

PART TWO
HOW I PLAY
GOLF



1. FIVE FUNDAMENTALS

My golf success has been founded on seeking perfection in what I term the five fundamentals of the game:

THE GRIP

THE STANCE

THE BACKSWING

THE DOWNSWING TO IMPACT

THE FULL FOLLOW-THROUGH

I state categorically that it is impossible to be a good golfer unless you get it fixed in your mind that these are the essentials and concentrate on getting each one right in that sequence. I feel my method is one of the simplest to follow, though I do not suggest for one moment that golf is an easy game. It is my intention here to explain how I play golf—and once again let me stress those five fundamentals, in the sequence I have given.

I am not a theorist. I have never filled my head with a string of confusing injunctions: head down, left arm straight, left heel off the ground, and all that sort of thing. Too many people approach a golf shot with their heads buzzing with a variety of tips and hints—‘Do this’, ‘Don’t forget that’, ‘Remember not to do the other’.

Wrong, absolutely wrong! Make sure that you have those five fundamentals correct, that at all times you are relaxed, and from then on it is a matter of practice, practice and more practice. And remember you must avoid tension, which is the ruin of good, consistent golf.

How to make sure that you are doing the right things? Well, if you read on, study carefully the illustrations I have given, and faithfully copy my methods, you will be right.

I have always aimed at achieving a perfect swing. In the course of this book I shall include some ‘don’ts’, but I want the reader always to remember that it is the perfect swing we are seeking and that the perfect swing depends on those five fundamentals.