This code of golf instruction is complete in every detail and, being elastic, is applicable to all players. It is a theory of the golf swing based on the sciences of mechanics, anatomy, and psychology. It will answer any and every question that may arise in connection with the golf swing. It is not a description of how the author or any other golfer plays. It is a code of natural and indisputable laws - - laws that always were and ever will be - - the laws of mechanics.

I originated this code in the year 1897. It was published and copyrighted in the year 1907. It was again published in more techni-

DOWN SWING: The first movement in the down swing is the shifting of the body weight by a sidewise 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.

This unwinding of the shoulders would throw the swing out of line were it not counteracted or absorbed by further pronation of the left forearm during the down swing. This absorption of the shoulder turn by the forearms is the most complicated movement in the entire swing, so I will analyze it in detail.

In the orthodox position of address, the player's shoulders are parallel with the line of play while the club is at right angles to the shoulders and to the line of play. When the club is at the low horizontal position in the back swing (See Fig. 2 Book V) it lies parallel with the line of play, and is approximately at right angles to the shoulders since they have turned at about right angles to the line of play. At the top of the swing the club is parallel with the line of play, and the shoulders are at right angles to both the line of play and the club.

In the down swing the lateral hip action, automatically starts the arms downward to the right in an arc following the oblique plane of the swing. Meanwhile, the shoulders are slowly unwinding and gradually approaching their original position, parallel with the line of play which they occupied at the address. While the shoulders are turning and the arms are descending, the left forearm is counteracting their movement by a pronation twist that keeps the club parallel with the line of play. **The club head during this stage of the swing does not turn with the shoulders but**

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.

part of the two hands, each hand bracing itself against the other. When the force of the stroke is being applied, the pronating muscles of the right forearm will naturally tend to turn the face of the club in if the pronating muscles of the left forearm do not counterbalance it. A certain particular setting of the hands plus a firm grip with the left hand will produce this balance in a perfectly natural way. The exact setting of the hands varies with the individual because of the variation in muscle development. Each player must experiment with various hand settings until the correct one has been found.

snap of the wrists. And this last instant snap, or whipping movement, is responsible for 85% of the velocity of the club head.

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DUNN
of

Willie" Dunn, of Musselborough, Scotland, was doing the same thing, and now his grand-