GOLF

By Bob MacDonald and Les Bolstad

ATHLETIC INSTITUTE SERIES
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Foreword

The photographic material in this book has been reproduced in total from the National Golf Foundation's sound, color slidefilm, "Beginning Golf." This book and the slidefilm are parts of a program designed to bring the many benefits of athletics, physical education, and recreation to everyone.

The National Golf Foundation is a non-profit organization founded in 1936 to aid municipalities, educational institutions and private enterprise in stimulating greater interest in golf and increasing opportunities for participation in the game.

It is their hope, and the hope of The Athletic Institute, that through this book, the reader will become a better golf player, skilled in the fundamentals of this fine game. Knowledge, and the practice necessary to mold knowledge into playing ability, are the keys to real enjoyment of playing golf.
If you throw a ball hard against a vertical wall, it bounces straight back to you.
But throw that ball against a tilted surface and it bounces up into the air. That's why some clubs have slanted faces—to give a higher, shorter flight to the ball.
The driver (also known as the No. 1 wood) has an almost vertical face and hits a ball in a rather flat curve or trajectory. It's used off the tee.
The brassie—the No. 2 wood—has more loft to the face and hits the ball higher into the air. Its normal use is from the fairway, when the ball is sitting up well on fairway grass. Under certain circumstances, it is used in driving from the tee.
The No. 3 wood—the spoon—has more of a loft than the driver or brassie, consequently, less distance. Use it for a close lie, that is, when the ball is lying rather close to the ground.
The No. 4 wood has a smaller, thinner, and more lofted face than the other woods. It gets the ball up into the air quickly.
Number two and number three irons are the distance irons, with rather upright faces. Their design allows them to get down into the grass better than the wood clubs.
Number two will give a good golfer distance of from 165 to 190 yards.
Number three allows distance of from 150 to 165 yards.
The four, five, and six irons are the lofting irons. They get the ball into the air from very close lies or out of the rough.
Number four is normally used for distances of from 140 to 150 yards...
Number five from 130 to 140 yards...
...and number six from 100 to 130 yards.
The seven and eight irons have decided lofts and are called pitching clubs. They're used for short shots out of sand or long grass or for shots from the fairway where you want a quick rise and very little roll after landing.
Number seven iron will carry from 100 to 120 yards...
...and number eight from 80 to 100 yards.
This flanged niblick is numbered and named differently by different manufacturers. Its face has a decided slant for high lofts and the flange slides the blade along the sand or grass.
The putter is made in various styles with a face upright to roll the ball along the closely mowed grass of the putting green.
Here are the relative heights and distances of the clubs—a special club designed for every playing situation. But, you don't need them all to get started. From these, you can make your selection of a basic set of . . .
But throw that ball against a tilted surface and it bounces up into the air. That’s why some clubs have slanted faces—to give a higher, shorter flight to the ball.
Hold the correct grip and swing your club back and forth a few times to get accustomed to the feel of it. Your left hand is holding firm and your right hand is holding mainly by the fingers.
ATHLETIC INSTITUTE SERIES

This series aims to present the most authoritative books on sports for young participants. All use action photographs taken from motion picture films; all are authored by the leading college and high school coaches of the country.

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