2) Study tomorrow’s ‘Score Card and Course Layout Book’ the night before. A ‘Practice Round’ is better! **‘DO YOUR MATH’** (‘Pitching Wedge Rule’)

3) Go to bed early and get up earlier. Take a brisk walk before bed and as soon as you get up. Do **‘Deep Diaphragmatic Breathing’** while you are walking. Use **‘Incantations’** too if you have some selected.

3) Get to the parking lot at least one hour before your tee time. If you are ‘Feeling Pressure’ add thirty minutes. You cannot play ‘Smart Golf’ **‘Freeway To Fairway’!**

4) Check in with the starter or pro shop.

5) Glass of Juice or light breakfast.

6) Practice Putting Green to ‘Putt and Chip’. Driving Range to work on ‘Approach Shots’ (Less Than Full Swings) and ‘Full Swings’. Don’t overdue it! If your #5 Iron ‘FEELS’ good, take one or two Driver Shots and stick the clubs back in your bag. Range work and practice Green work is done in the **‘Practice or Training Mentality’**. When you are on the course, in battle, you must shift gears to your **‘Playing and Trusting Mentality’**. Learn to rely on ‘TRUST’. When the time is right, it is right! Make a couple more ‘Putts’ and head for #1.

7) **‘DO YOUR MATH’** or review your ‘Pitching Wedge Rule’. ‘Play Smart Golf’ and avoid the ‘Get Lucky or Crap Shoot’ variety!

8) **'VISUALIZE'** the entire hole first, 'Tee Box to Green' and Green to Tee Box'. Only then can you 'Visualize' the 'Shot In Your Face'! Remember the preparation you made the night before by using the 'Score Card and Course Book'.

9) **'555 GOLF'** **'5 SET-UPS'** **'5 CONTROLS'**

10) Think **'BALL TO PIN'** or 'A to B' Golf every Stroke or Shot!

11) **'BILLIARDS GOLF'** means that 'It isn't What You Make That Matters, but What You Leave'! Make every Ball come to rest precisely where it makes your next shot the easiest. Preplan this strategy and 'Battle Plan'. Don't ever for one minute think you will 'Get Lucky' enough to make 'Billiards Golf' happen over 18 holes. It will not happen over three or four!

12) **'The BALL GOES WHERE YOUR HANDS GO'**. This is applicable for every Stroke from your 'Putter' to your 'Driver'. 'Every Stroke'!

13) Keep a **'FRESH COOL WET TOWEL'** close by so you can wipe off your hands and face regularly during the round. Keeping the sweat off keeps you 'FEELING' fresh and that keeps you working 'Fresh' as well. Playing in the heat is a very common element so keep 'Hydrated' as well!

14) **'PLAY IN THE PRESENT TENSE'**. Do not get ahead of yourself which is what happens when you are in the lead by one on the 15th hole and can see yourself accepting the trophy! Four holes to go means it is not over!

15) **'PLAY IN THE PRESENT TENSE'** also means that you must NOT reflect back to a bad hole or even to any hole in the past. My only exception to this rule is if you have played the exact same shot in the recent past and made a champion shot. You may then momentarily revisit the past to fortify your 'Confidence'! One more of the same!

16) **'POSITIVE FRAME OF MIND'** is good! Keep yourself 'FEELING' good about your very being here! Do not let anyone else sprinkle doubt on your. It is one of the oldest tricks in the book! When you are 'Visualizing', only look at the 'Positive Targets' and avoid or blank out the 'Negative Targets'. There is no point in looking at or seeing them if they are 'NOT IN PLAY'. If you get **'Visually Drawn By Them Your Swing will get Physically Drawn to Them'**. If you have an 'EYE FULL Of NEGATIVE TARGET' you will soon be there or on the opposite side of the fairway! Make sure you 'Target is Safe and Realistic'. Now it is time for that **'TRUSTING MENTALITY'**.

17)Get your '**Subconscious Mind**' to always slow down your '**Pulmonary Rate**' like some favorite personal melody. Then let your 'Golf Game' dance to that 'RHYTHM, TIMING, CADENCE and PACE'. Respect and protect that 'Pace' and do not let anyone else infect it. Lee Trevino was a master at infection and won a lot of matches just being Lee!

18)'**BE HUMBLE**'! Golf will catch you up if you are too cocky and do it even bigger time if you are 'Arrogant'!

19) '**BE REVERENT**'!

20)'**BE GRATEFUL**'! It is always, although at times subtle, a first step to success.

21)Enjoy and respect your fellow 'Golfers', adversaries or allies.

21)Add your own personal 'Routine Items'.

PLAY WELL!

CALL SHOTS

We all know what a 'Call Shot' is, especially if we have ever played 'Snooker, Billiards or Pool'. You figure out what you want to accomplish with your 'Sports Tools And Athletic Body' ('Components') and then set out to do it. ('Procedures')

There is no question that 'Golf' is a game of 'Targets Accomplished'. **It Is 'A TO B' Every Single Shot!** If you can get this mind set and paint that picture on the 'Big Green 150 Acre Canvas' you will make more friends and play more matches. Oh, by the way, you will have more FUN!

If 'All Shots In Golf Are Call Shots', that necessarily includes both Practice and Play during which we, respectively, transform our thinking and mental state into both 'Training and Trusting Modes'. There is no other way! We strive to accomplish 'Pre-Selected Processes' with no awareness of 'Outcome'. That deposits us into the 'Present Tense' where 'Doubts, Worries and FEAR' are not tenants. They have been permanently exiled.

'Call Shots Build Character'. This includes a great 'Pre-Shot Routine' followed by a smooth 'EXECUTION'.

If you 'Call Your Shots' you will be kept 'Honest' and 'Focused' as is so necessary in 'Playing The Game'!

Don't worry! If you make a call shot you will be seen as 'Courageous and Bold'. If you fail to make it, you will be viewed as 'Courageous and Honest'. Either way, you will get invited to join more foursomes!

Good people make friends sometime in spite of themselves.

Good news travels.

Enjoy the 'Journey'!

RULE #45:

The 'KEEP THE BALL IN PLAY' Rule

**TO SCORE WELL IN GOLF
YOU MUST KEEP THE BALL IN PLAY**

It is good advice to 'Play Position (Direction)' before 'Length (Distance)'. This is not to diminish the importance of the 'Long Drive', as it most certainly 'Sets-Up' the next shot; gets you off the tee-box with confidence. If the next shot is a 'Fairway Wood, Long Iron or Short Iron Approach Shot', they too must be 'Straight'.

If the shot you are contemplating cannot be made with 'Directional Accuracy' consider an alternative. In the long run, or even the shorter run, it will always be safer and score better.

Remember, three #7 Iron Strokes, at 150 yards each, combine to produce moving the Ball 450 yards 'Down-the-Line'. If each one of these is 'Dead AIM', you are in the cup at 450 yards, which makes a PAR 4 a 'Birdie'. If you require a Putt, you are a PAR. If you do this eighteen times, you 'Play PAR Golf'!

'Straight IS Cool'!

Better Known as 'A to B Golf'.

C24]

THE SECRET TO SCORING

The 'Secret To Scoring' is found in learning to strike balls 'That Matter' as well as those 'That Do Not Matter'; **'Dead At The Stick'**.

This is what we call **'BALL TO PIN'** or **'Two Point Golf'**.

A round of 'Golf' is just a process of **'Connecting The Dots'** over 18 separate holes.

Don't select 'Sloppy Big Targets' because you will get 'Sloppy Big Shots' resulting in 'Sloppy Big Numbers'!

Focus on the 'Quarter'!

More 'Take Dead Aim'.

OTHER GOOD ADVICE:

Plan your 'Round' the night before you actually play.

Do a **'Select Your Club Card'** the night before. In this manner you will more 'Stress-Free' and better prepared in order to conquer the course and your competitors.

'Do Your Math'! Know in advance what club you will confidently use to 'Approach The Green' and get into the '15, 10 and 5 Foot Circles'.

This makes your 'Upright Stick Shine' and you 'Numbers Small'! You will have lots of admirers and more invitations to join others in a pleasant round.

Know your **'Billiards Golf'** and **'Pitching Wedge Rule'**.

Be confident!

C25]

I WANT TO BE FIRST

Why would anyone ever want to be first! First in line for an adolescent vaccination? First one to go into the dentist's chair? First to try out a 'Death Defying Feat'? Not I!

Well what about first off the tee box?

You know what? I want to be first!

Why?

We should be of good faith and great courage!

'I Trust My Clubs and Trust My Swing'!

I want 'First Blood'! Sooner better than later!

If one 'Fears' performance and has grave doubts as to the 'Outcome', then one might want to forestall the 'Performance' to put off the inevitable. This is very negative minded! Your results will very likely prove testament! **"If You Think You Can or Think You Cannot, You Are Likely Right!"**

What if you are 'Confident, Comfortable and Consistent'? ...and Reliable? ...and Repeatable? ...and 'Eager To Win'? ...and eager to be tested?

Then one should, at all opportunities, elect to be first out of the box and to take the first kick at the cat!

If we are great off the 'Tee Box', then take advantage of that capability. It comes with some very real advantages. You display 'Confidence' which is a known tool! You can make a high percentage great shot and statement to the opponents! You set the pace and set the tone! You can take command earlier!

A BONUS FOR YOU!

Now what if you have an unusual or non-conforming plan? Like this? Using **'The Pitching Wedge Rule'** to your advantage! This **'Course Management'** discipline means that we have absolute control of our '#PW' and love it! Mine is 125 yards, plus or minus a couple of

feet, 8 out of 10 times ... that's 80%! That's reliable! With this reliability, I want to use it!

Here is a real case in point! The first hole at 'Fraser Glen Golf Club' in Abbotsford, British Columbia, Canada is a gentle dogleg right to a 250 yard target. The pin is slightly obscured, but you can see it under the overhanging branches of the fir trees located at the turn about 180 yards out. You can fly these trees quite easily as well and 'Go For It'! I can tell you this is reasonably risky! I would use a three wood!

The last thirty to forty yards to the stick are very uneven. That is the way the 'Short Game' area was designed. Anyone taking out the 'Big Stick' and coming up just short is going to pay for it! Any long shot was in the same boat! '**Risk - Reward**'! If one gets too close to the 'Dance Floor' without actually getting on, then there is a penalty that exceeds 'Half A Stroke' for the hole! No laughing matter! Do that six times in a round and you are three strokes below what you deserve simply due to 'Bad Judgment and Management'. Good course design has trouble inside the 'Full Swing Pitching Wedge'.

What if I were to take the 250 yards that comprise the entire hole and subtract my 'Pitching Wedge Distance'? $250 - 125 = 125$! Always 'DO THE MATH!

So, if I were to execute a perfect '#PW Off The Tee Box' to 125 yards, I would have another 125 remaining. It is just a repeat performance! One can reasonably expect to make another perfect 125 yard strike! That will leave me either in the hole or very close. How good is that? It is very good! Eagle if perfect. Birdie if not quite!

If you have the 'Tools' use the 'Strategy'. If you don't, use that 'Strategy' anyway. You must have 'Course Management' to succeed at 'Golf'. It is an 'Essential Element'!

By the way, with that '#PW', you will be 'Farthest From The Hole' because no one else will elect to 'Wedge It Off The Box'. You will thus earn the right to have first crack at the Stick'! First blood and set the pace! That will get the other three player's attention!

'I WANT TO BE FIRST'!

DO THE MATH!

I know you have just read a lot about 'Course Management' and what I am about to state to you again may be 'Redundant' from a 'Text Management' perspective, but it is absolutely worth it. You may agree!

What you are about to read is very short. It assumes that your Swing is at least on the way to being 'Grooved'. It assumes that you have been able to 'Calibrate Your Bag' and thus know how far each Club strikes the Ball. It assumes that you have a reasonable grasp of the preceeding contents of your 'GOLFMYTH Encyclopedia'.

'**DO THE MATH!**' simply means that I strongly suggest that you 'NEVER' 'Pull A Club' or 'Make A Club Selection' without firstly mechanically and 'Routinely' determining what is actually the 'Right Club Selection'. This is NOT a 'Look And Guess' procedure. This is NOT a 'Feel Golf' procedure. I think 'FEEL GOLF' is 'Get Lucky Golf'! You never 'FEEL YOUR WAY INTO YOUR BAG'! You '**DO THE MATH!**' and then intellectually reach out and 'Select The Club'! (see 'Three Scorecards') The right 'Tool' for the specific task at hand! Remember, this 'Great Game Of Golf' is about those 'Components and Procedures' we so diligently address a winning strategy that you too deserve and can certainly cultivate!

1) **ALL SHOTS ARE AT THE QUARTER!:**

Never make one single 'Swing' without a precise 'Take Dead Aim' Target! Remember the 'Pin Hole' at the bottom of the Cup is where you would like you Ball to ultimately come to rest and, eventually, it does! This 'Hole In The Bottom Of The Cup' is the size of a quarter.

2) **APPROACH SHOTS ARE BEST MADE TO BELOW THE HOLE:**

This means that you are advantaged by 'Putting Uphill'! Most of us know that and, if you do not, now you do! If you want to feel the reality, find a downhill slider and try a few.

3) **EVERY STROKE IS JUST A PUTT:**

"I Drive As I Putt!"

Every 'Stroke' in this game has an 'IMPACT Zone' or what I sometimes call the 'Last Five Inches Before Contact and Compression' which leads, of course, to 'Separation and Decompression or Restitution'. Compression make the Ball 'Out Of Round' while this 'Restitution' is the process of the Ball's regaining or returning to its proper round shape which is a condition or form of 'Equilibrium' or a 'State Of Rest' and low or zero 'Kinetic Energy'.

It is useful to think of every 'Stroke' as just a Putt with a varied length of Back and Front Swing and with different 'Tools' required to accomplish the 'Tack At Hand'. This is very simplistic but it works for me and thousands of my students. In Golf 'Simple Is Good'! It enables 'Repetition' which allows us to get as good as we can be.

Remember those '**5 ESSENTIAL ELEMENTS**' too. Every Stroke in the Game Of Golf has ... 1) Clubface AIM (the number one Alignment in the Game Of Golf), 2) Clubhead PATH, 3) Clubhead Speed, 4) Optimal Impact Area (OPA) or a Sweet Spot and 5) Angle Of Attack. (see your friendly 'Tour Guide Index' and the '5 Essential Elements')

A WINNING STRATEGY

I want to visualize and play every shot in the proper perspective. I want to be '**Machine Like**'! This requires 'Mechanical Discipline' based on smart and simple repeatable 'Physics' supported by a 'Sound Mind' ('Psychological Discipline'), one that prepares and functions in the 'Present Tense' so we do not get 'Tense'. Tight muscles tend to infect those 'Triangular Levers' and that potentially smooth stroke! '**OUTCOME GOLF SMOTHERS INSTINCTIVE EXECUTION**'!

I want to beat my competitors reliably. I am tired of buying lunch and drinks after every round! I no longer want to keep track of all those betting markers that are negative cash-flow! My nick-names are really annoying! My den mantle is vacant of trophies! My name is nowhere on the clubhouse wall. It is time for me to change my ways so I can better enjoy my time on the links! How do I best approach each Golf Hole?

The answer is to **'Make Every Shot From A TO B'** ('Point To Point', 'Take Dead Aim', 'DIRECTION') and to strive diligently to accomplish the **'Pre-Selected DISTANCE'** ('Energy Management')! This will take care of the 'Distance and Direction' aspects! Just make sure you know where the hole is located and how to get the Ball out of it!

Oh yes, and how to write down smaller numbers!

Not much to that!

Back to my (your) strategy.

EVERY SHOT IS TO A QUARTER SIZED TARGET!
(That will build TRUST & PERFORMANCE!)

3) **WHAT IS A PAR THREE?:**

The objective on a Par 3 is to make a 'Hole In One'!

Lose that notion that just 'Being On The Green Is Good' and start using more positive tasking and 'Targeting'. My Ball came to rest at the 'Bottom Of The Cup' in very few strokes but certainly less generally than the 'Other Guy'! I won!

4) **WHAT IS A PAR FOUR?:**

Always 'DO THE MATH'! Think the simplest calculations! A straight line is the shortest distance between two points! Strive to keep your 'Ball Flight' in a straight line between your 'Ball ' and the 'Target Pin'! That will work!

A Par 4 is two Par 3's! Think about this and, if you do not get it, draw a Par 3 on a sheet of paper. Visualize it as a 'Hole In One'. Then draw another Par 3 attached to the first one. Now you have a Par 4. This being true, play Par 4's as two Par 3's! Stick another 'Flag Stick' in the ground where you want your 'Tee Ball' to land. Use your **'PITCHING WEDGE RULE'** so you can take a 'Full Swing Pitching Wedge' at every stick or as many as possible. If you have the best 'Pitching Wedge' in the county, you may also have the best

scoring record and may have won the most tournaments as well! If not you may well start to do so! 'Full Swing Pitching Wedges' to the 'Five Foot Circle' make 'Putting Stats' very low! Keep it Stupid Simple!

5) **WHAT IS A PAR 5?:**

A Par 5 is just three Par 3's! Remember you or your caddie will need two extra flags or to move one twice ... one for the drive and another for the fairway shot to the 'Approach Position'. The third is already in place on the green.

I wonder what the 'U.S.G.A. Ruling' would be on that approach to playing a hole might be? 14 Clubs and no further aids! I bet the second flagstick might draw a ruling! What do you think?

6) **PLAY EACH HOLE BACKWARDS:**

(in your mind and physically the night before)

This is about 'Pre-Shot Routine'. Mentally 'Play Each Hole From The Flag-Stick Back To The Tee Box' so you know the proper yardages and 'Club Selection' on the way out there! I would even walk the course backwards the night before or very early in the morning before my round. It gives me some good fresh air and much needed 'Quiet Time'! Write your 'Club Selection' on a sheet of paper or on your score card. Then, in the 'Heat Of Battle' you can stay cool because you are prepared!

Remember what Jack Nucklaus said about 'Preparation'!

'Work Ethic' and 'Smart Practice' takes the less prepared out of the equation!

It is my opinion that 'Being Prepared' reduces the normal amount of mental pressure and tension to a healthy and beneficial level. Winners know what I mean!

7) **NOW TO 'DO THE MATH':**

Not much needs to be said. Work out your 'Club Selection' on a separate score card the night before you actually play.

You are on a 325 yard Par 4. You take of your 'Pitching Wedge'

'Favourite 'Approach Distance'. Mine is 125 yards. **'DO THE MATH!'** 325 yards - 125 yards = 200 yards. Select your '200 Yard Club' and give it a bang! Mine is a #3 Iron. Turn Brace! Turn Target! And just let the ball go! (Brace Leg Drive Release, PIVOT Release, Brace Hand Release and Clubhead Release) Let It Separate!

If you have practised and have earned the right, you will be at your second 'Flag Stick' which you stuck in the ground at the 200 yard marker. You will have 125 to go! One more Swing and you are a 'Kick-In Birdie'!or better!

Tie These Ideas To The Pitching Wedge Rule!

8) **QUADRANT THE GREEN:**

Never just fire at the Green! Remember, you will soon have to make a Putt! From the most advantageous place or 'Ball Location' 'Lie' makes perfect sense! Those little 'Down-Hill Sliders' will wear you out! The big ones will kill you! Always strive to make Putts from 'Below The Hole'!

9) **FIRE AT THE STICK!:**

Unless you have been presented with a 'Sucker Pin Placement' by the affable 'Greens Keeper', get at it! In the 'Five Foot Circle' will do nicely! When you have, for example, a reliable 'Fifteen Foot Circle' with your 'Pitching Wedge', **'DON'T FEAR WHAT IS NEAR!'** By this I mean the pond or big gaping trap that is forty three feet away from your Target!

Develop Trust In Your Swing!

Daily and Always!

In Golf you must reliably 'Be Your Own Best Friend!'

No one can take the shot for you!

Be a 'Little Cocky and Courageous'!

It is your 'Moment Of Glory'!

Never make one single stroke anywhere on the course without doing some Math. **'DO YOUR MATH!'**

Never make one single stroke anywhere on the course without having a 'Precise Target'. Take 'DEAD AIM'. Then **'DEAD STICK IT!'**

Remember the 'Number One Alignment In The Game Of Golf'. Your 'Sweet Spot and Clubface AIM' must be precise! Then your results will be as well!
It's your dime!

Spend it wisely!

Win with it!

Always 'Good Luck To You' but **'WORK SMART'** and your 'Luck' will improve proportionately.

Q45)

'The Harder I Work, The Luckier I Get'!

PITCHING WEDGE RULE

**The SAFEST APPROACH TO SCORING IS TO LEAVE YOURSELF
WITH A FULL 'Pitching Wedge Shot'
TO THE FIVE FOOT CIRCLE**

WHENEVER POSSIBLE.

You can also select another 'Wedge' or 'Approach Club' that might be your favourite. My strong suggestion is that you shy away from any 'Favourites'. Like your children, "Love Them All Equally"!

It is a great asset to have a full '4 Club Wedge Set' ('**PASL**') in your bag, especially when the venue plays to your 'Short Game'. Know your '**Body Clocking**' precisely. **There is no 'Golf Skill' more important or rewarding!**

And learn to use them to your fullest benefit and 'Pleasure'! They will actually love you for the attention and respect that flows from great use!

TO YOUR STRENGTH:

Always play to your strength. If you do not have a 'Full Swing Wedge' that is laser accurate and 'Bullet Proof', develop one without further delay, regardless of how long it takes.

There is a '555 Golf' term called the '**Confident Approach Distance**' ('CAD') that is a 'Must Do' capability for every competent golfer. Each one of us must have at least one single club that can 'Full Swing' '**Save Our Butts**' any time, anywhere and in any situation on the links.

I personally think it's my 'FULL PITCHING WEDGE' which strikes the Ball 125 yards, 'One Hop Stop' landing S O F T ! Yours may be more or less but make it your 'Bread and Butter' shot.

You will make your money '**Inside This Club**'.

See Chapter '**COURSE MANAGEMENT**'

BILLIARDS GOLF

'IT'S NOT WHAT YOU MAKE, BUT WHAT YOU LEAVE.'

Of course, we are always, well, generally trying to hole everything we strike, but, be prepared to only **'GET 'EM CLOSE'**. That enables your 'Short Upright Stick' to make really good music and statistics!

Approach 'GOLF' as if it were **'A 150 Acre Game Of Billiards'** or snooker. Make every shot set up and benefit the next shot.

Play every stroke from the fairway as if it were the 'Second Last'.

Then play every stroke to the green as if it were 'The Very Last'.

That means your 'Approach Shots' should be generally dead at the 'Target', **'One Hop Stoppers'**!

That means your 'Putts' are always meant to find the bottom of the cup ... where the rattle resides!

'NO LAG PUTTS'!

When any person tells me they were deliberately trying to **'Lag IT Close'**, I either do not believe them or I feel they need some **'Mental and Course Management'** time with their favourite 'Personal Certified 555 Master Teaching Professional'!

Never plan to miss and be second best!

The contingency is to make another stroke. **The plan is not to!**

See Chapter **'COURSE MANAGEMENT'**

ARRANGING YOUR BAG

The key element or consideration here is to, firstly, read your equipment description or 'Manual' and figure out exactly what your equipment is designed to do for you, whatever it might be.

Figure out 'What' your bag is supposed to carry (Practically) and then asses 'Why' you want to put whatever you want in it (Practically or not). Next figure out 'Where' you want all this 'Parifenalia' to actually go in the bag.

Then finally load it and hope you are big and strong enough to carry all your chattles over seven thousand yards, or as much as ten, depending how straight you can shoot the Golf Ball! A cart may be wise but is less good exercise.

1) **YOUR CLUBS:**

These do not go into your bag 'Willy Nilly'.

It is my suggestion to customers that they set the bag on its stand (if it's a 'Stand Bag') or on its base if it's a carry bag, and to do so with the strap or handle away from them. In other words on the opposite side of the bag to where you are standing. That will be 'On Top'.

This done, place your 'WOODS' (I,III,V,VII) in the bag in the horizontal 'top' partition closest to the strap or handle. Place your 'LONG IRONS' (#1,#2,#3,#4,#5,#6,#7) in the next closest partition (usually the middle one) and finally your 'SHORT IRONS' (#8,#9,#PW,#AW,#SW,#LW) in the front section. This grand total will be '18 clubs' so the round had better be of the 'Practice' variety. If it is not, something has to go. A lot has to go!

Most goflers will not or may not carry one or more of the following; V,VII,#1,#2,#AW,#LW. If not, be sure to keep each 'Bag Partition or Section' balanced. Many good Golfers carry the #3,#4,#5 in middle left section, #6,#7,#8 in middle right section; #9,#PW in the bottom left section and finally the #SW and the Putter in the bottom right section. This works well and is quite a workable configuration. You be the judge. It your sack!



Arranging Your Bag

You may, as suggested, place your Putter in this front partition or it may go on the top with your 'WOODS'.

There are devices that are adapted to your bag as well, which can greatly assist in your general club organization. You have seen them advertised and, if you purchase one, the manufacturers will explain how it works.

This full or reduced 'arsenal' requires at least an 8.5 inch bag and a 9 inch may be better. The professional caddies shoulder a 10 inch bag which may in some cases be closer to the 10.5 inch specimen with a proportionate weight. That is why those caddies have both strong backs a sturdy wheels!

Your personal items, Gloves, Rain Gear, Hat, Tees and Balls, Umbrella, Sun Screen, Band-Aids and Tape, Range Finder, etc. go in the designated pockets or slots. There will usually be a special brass or composite ring at the top of the bag for your Towel, and your Club Bag Tags. When you use items, replace them to their proper location. This will make using them next time easier as you will be able to find them!

Be careful with the 'How Much' or you will require a 'Sherpa' who is the next human tougher than the caddies! They both eat and drink more than you expect and require an airline ticket and a room among other benefits depending on your generosity. They can be expensive!

2) **HOUSEKEEPING:**

Steady performers take care of their equipment. Make sure all your 'Tools' are in good order before leaving home, travelling, and then again before you leave your hotel room for the course. Damage 'In Transit' is very much a common reality and you do not want to discover a bent putter at the end of the first fairway!

There is a very good way to make this task easier. Carefully inspect and clean all your equipment within one hour after every practice or playing session, competition or not.

I heard that! No I am not your mother!

3) **ORDERLY:**

'Everything in its place and a place for everything!

Now, play well!



Use this INDEX for it's designed purpose,
to lead you to answers about your specific questions.

It's your '**Friendly GOLFMYTH Tour-Guide**'.

There is an answer to every question.

Welcome to your '**INDEX**'

A]

INDEX

WORD BY WORD
and
Chapter By Chapter
and
BOOK BY BOOK

SIMPLY REFER TO YOUR

'GLOSSARY OF TERMS'
and
'GLOSSARY OF NO NO TERMS'

for clarity and definition.

B]

INDEX
OF
'BULLET PROOF FITNESS EXERCISES'

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Book by Book

G]

INDEX OF PICTURES

The 'Illustration and Picture' aspect is arranged 'BOOK by BOOK' as is the 'INDEX'. Organization is by 'Chapter, Section'. An example of this might be 'A_1\10'. This means Book_A, Chapter 1, Section 10'. Location or description by line is unnecessary. No page info benefits second edition organization.

Index picture details contain 'Identifier' and 'Page Number' information, plus the letters 'p', 'd' or 'pd' standing for 'Picture', 'Drawing' or 'Picture + Drawing'.

NB: I would prefer that each 'Picture and Illustration' is located precisely as the 'Final Draft' indicates but, in order to do so, the book may have to be printed 'Four Colour' which will create more expense. Is a reasonable amount of expense an issue? I do not think so. This is a 'Collection of Books' such as the 'Encyclopedia Britannica'. It is not a paperback. Quality is a primary objective. 'Four Colour' is also an issue for the 'First Gothic Letter' of each chapter or some similar embellishment.

An option is to place all the 'Colour Insertions' at the end of each book to which the reader can turn for reference. I do not like this option and it should not be selected except by pure consideration of budget constraints. I want this literary work to be a 'Collector's Item' and it will not become so without the best quality presentation possible.

As another option, all 'Pictures' could be 'Black and White'.

'Illustrations' will be 'Pen and Ink' with 'Three Dimensional Shading' where necessary. I want the 'Illustrations' to be of the 'Ben Hogan' quality. This is not a matter of cost but simply of finding the right 'Illustrator'. Persevere. 'Pictures and Illustrations' are key to the presentation and success of this project.

Consider 'Chapter Dictionary Tabs' (key Words) for each chapter.

Do not 'Skimp On Details'. This is a 'Legacy' in the making!

'The GOLFMYTH Collection Of Books' was written and is provided for your exclusive needs and enjoyment!

Two subjects that we do not handle are 'The Rules' and 'Golf History'. There are plenty of global resources on those two topics!

We, 'The 555 Team' and 'The GOLFMYTH Collection' are meant to be used thoroughly and to help others like you thrive via the generosity and passion of this 'Great Game'.

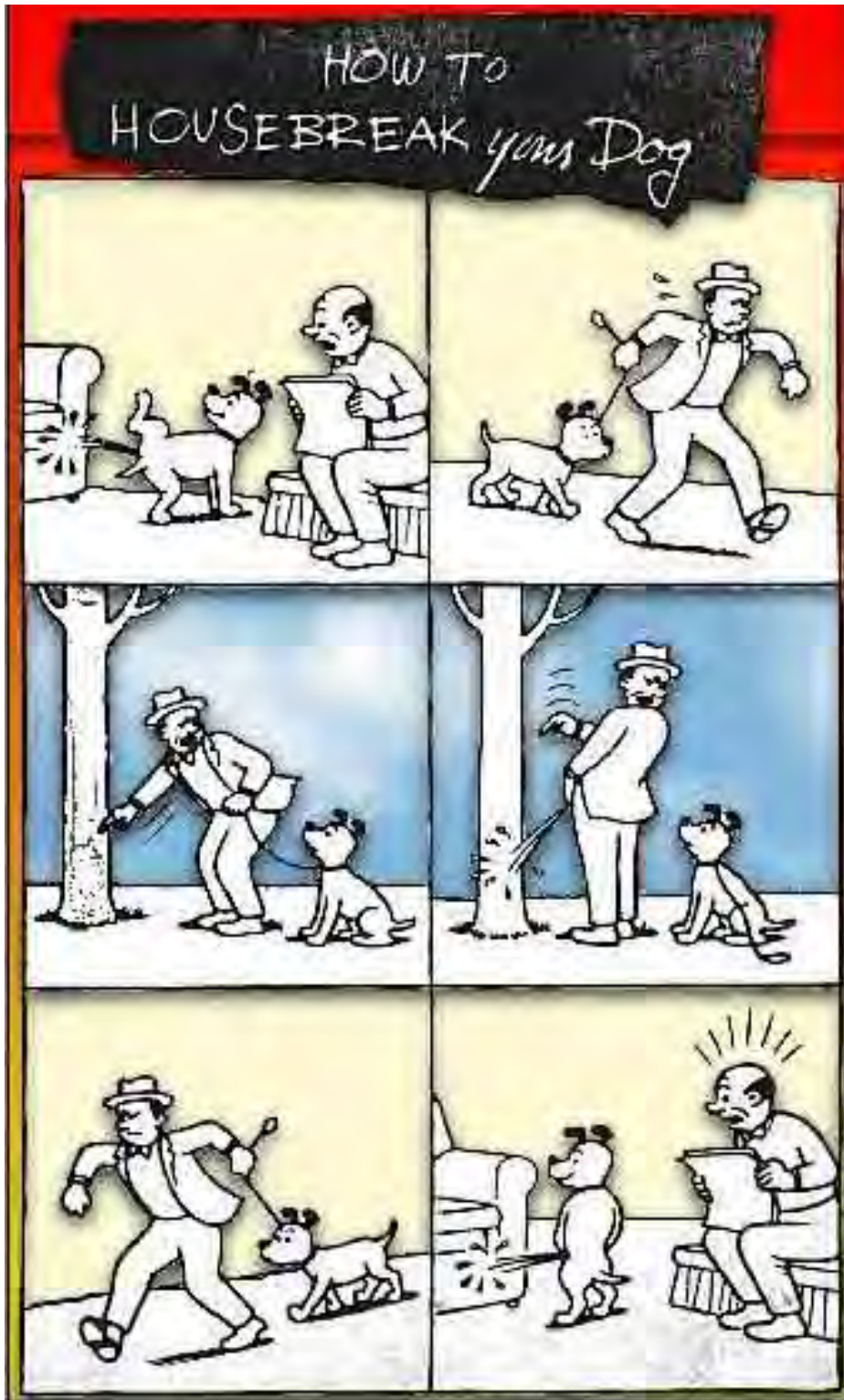
GOLF is much less understood than one might think, but primarily due to the lack of clarity and simplicity! Good people are hungry for having improved results out there on 'Mother Natures' 150 acre 'Billiards Table'.

If you can hammer a huge spike into the lower segment of a farm fence post with a light headed, long-handled sledge hammer, without bending it, you can smack a 'Golf Ball' out there, across a manicured field, a formidable distance while maintaining control.

Now, with this 'GOLFMYTH Collection', you shall generously find simplicity more readily at hand!

"Thank you for our paths having crossed!"

Dr. Karl



New, more efficient 'Skills and Habits'
are at hand, even for we golfers!

SEE IMMEDIATE RESULTS

The 555 Golf Academy is the only golf instruction that is truly based on 'Kinesiology' ('The Musculo-Skeletal Movements Of The Human Body').

Created by Dr. Karl Fischer, PhD in Kinesiology and 'Certified International Master Teaching Professional' ('CIMTP'), The '555 Golf Academy' provides broad-based training in all of golf's aspects. It has proven its ability to provide immediate and dramatic results.

Dr. Karl teaches touring professionals to beginners and has advised some of the nation's biggest and most successful golf instruction institutions.

MAKE YOUR PRACTICE TIME BOLDLY EFFECTIVE!

Learn more at www.555golf.com

Dr. Karl M. Fischer / Certified International Master Teaching Professional



Karl is a 40 year dedicated veteran who has come up through the golf trenches. Having provided in excess of 100,000 golf lessons, before long ago stopping count, Dr. Fischer continues helping good people improve and have more fun on a daily basis.

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!"*