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Presented To

UNITED STATES GOLF ASSOCIATION

By H. H. Ramsay

Date 1937
The Speed Sector of the Golf Swing

Ability to get distance is a matter of hitting thru the ball, striking at it with a stinging smack. This smack is produced with the wrists, and the wrists if properly used are capable of swinging the club head thru the ball with terrific speed, their action however must be (1) correct in form, (2) be extensive, (3) be concentrated and (4) perfectly timed.

Correct form of wrist action: the initial movement of the back swing is made by the player's body, the hips by their sidewise action start the body over on the right leg, also the shoulders turn to pivot the body round to the right, the two movements being actuated by the left leg. The left knee turns in and the left heel comes off the ground. The movement is a very easy, gentle one and the wrists should be so loose that under the gentle movement of the body they sag or bend so that the club is dragged away, the club handle making a slight movement to the right before the club head is started. The movement of the player's body is transmitted to the club handle thru the left arm. The club is started back by the left hand pushing the club handle to the right till the club head must of necessity follow. The body continues its action and now the left wrist becomes active and by a pronation twist sweeps the club head along the ground and round to the player's right to what is termed the low horizontal position of the club. See illustration 74. Next the wrists by their bending action raise the club head to the position shown in illustration 76. Next the left arm raises the club handle till the club reaches the position shown in illustration 79.

Many players do not know how to time the stroke correctly, and because of this there is no concentration of power at impact. They are therefore unable to hit
through the ball. Study the hip, arm, shoulder, and wrist action in Illustrations 68 to 87. In the start of the downswing, (Illustration 78), the hips start forward first, shifting the body forward. Then the shoulders begin to unwind very slowly and gradually; next note in particular in Illustrations 79, 80, and 81 how the arms strike downward, dragging the club handle down first while the wrists remain bent, thus allowing the club head to drag behind. This trick many players have not learned. The beginner will naturally expend the downward wrist action with the downward arm action, but you cannot get the snap into the ball in this way. The wrists having more speed than the arms, must be taught to wait until the arms have almost reached the climax of their downward action before the wrists, with their terrific speed let loose this snap. If the wrists expend their action during the upper part of the down swing the snap will be spent before the club reaches the ball, or if the action be spread throughout the down swing the force is squandered.

If by expending such wrist action you start the club head first at the top of the swing and do so with a snap, this wrist snap strikes the air above your head, the ball getting no benefit therefrom. Since the wrist snap cannot be expended twice in the same stroke, if it is to be expended on the ball at all, it must be kept in reserve till the hands are brought to a point nearly in line with the ball. Illustration 81 shows the wrists just commencing to let loose their power. It will be seen that while the hands have yet to travel about twelve inches in order to come into line with the ball, the wrists must make the club head travel about twelve feet to reach it. In Illustration 82 the left hand has but one inch to go to come into line with the ball, while the wrist action must make the club head travel fully four feet before it will reach it.
THE WRIST ACTION in Motion Picture Series

This was an actual drive in which the ball was driven 250 yards

Notice also how comparatively placid the body is as compared with the energy of the wrists
At impact, club head, hands and player’s head will all be in line. Illustration 83 shows the club at low horizontal on the way up to the finish of the swing, the club head is now fully six feet past where the ball set; during the time the left hand traveled barely twelve inches. In illustration 84 the club cannot be seen, but it has reached a position corresponding with that shown in illustration 81, therefore, that part of the arc traversed by the club head between those points, illustrated in 81 and 84, is what I would term “the speed sector of the swing.” This is produced by the right hand striking forward while the left hand resists backward.

There is no speed sector in the swing of many players. At the top of the swing many start the club head first by wrist action instead of starting the club down by dragging it down handle foremost. If you start the club head first all the wrist action will be squandered before the club head gets anywhere near the ball, and consequently there will be no snap in the stroke. To remedy this do not let the club break away from the shoulder till the arms have swung the club handle well down; also practice the following exercise; set up two, high, flat-sided sand tees, six to eight inches apart and directly in the line of play, with flat side of tees square to club face. Address the first tee as you would the ball. Now swing and smack both tees. Do not be deceived by the flying particles of the first tee demolishing the second, but make quite certain that you are smacking both tees. You can tell when you are smacking both. The sound and feel of smacking a single tee is quite different compared with smacking two tees.

When you hit through both tees there is a distinct feeling and sound of a double impact. If you fail to hit through, the flying particles of the first tee will reach and demolish the second before the club reaches it and there
DOWNSWING IN MOTION PICTURE SERIES
AUTHOR’S GENEALOGY

The articles contained herein are the result of the life study handed down by many generations.

"Old" Willie Dunn, the famous Professional Golfer of Musselburgh,* Scotland, who played in the Great Golf Match of 1849 with his brother Jamie Dunn against Allen Robertson and Tom Morris for four hundred pounds sterling a side, was the father of the yet more famous Tom Dunn of North Berwick, Scotland, who from the time he was 20 years old till he died at the age of 52 was universally acknowledged the leading authority on golf. I am the youngest son of Tom Dunn. I was born at North Berwick, Scotland, March 11th, in the year 1882 and, as my forefathers did, I cut my first teeth on a golf club.

On my mother’s side were the Gourlays of Musselburgh, and my mother, Isabella Gourlay, true to her family traditions, was the greatest woman golfer of her day. Her father, John Gourlay, was the famous leather and feather golf ball maker. He was also a golfer of great renown.

"Old" Willie Dunn, Musselburgh
Father of
Tom Dunn, North Berwick
Father of
Seymour Dunn

John Gourlay, Musselburgh
Father of
Isabella Gourlay, Musselburgh
Mother of

Back farther still on my mother’s side there was a Douglas Gourlay, who was appointed teacher of golf to James V of Scotland. All these family connections have been of much help in preparing me for the chief object of my life, which is to get down to the very root of this great problem, "The Fundamentals of Golf". I have not indulged in practicing my own play for the capture of championship honors but have devoted myself to studying the science of the game, and analyzing every detail connected with it. I chose the work of a teacher as the best field for study, for there all manner of questions arise and have to be met with a perfectly clear, correct and understandable explanation. In the twenty years that I have been teaching Golf, I must have given as many golf lessons as, if not more than, any other teacher that ever lived, and I hope among you, my dear children, there will arise at least one, a wielder of the club able to uphold the name of Dunn.

*Musselburgh was the original center of Golf, much older than St. Andrews.
This picture was taken with a high speed camera, yet the speed of the club was so great as to leave a 6-foot blurred image on the plate in so short a duration of exposure.
THE IRON STROKE

Stand rather close to the ball, which should be two inches behind a point midway between the feet, so that contact with the ball will be made while the club is yet on the down swing. A good way to remember this is to form the habit of keeping your nose always two inches ahead of the ball. The ball should be struck at as if you intended to drive it on a slight angle into the ground. While with a wooden club the ball is struck a loose wristed, somewhat upward stinging slap. With irons it is struck a firm, crisp, downward chop. The club head should meet the ball and continue on downward during the impact in such a way as to scalp off the surface grass ahead of where the ball lay but without digging into the turf. This downward glancing blow is to give a high speed back spin to the ball so that when it reaches the green it will drop down dead.

In the upswing, unlike wooden clubs, which are started away from the ball, handle foremost by loose wrists, the irons should be started away from the ball, head foremost by firm wrist action. This can be accomplished best by a firm downward resistance from the left arm against the upward pull of the right arm. The pull of the right arm forces the left wrist to bend sharply early in the upswing at a point low down in its swing arc. In the upswing, iron clubs should be swung rather straight back and straight up over the shoulder. The upper arms should be kept snugly braced against the rib frame of the body. The left arm should be rigid.

The iron stroke should be firm and decisive, the swing being more compact and the effort more concentrated
than for a drive. This requires a firmer grip on the club and the muscles of the arms and body must be more firmly set than for a drive.

Most authors tell us not to take a full-swing stroke with irons. However, I find all the star professional players do it, and I know of no reason why we should not do the same. Why take a three-quarter swing stroke and drop the ball short in a bunker when by a full-swing stroke you can put it on the green? What is really meant is that we should play every iron shot with the shortest back swing possible. The reason for this is that the climax of a golf stroke should be at impact and too long a back swing makes this climax occur too early, with the result that muscular relaxation sets in before the ball is struck and firmness, crispness and resolution are lost.
GOLF

BY

HORACE G. HUTCHINSON

WITH CONTRIBUTIONS BY LORD WELLWOOD,
SIR WALTER SIMPSON, BART., RIGHT HON. A. J. BALFOUR, M.P.
ANDREW LANG, H. S. C. EVERARD, AND OTHERS

WITH NUMEROUS ILLUSTRATIONS BY THOMAS HODGE
AND HARRY FURNISS

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exercise, while in real tennis or in rackets something approaching to equality of skill between the players would seem to be almost necessary for enjoyment. These more violent exercises, again, cannot be played with profit for more than one or two hours in the day. And while this may be too long for a man very hard worked in other ways, it is too short for a man who wishes to spend a complete holiday as much as possible in the open air.

Moreover, all these games have the demerit of being adapted principally to the season of youth. Long before middle life is reached, rowing, rackets, fielding at cricket, are a weariness to those who once excelled at them. At thirty-five, when strength and endurance may be at their maximum, the particular elasticity required for these exercises is seriously diminished. The man who has gloried in them as the most precious of his acquirements begins, so far as they are concerned, to grow old; and growing old is not commonly supposed to be so agreeable an operation in itself as to make it advisable to indulge in it more often in a single lifetime than is absolutely necessary. The golfer, on the other hand, is never old until he is decrepit. So long as Providence allows him the use of two legs active enough to carry him round the green, and of two arms supple enough to take a 'half swing,' there is no reason why his enjoyment in the game need be seriously diminished. Decay no doubt there is; long driving has gone for ever; and something less of firmness and accuracy may be noted even in the short game. But the decay has come by such slow gradations, it has delayed so long and spared so much, that it is robbed of half its bitterness.

I do not know that I can do much better than close this desultory chapter with a brief autobiography, taken down from his own lips, of perhaps the most distinguished professional of the century—a man known by name to all golfers, even to those who have never visited St. Andrews—old Tom Morris.

This transcript of a conversation held on New Year's Day, 1886, is not only interesting in itself, but contains much sound
golfing philosophy. I give it to the reader precisely in the shape in which it has been given to me:

'A gude new year t'ye, Maister Alexander, an' mony o' them! An' it's come weel in, the year has; for it's just a braw day for a maucht. Lod, sir, it aye seems to me the years, as they rise, skelp fester the tane after t'ither; they'll sune be makin' auld men o've a'. Hoo auld am I, d'ye ask, sir? Weel I was born June 16, 1821; and ye can calc'late that for yoursel'. Aye! as ye say, sir, born and bred in St. Awndrews, an' a gowffer a' ma days. The vera first time, I think, I hae mind o' mysel' I was toddlin' aboot at the short holes, wi' a putter uneath ma bit oxter.

'I was made 'prentice to Allan as a ba'-macker at eighteen, and wrocht wi' him eliven years. We played, Allan and me the-gither, some geyan big mauchtches—ane in parteecler wi' the twa Dunns, Willie and Jamie, graund players baith, nane better—over fower greens. It was a' through a braw fecht atween—green an green—but we snoddit 'em bonnie ere the end o't. I canna ca' to mind Allan an me was iver sae sair teckled as that time; though a wheen richt gude pair o' them did their best to pit oor twa noses oot o' joint. But it was na to be dune wi' Allan an' me. An awfu' player, puri Allan! the cunningest bit body o' a player, I dae think, that iver haun'led cleek an' putter. An' a kindly body tae, as it weel fits me to say, sir, an' wi' a walth o' slee pawky fun aboot him.

'I left Allan to keep the Green at Prestwick, and was there fourteen years. Three years efter Allan deed I cam to keep the Green here; an' here I hae been sin syne. Na! sir, I niver weary o' the gemm; an' I'm as ready noo to play any gentleman as I was in ma best days. I think I can play aboot as weel yet as I did in ma prime. No, may be, drive jist sae lang a ba'; but there's no muckle odds e'en in that yet. Jist the day I was sixty-four, I gaed roon' in a single wi' Mr. H. in 8i. No that ill for the "Auld Horse" as they ca' me—it'll tak' the best of the young ones, I reckon, to be mony shots better than that.
OLD TOM TELLING HIS STORY
PER-SE-VER-ANCE

Continue in a state of grace
until it is succeeded by a state of glory
As Presented to USGA 1937

https://www.youtube.com/user/curedmygolfslice