

THE REVOLTA FORMULA

On the adjoining page is a demonstration of the Revolta formula. This is the one-two-three-swing exercise, designed to train the hands for the proper control and power in the hitting area.

The three sets of small sketches show the "one," "two," "three" steps in the exercise. The bottom sketches show the "swing!"

In the first sketch the club is swung away and returned to the ball. Count ONE. The second pair is two. The third pair, THREE. On the fourth count the club is swung to hit the ball and to follow through.

Note the firmness of the hands throughout the swing, the lack of movement. This exercise is to train the subconscious mind for the proper starting movement—swinging the club back with a turn of the shoulders, the arms and club moving at the same time.

Notice that the head does not move until the final sketch when it raises naturally to follow the flight of the ball. The one-two-three-swing movement is one continuous motion with the club moving as rapidly as possible while your hands still maintain control.

Note in the bottom sketches that the wrists "give" very slightly for the proper hand action to put life and crispness into the swing.

The three large sketches are also accurate illustrations of a good chip shot. Disregard the smaller sketches when you study the chip shot in the next chapter and consider only the bottom three drawings. The club is swung away at the left, in the middle it strikes the ball, and on the right it is following through. Note that the follow-through is approximately the length of the backswing.

