STANDARDIZED GOLF INSTRUCTION

SEYMOUR DUNN
STANDARDIZED
GOLF INSTRUCTION
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QUEENS PLAZA OUTDOOR GOLF SCHOOL
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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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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.
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
Fundamental 7. ROTATE SHOULDERS: Main source of power. The shoulders are very powerful, but their power is slow and ponderous. As the leg and torso muscles swing the shoulders, the shoulders swing the arms, and the forearm muscles, through the wrists, swing the club. The shoulders, by their rotary movement convert the vertical arm and wrist movements into the swing. They also maintain and add to the speed generated by the arms and wrists.

The shoulders are capable of generating tremendous driving power. However, caution must be exercised, since the shoulders are many times more powerful than the wrists. If an attempt is made to generate any considerable speed with the shoulders, they will throw the swing out of line and cause the left wrist to give way under the strain. The result will be but a partial transmission of the power generated, and an inaccurate flight of the ball. The shoulder power can be utilized only to the extent of the player's ability to transmit it to the ball through the hands.

Fundamental 8. SWEEP WITH LEFT ARM: A speed producer. The left arm should be looked upon as the master arm of the two. It should be the main connecting link between the player's body and
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
THE SECRET OF GOOD GOLF

Provided the fundamentals of a player's swing are reasonably correct, then, the secret of good golf may be put in a very few words, and it will take but a few seconds to read them. It may, however, take you many days to grasp the full significance of them. It may then take you months of studious practice to properly translate their meaning into feeling, and finally it may take years to form this feeling into a fixed habit.

THE SECRET

To my knowledge one thousand three hundred and thirty-four books have been written on golf in which the authors have tried to tell you just that, so think it over and keep thinking it over till you fully understand it.

It seems simple, and it is simple, in fact its very simplicity is what makes it so difficult for a learner to understand fully. The very physical easiness of it is hard for a learner to acquire.

THE LEG MUSCLES take care of the shifting of the body weight, they also ALONG WITH THE MUSCLES OF THE TORSO turn the shoulders which guide the arms and the club through the swing. The leg and
ILLUSTRATION 10

The Orthodox Grip

The club is held in the fingers rather than in the palm. The thumb forks point about straight up to the player’s nose. Palm of the right hand almost completely covers the left thumb which fits perfectly into the groove of the palm of the right hand.

It is true that a few fine players set their left hand so that the thumb fork points to the right shoulder, and they do not seem to be aware of the fact that this is the cause of their inclination to hook, particularly when playing full length shots.

If the thumb forks are set pointing up at the player’s nose full use may be made of the rolling of the forearms which is the greatest speed producer of all. If however, the thumb forks point towards the right shoulder and full use is made of the rolling of the forearm, the toe of the club will be turned in before the impact and a smothered hook will result. To avoid hooking players who set their hands in this way must necessarily use other sources of power than rolling the forearms, exerting themselves to such an extent that accuracy is endangered.
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.
he can cure you in the same length of time. One has to be coached and coaxed into the right groove of the swing.

A habit, we might say, is a groove ploughed into our nervous system and subconscious mind by repeating a certain movement in the same way thousands of times. If the groove is a wrong one then the correct groove must be ploughed into the nervous system and subconscious mind so that it is more deeply embedded than the wrong one. This takes time and lots of work, and to make sure that the work is correctly done, it should be done under the supervision of an instructor, because, as I have said before, you cannot see yourself. Students, trying to correct faults, are very apt to think that they succeeded just because they made an effort to do that which was right, while actually they were doing nothing of the kind.

If you have ever driven an automobile along a wet clay country road into which deep ruts have been worn, you will recall that the more you try to turn your wheels out of those slippery ruts, the more they persist in staying in. Changing habits in the golf swing is something like that. But there never was a car stuck in ruts which was not eventually gotten out somehow. So cheer up, victory awaits those who observe Fundamental Twenty—PERSERVERANCE.