



JOHN REVOLTA'S GRIP



BAD CASE OF WRONG GRIP

USING YOUR HANDS

Any number of golfers take the matters of grip and hand action for granted. In this respect they make a big mistake. It is highly important to understand just what proper gripping and correct hand and wrist action mean. Just how should one go about correcting faults in these respects? In the article Robert T. Jones, Jr. has brought out more than one valuable point that should be given close attention.—THE EDITOR

JUST as a chain is no stronger than its weakest link, a golfer is rarely any better than his hands. Although a great part of the power of his stroke originates in the center of his body, this power is of no use unless it is transmitted, and a critical point in this transmission is in the hands and wrists.

Dead hands or wooden wrists directly produce as many golfing mistakes as any other one single detail. Besides the important businesses of timing the stroke and of supplying a considerable club head acceleration in the climatic stages, active hands are needed so that the head can stay down, so that the right shoulder may not come up, so that the left arm may remain straight, and so that the iron shots may be struck downward. Disregarding whatever contribution they may make in the way of power and length, it is enough to say that they are directly charged with the responsibility for a clean, solid contact.

One of the greatest difficulties besetting the average golfer is to maintain a positive

grip upon the club without destroying the suppleness of his wrists and the usefulness of his hands. A tight grip means wooden wrists, and yet the club must not be allowed to turn in the hands. How is he going to do it? It is like the steak that must be thick, but not too thick, rare, but not too rare.

A great part of the answer is had when we say that the club is held mainly by the fingers, even though at certain points it may touch the palm. For it may be held quite firmly there without in any way hampering the movement of the hand or wrist, whereas when held like a baseball bat, the muscles of the forearm become taut.

It is never necessary to squeeze the club-handle with any part of the hand. When you ground the club behind the ball, you should merely be conscious that you are holding it, that you feel it. When you begin to move if your grip will tighten up naturally. But when you begin to move, start the action with the left hand, and feel the pressure mainly in the three smaller fingers of that hand, and then keep the feeling all the way through that these three fingers have the club under control.

This grip is definitely helpful in securing a complete cocking of the wrists at the top of the swing. At this point, when the motion is changing direction, the body begins to unwind before the club starts down, and the cocking is completed by the little tug

Correct hand action during the swing is impossible unless the hands are properly placed on the club. Johnny Revolta above demonstrates a proper grip with both hands well on top of the shaft and in position to work as a unit. In the other case, correct hand action is impossible

By ROBERT T. JONES, JR.

of the clubhead on the hands as its movement is stopped and reversed. If the club were held in the palm, this would be a dangerous point, for either the tug would have to be resisted by a tight grip and a solid wrist, or the hold upon the club would have to be relaxed. But with the positive finger control the entire action can be handled smoothly as a slight opening of the hands takes up the shock without for an instant relaxing the grip.

So far as the right hand is concerned it will be best to keep the grip throughout as light as possible. This is mainly to avoid a natural inclination to pick the club up from the ball or to hit from the top of the swing. Many persons have asked me about the whiteness of the index finger of my right hand as I waggle the club, inquiring if this did not indicate a tight grip. As a matter of fact very little gripping is done between the index finger and thumb here. The whiteness is due to pressure on only one side, as the hand is set in against the club.