STANDARDIZED GOLF INSTRUCTION

SEYMOUR DUNN
STANDARDIZED GOLF INSTRUCTION
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STANDARDIZED GOLF INSTRUCTION

In Five Books

Book I
METHOD OF LEARNING AND TEACHING

Book II
GOLF INSTRUCTION CODE

Book III
ORTHODOX GOLF FORM

Book IV
REMEDIES FOR SWING ERRORS

Book V
GOLF SWING ILLUSTRATED

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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 Musselborough, Scotland, who played in the Great Golf Match of 1849, with his brother Jamie Dunn against Allen Robinson 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 of 1882 and, as my forefathers did, I cut my first teeth on a golf club.

On my mother's side were the Gourlays of Musselborough, 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, Musselborough* John Gourlay, Musselborough
Father of Father of
Tom Dunn, North Berwick Isabella Gourlay, Musselborough
Father of Mother of

Seymour Dunn

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 a great help in preparing me for the great 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 if not more golf lessons 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.

*Musselborough was the original center of Golf, much older than St. Andrews.
THE SEYMOUR DUNN CODE
— of —
STANDARDIZED GOLF INSTRUCTION FUNDAMENTALS.

GEOMETRICS

1. MAINTAIN STEADY SWING CENTER: Controlled by correct pivotal action of the body which keeps the player's head in place.
2. CONTROL SWING RADIUS: Controlled by player keeping left arm firm.
3. SWING ON OBLIQUE PLANE WITH BALL: Controlled by right arm and hand.
4. SWING IN LINE WITH DIRECTION OF PLAY: Controlled by shoulder turn.
5. STRIKE WITH SQUARE IMPACT: Controlled by correct hand set and balanced effort of the pronating muscles.

DYNAMICS

6. SHIFT BODY WEIGHT: Gives momentum to the blow.
7. ROTATE SHOULDERS: Gives power to the swing.
8. SWEEP WITH LEFT ARM: Gives speed to the swing.
9. DELAY RIGHT FOREARM AND WRIST HIT: Gives great speed to the club head.
10. TIME BOTH SWING AND STROKE: Harmonious co-ordination of all moving parts — vital to direction.
11. CONCENTRATE POWER AT IMPACT: Gives distance to the ball's flight.
12. TRANSMIT POWER TO BALL: Made possible by the left side resistance.
13. PROPORTION THE EFFORT: For consistency in play.

PSYCHOLOGY

14. SWING AUTOMATICALLY:
15. AIM EFFECTIVELY:
16. LOOK AT THE BALL:
17. PLAY THE SHOT:
18. THINK CORRECTLY:
19. FIND EFFECTIVE KEY THOUGHTS:
20. PERSEVERE:

The Sum Total — Good Golf
cles to straighten out the arm, just as the biceps closes it. To keep your arm firm at any particular angle lightly tense the triceps against the biceps and your arm will not bend. When this is done correctly it will not make you stiff or tense anywhere else, and you will be observing a vitally important fundamental of the swing which will add not only to your accuracy but also to the power of your stroke.

**Fundamental 3. SWING ON OBLIQUE PLANE WITH BALL:** Oblique means sloping. "Plane" in this case means an imaginary flat surface—one without waves or warps in it. (See illustrations in Book Five). To make clear what is meant by swinging a club in an arc on an oblique plane, think of the arc traversed by a baseball bat in striking at a ball flying high. The plane of the arc would be about horizontal. The plane of the arc traversed by a cricket bat in striking at a ball flying low would be about vertical. The plane of the arc traversed by a golf club is neither horizontal nor vertical but oblique. The angle of obliquity must line up with the position of the ball.

In driving, the angle or slope of the plane of the swing is less vertical than in using irons because, the driver being longer, you stand further away from the ball.

If you draw an imaginary line from the ball extending up through the center of your
It is the **right hand** and **forearm**. The left shoulder and arm movements merely drag the club **handle** down to the hitting area. You have arrived at the hitting area when your left wrist is about to come into line with your own head and the ball and while the club head is yet trailing far behind the hands. So I would repeat that the shoulder and arm movements do not whip the club head through, but merely swing the handle end of the club. **It is the hands that whip the club head through.** So do not use too much shoulder and arm power or that will make it impossible for the hands to do their work, which is to speed up the club head and get it through on time. A golfer is **no stronger than his hands.**

An analysis of moving pictures of leading players reveals the fact that approximately 85 per cent of the speed of the club head is attained by the wrists, 10 per cent by the arms, and only 5 per cent by the shoulders. As was pointed out before, your shoulders, like a hippopotamus, are slow—what we want is speed, not brute force. So go easy with the shoulders and give the wrists a chance to do the work. They are speedy, but remember that they will not be able to do their work if the shoulders have already done it for them.

**Fundamental 10. TIME BOTH SWING AND STROKE:** Timing is not simply mak-
that they do so. A learner having difficulty with the back swing, may straighten out the matter by practicing one part at a time, later learning to blend them into one continuous flowing movement, consisting of first body pivoting, then arm raising, and finally wrist cocking.

Some players make the mistake of starting the club head away from the ball first by immediately cocking the wrists. This is very bad because it makes you musculearly tense holding the wrists cocked while the pivoting and arm raising take place. Do not cock the wrists too soon or you will have difficulty holding them cocked and you will in all probability uncock them too soon in the down-swing and their effect will be lost.

DOWN SWING: The first movement in the down swing is the shifting of the body weight by a sideways action of the hips. This movement, in fact, starts before the back swing of the club is completed. The second movement in the down swing is the downward pull of the left arm, which drags the club down handle foremost, first in the direction of the outside of the right foot, and then as if you intended to hit the back side of the ball with the butt end of the club handle. The wrists remain cocked until the first and second movements are almost completed.

While the hip shift and left arm pull are taking place, the shoulders slowly unwind.
lags behind. The left forearm continues its pronation twist so that when the club has reached the low horizontal position in the down swing (See Fig. 5 Book V) it is parallel with the line of play as are the shoulders. This leaves the wrists cocked two ways: they are (1) turned back, due to the forearm twist, and they are (2) bent back. (Compare Figs. 2 and 5 Book V.).

When the hip shift, left arm downward pull and unwinding of the shoulders reach the climax of their effort, the whole left side of the body including the left arm comes—as far as turning is concerned—to a dead stop for an infinitesimal fraction of a second while the wrists let loose with a terrific smack, the energy that has been held in check by their bent and twisted position.

A scientific analysis of the correct golf swing, shows that this right forearm and wrist slap produces about 85 per cent of the velocity of the club head. The left arm pull produces only 10 per cent, and the left shoulder pull about 5 per cent. In other words, the right forearm and hand slap which swings the club on the left wrist is responsible for more than five times as much speed as the pull of the left arm and shoulder put together.

HANDWORK: To have the club face true to the direction of play at the moment of impact, there must be balanced effort on the
slice. A conscious effort should be made to make the hands not only bring the club face in true contact with the ball but to keep it so for two feet beyond the impact just to make sure that you do not turn the nose of the club head in before the impact.
swing being out of line—violation of Fundamental Four.

Smothered hooks and skied slices are caused by unbalanced hand work—not controlling the angle at which the club faces at impact—violation of Fundamental Five.

Sharp, quick curves in the ball’s flight are usually caused by faulty timing of the swing—violation of Fundamental Ten.

There are six distinctly different kinds of slices, which I will describe in detail. A slice may be any of these six or combination of two or more.

**Definition of slice 1.** The ball starts out straight and continues to fly straight for two-thirds of its journey, flying at a normal height, then curves to the right. The **fault** is that the ball was struck with the middle part of the club face (between top and bottom), but inside the center (towards the heel), the impact being otherwise normal. This produces a low speed spin on the ball which does not take effect until the ball’s flight weakens.

The **cause** is that centrifugal force generated by the swing is pulling the player off balance towards the ball. Fundamental One is being violated. The swing center is not being kept steady.