

# THE 1. SECRET OF GOOD GOLF

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

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torso muscles also carry the brunt of the strain put upon them by the effort of the arms when they swing the club. The leg and torso muscles should also keep the player's head in place throughout the swing. The speed of the swing must come solely and entirely, from the arms and hands. The upper arm muscles, that is, those about the shoulders swing the arms and the HANDLE end of the club while the muscles of the forearms operating the hands through the wrists swing the club HEAD.

The muscles of the forearms must also control the direction in which the club faces.