

# THE SECRET OF GOOD GOLF

Provided the fundamentals of a player's swing are reasonably correct, then, the secret of good golf may be put in a very few words, and it will take but a few seconds to read them. It may, however, take you many days to grasp the full significance of them. It may then take you months of studious practice to properly translate their meaning into feeling, and finally it may take years to form this feeling into a fixed habit.

## THE SECRET

*The muscles of the body and legs must only guide the swing.  
The muscles of the arms and hands alone must speed the swing.*

To my knowledge one thousand three hundred and thirty-four books have been written on golf in which the authors have tried to tell you just that, so think it over and keep thinking it over till you fully understand it.

It seems simple, and it is simple, in fact its very simplicity is what makes it so difficult for a learner to understand fully. The very physical easiness of it is hard for a learner to acquire.

THE LEG MUSCLES take care of the shifting of the body weight, they also ALONG WITH THE MUSCLES OF THE TORSO turn the shoulders which guide the arms and the club through the swing. The leg and

torso muscles also carry the brunt of the strain put upon them by the effort of the arms when they swing the club. The leg and torso muscles should also keep the player's head in place throughout the swing. The speed of the swing must come solely and entirely, from the arms and hands. The upper arm muscles, that is, those about the shoulders swing the arms and the **HANDLE** end of the club while the muscles of the forearms operating the hands through the wrists swing the club **HEAD**.

The muscles of the forearms must also control the direction in which the club faces. I reiterate: the muscles of the legs and torso of the body should only guide the swing. If they are used to speed the club they will surely throw the swing out of line and the shot will be ruined. Again I would say to you think this over and don't let notions blind your eyes to the light of the true knowledge.

Poise and rhythm are most important. By poise I mean that throughout the swing the body should be so poised that the player's head will be in correct position relative to the ball **AT THE IMPACT**.

By rhythm I mean that the effort of all the muscular movements involved in making the swing must be so **PROPORTIONED AND COORDINATED** that the ball will be struck with the **CENTER** of the club face

with the club **FACING** and **TRAVELING** in the intended direction of play and at a correct **SPEED** at the **MOMENT OF IMPACT** for the shot desired. To do this consistently it must be accomplished without unnecessary exertion.

Distance and good direction are simply a matter of hitting the ball true and hard **EASILY**.

Your body should **LET** your arms sweep the club down.

Your body and arms should **LET** your hands swing the club head through the ball.

Your body should merely pivot and pivot so effortlessly that your arms and hands will be able to swing the club head through the ball.

I emphasize the "**LET**" because the chief trouble of the learner is that his body does not let his arms and hands do the work. The greatness of his body effort is his undoing. He whirls so vigorously with his body muscles that his arm and hand muscles **CAN-NOT** do the work.

When you address the ball avoid all unnecessary tension by having all muscles and joints loose. When you start your back swing be so loose that your body may turn freely and readily, but do not carry looseness to the extent of sloppiness. Start turning your body so early in relation to the raising of the club by the arms that your body will have

ample time to complete its turn easily and smoothly, and thereby cause the club head to travel in the correct arc.

In starting the down swing, start shifting and unwinding the hips EARLY, so EARLY in fact that the body will have ample time to reach the proper hitting position by the time the hands enter the hitting area. This hip movement CLEARS THE WAY for the arms and hands. It permits the arms to sweep the club downward in the correct arc. The arm movement should then be climaxed with the whip-like slap of the right forearm and hand which whips the club head through the ball and this hits the ball away.

While the hips should make a very considerable unwinding movement in the down swing, this movement should be performed so leisurely that it will not throw the arm sweep out of alignment or cause the club handle to be pushed through ahead of the club head.

If you whirl your body in an effort to give speed to the swing, you will at once throw your swing out of line. This makes you cut across the ball and ruins your arm and hand work which means that the right forearm and hand slap will in all probability be spoiled, and the result will be a pulled slice i.e., a slice which starts out somewhat to the

left of the intended line of play and then swerves around to the right.

Let me repeat:

The muscles of the arms and hands **alone** must speed the swing. The muscles of the body and legs must **only** guide the swing.