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.
Seymour Dunn 1882-1950

Seymour Dunn, one of the most influential forces on the early years of golf in the Adirondacks, came of an eminent golfing family. He was a descendent of Douglas Gourley, golf instructor to King James of Scotland. His father, Thomas Dunn, was the first manufacturer of golf clubs and 'Feathery' balls; his mother, Isabella Dunn, was World Woman Golf Champion for 21 years in the late 19th century. Seymour's uncle, Willie Dunn, won the first U.S. Open Championship in 1894.

1900 - Golf Pro at Stevens House.
1902 - Golf Architect to King Leopold of Belgium.
1904 - Course Architect to King Emmanuel of Italy and also to Baron Rothschild of France.
1905 - Designed and built the lower 18 holes of the original Lake Placid Club Golf Course.
1908 - Golf Director at the Lake Placid Club for the next 21 years.
1912 - Built the original Schroon Lake Country Club Golf Course.
1918 - Designed and built the extended 18 holes at Saranac Inn.
1923 - Architect of the Fawn Ridge Golf Course (present site of the W. Alton Jones Cell Science Center).
1925 - Designed and built the original 9 holes of the Craig Wood Golf Course (then known as the Lake Placid Golf Course). He subsequently served as first President of the Lake Placid Country Club.
1929 - Established the largest indoor golf school then known, in Madison Square Garden, New York City.
1932 - Enlarged the Ticonderoga Golf Course.

Adirondack Open Golf Champion for 12 successive years.
Assisted in the construction of the AuSable Club's golf course and the St. Regis course at Paul Smith's.
Originated the Lake Placid course in Sebring, Florida. Also designed the Laurel, Mississippi Championship course, the Ferncliff, New Hampshire golf course, the Casanovia Country Club course, the Chautauqua Country Club course, and many foreign courses.

Seymour's son, Gordon Dunn, and descendents are still living in Lake Placid.
STANDARDIZED GOLF INSTRUCTION

SEYMOUR DUNN
STANDARDIZED
GOLF INSTRUCTION
Third Edition, Published by Seymour Dunn
QUEENS PLAZA OUTDOOR GOLF SCHOOL
21st Street and 41st Avenue
Long Island City, New York, U. S. A.

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“GOLF FUNDAMENTALS”
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Hasbrouck Heights, New Jersey, U. S. A.
STANDARDIZED
GOLF INSTRUCTION

In Five Books

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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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Nor is that all. Long, long, ago, back in the musty history of forgotten years, the Dunns were even then carrying on, spreading the gospel of "gowf" amid the hills and the moors of rugged Scotland. For back in those forgotten years a certain Douglas Gourley, a maternal ancestor of Seymour Dunn, established himself as the first royal instructor in history when he initiated King James V of Scotland into the intricacies of the royal and ancient game.

Yes, indeed, Seymour Dunn comes from golfing stock and is of royal golfing blood. And in his devotion to the game he sacrificed a tournament career for a greater study of the game by teaching, wherein all kinds of problems have to be solved. He has made a deep study of the science of mechanics, of anatomy, and of psychology. He learned anatomy and he learned the science of angles and the psychology of teaching and learning. After he had been teaching golf for twenty years he then wrote a book, and Chick Evans, king of amateurs at the time, was so impressed that he wrote Seymour Dunn a letter saying that he "never knew that any one man knew so much about the game."

But it's all fact just as it is put down here. Dunn doesn't boast about it. In fact he's reticent to give his story. To him it's only a natural thing. Today he's toiling and teaching in his Queens Plaza outdoor golf school, just as he has taught for the past thirty-five years.
GOLF FUNDAMENTALS

ORTHODOXY OF STYLE

SEYMOUR DUNN

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BOOK ONE

PUBLISHED IN GREAT BRITAIN & THE COLONIES

by the

"Golf Monthly," St James Place, Edinburgh
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" Tillie 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
plane of the swing. (See Fig. 4 Book Five). When your left wrist is about to come into line with the ball and your head, (see Fig. 5 Book Five) the right forearm and hand, actuating the club at the left wrist, should whip the club head down and through. While this is taking place a momentary resistance must be set up in the left side of the body against further turning to the left. This is termed "hitting against the left side." This left side resistance makes the wrist whip possible, and the timing of this resistance controls the timing of the wrist whip, and thereby the timing of the club head. The ball should be despatched with a smart, snappy, whip-like crack, and this effect is obtained by a slapping stroke produced by the wrists whipping the club head through.

The third movement is the up swing, or follow through. This is the movement which carries the club from the ball up to the finish of the swing. The instant the ball is struck let the club and arms go on out in the direction of play. Keep the club facing the direction of play for about two feet beyond the point of impact. (See Fig. 7) Then let the right forearm roll over the left (see Fig. 8) so that the wrists may get into the correct position for the upward bend which carries the club up over the left shoulder to the third position—which is the finish of the swing. (Fig. 9).
right hand which renders the left hand, arm, and shoulder more or less helpless and useless. When this is the case a firm grip and masterful control of the club with the left may be developed by the practice of swinging the club with the left only. Use a number two iron, take full swings one-handed, and even drive balls with the left only, learning to hit the ball with accuracy.

**Fundamental 9. DELAY RIGHT FOREARM AND WRIST HIT:** Greatest speed producer. For all strokes of considerable distance the left wrist should be the hinge of the wrist action. The right hand must work around the left because the left is the fulcrum or hinge on which the wrist action pivots. That is why the grip with the left hand must be firmer than with the right. The right hand and forearm furnish the power which swings the club head through the arc which pivots in the left wrist.

This wrist action should not take place until the lateral hip action which takes care of the shifting of the body weight, and the downward pull of the left arm which drags the club handle down to the hitting area have almost completed their part in the down swing. The wrists now whip the club head down and through the ball.

Note this: it is not the rotary shoulder movement nor the downward arm sweeping movement that speeds up the club head.
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-
deliberation, almost pause at the top, and start down so easily and smoothly as to avoid all sudden and excessive contraction of the muscles. However, once the down swing is under way, gather speed rapidly, but so gradually as to reach the climax of your effort at the ball.

**Fundamental 12. TRANSMIT POWER TO BALL:** The speed and power of the hips, shoulders, arms, and wrists must be transmitted to the club by the hands. Their effort, therefore, must be greater than that of all the other forces combined.

I repeat, the hands are the weakest part of every golfer, no matter how strong they may be. Therefore, the combined effort of all the sources of power must be kept within the carrying capacity of the player's hands or they will collapse and the stroke will be ruined. It is highly desirable that we have all the hand strength that it is possible for us to acquire. Every golfer should have a grip developer (sometimes called a wrist machine) and use it to develop his grip, especially his left hand. The reason why many players slice is because they either do not have sufficient strength in their hands or because they fail to use their hand strength at the crucial moment when the power of the stroke is to be transmitted to the ball. When the hands work as they should, the player can actually feel that he is bending the club
FUNDAMENTAL 9

Wrist Action Greatest speed producer. Wrist action should create 50% of the full swing, and an even greater proportion of the speed of the stroke. Left wrist should be axis of fulcrum. Therefore, right hand must work about left, and because left wrist is fulcrum of wrist action, grip with left hand must be firmer than with right.

Right hand has a great deal of work to do, but its work is entirely different from that of the left hand. Right hand guides club head, controls club face and delivers the blow. At first thought this might seem like all there is to be done, but there is yet something else and of far greater importance and which has to be done by the left hand — Unite the Chain of Levers. At the moment of impact left arm and club are like one solid lever from left shoulder down to club head. Left hand is the connecting link between player and club; it is a part of the lever. The strength of the lever must be greater than the power that operates it.

Right hand does not have to grip hard in order to guide or push the club thru. The left must, because the right hand delivers its blow against the left. I do not mean to underestimate the work of the right hand. On the contrary, the right hand has a very great work to do, but that work is not to grip the club tight. To do so would not only spoil its own work, but it would spoil the looseness and freedom of the wrists and possibly render the left wrist incapable of functioning as a fulcrum and all wrist action would be destroyed.
The overlapping grip (orthodox)

The best grip for weak hands

The old St. Andrews grip
FUNDAMENTAL 9
Put Your Wrists Into it, i.e. Snap the Ball Out with your Wrists.

The bending of the wrists must always be done in the same manner as one would bend the wrist in striking a blow with a hammer. Take a hammer in your hands and strike downward blows with your wrists, and you will get the right idea of the wrist action so far as the bending part of the wrist action is concerned.

Now rest the hammer on a table and roll it, twist it over on its right side, then on its left side, and you will get the right idea of the twisting action of the wrist. When we strike at a golf ball our wrists bend downward, twist over, and then after impact bend upward.

In order to make the club travel in proper course of the swing, and bend our wrist in the manner described, at each end of the swing, we must twist (or turn) the wrist over. See Illustrations 65, 66, and 67, page 99. These illustrations show an exercise that is excellent for developing a powerful, concentrated wrist action. It will be observed that the left arm is kept pointing at the ball throughout the motion.
FRONT VIEW, THE FULL SWING STROKE
Action Pictures in Motion Picture Series
107
ball. To get the greatest speed out of the arms and wrists, keep your elbows close to each other and in front of your body throughout the swing. If you don’t, the blow will surely be a punch from the right shoulder, and the speed of a punch is not comparable to that of a slap.
The Golfer

Dunn, Seabreeze Pro, Has Background Of Golf

Bob Dunn, tall, rangy, bespectacled new golf pro at the Seabreeze golf club, has plenty of background for being an instructor in the famous royal and ancient game of the Scots.

One of five golfing sons of a Scotch golfing father, Seymour Dunn, the new local pro started his golf schooling under his father's tutelage at the age of five. Bob was born in the United States, but he is as Scotch as the heather and the haggis, and his golf game would delight the heart of the most dour member of St. Andrews.

Dunn possesses what is recognized as one of the most powerful drives in golf. Yesterday, testing out new balls at the North Daytona Beach links, the pro smacked not one, but seven balls down the fairway for upwards of 325 yards.

Dunn said that as yet no tournaments have been lined up with definite dates for the Seabreeze course, but that it was likely the winter program would be completed soon and dates set for the annual series of "hotel" and course championship tourneys.

Dunn is pro at the Whiteface Inn golf club in the summer. He said the course is, he believes, one of the stiffest in American, and one about 6 feet 2. Those heights, on a high school team, to paraphrase Damon Runyon, ain't alfalfa.

Besides the three forementioned players on the starting five tonight will be Wes Dunn at guard and Cotton MacDonough, stellar southpaw sophomore who will be at the other forward.

Tonight's program probably will be a doubleheader, although last night coaches were unable to say definitely just which teams would play in the curtain raiser.

Coach Mary Louise Foard has wired the Jacksonville school asking for a girls' game with the Gold-diggers, but no answer was forthcoming last night. In the event that St. Paul's does not produce a girls' team, it is likely that Coach Ira Foster's junior high cagers will meet the Buccaneer B squad in the first game.

To Play at Highlands

The Daytona Beach Women Golfers association will have its regular weekly play at the Daytona Highlands course today.