

With the right elbow well to the back and close to the side you must now reverse this inward bend of the wrists. Throw them back and out as sharply as possible, and when the club head is some two feet away from the ball let the right wrist take command. This is the "throw of the club" and upon its proper execution depends in great measure the power and accuracy of the stroke.

One further point, and a most important one, although I have never seen it brought out in any of the previous text-books.

As the club comes down on the ball, do not allow the left elbow to swing out and away from the body. It must be kept back so as to allow of the "snap of the wrists" at the critical moment when the ball is struck. If the left elbow swings away an instant too soon the hands go through in advance of the club head and the result is either a slice or a loss of power. A favorite phrase nowadays is "timing the club," by which is meant the securing of the full power of wrists, arms and body at the moment when the actual hit is made. The phrase is a good one, but unless the coach can explain how to bring about this desirable result the mere words will not help the beginner much. My theory is that this "timing" is dependent upon keeping back the left elbow, thereby enabling the full force of the stroke to be brought into the ball.

The books place great emphasis upon the finish of the stroke—the "follow-through," as it is called—and the beginner is assured that unless he can get his arms to reach out after the ball the stroke will be a failure. This is a rock upon which untold myriads of golfers have foundered, and so perished miserably.

Now, at the risk of being pronounced hopelessly heterodox, I am going to tell you that you need not bother about the follow-on at all. In my theory of the swing the power of the stroke depends on proper hip rotation, the correct turning of the wrists, and the position of the elbows. *Pro-*

Lessons in Golf

BY

ALEX SMITH

*Open Champion, United States
and Western Open Champion*

*New York, ARTHUR POTTOW,
48 West 27th Street*

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