

Learning to Drive in Twenty Minutes

The Originator of the Morrison Method Explains the Principle Involved

By ALEX. J. MORRISON

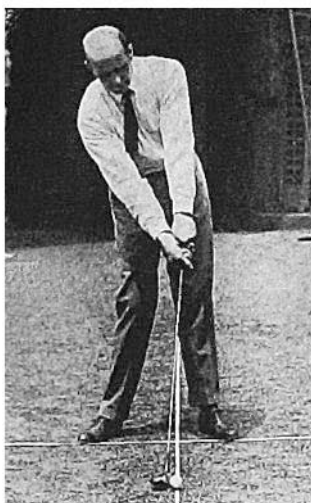
[Pictures specially posed by Mr. A. Atwater, a business executive who had never before handled a golf club]

PLAYING the game of golf needlessly represents a great mental—as well as physical—burden to many beginners, and even experienced players. The preliminary instruction in golf has developed a routine for the mind and body to be put through that has made golf seem vastly more difficult than it really is. The beginner who has studied the theory of the swing thinks of his feet, knees, waist, grip, wrists, elbows, head, business troubles, home, and everything else under the sun. And then comes all the things he has been advised *no!* to do, or to be sure and do, and the result is disastrous. There isn't another sport that draws the individual so far away from his own characteristic way of doing things. Golf has been called an affliction because players seem to find only temporary relief for their ailments, and such a thing as a permanent cure seems beyond all hope or reach. A golf shot should be just as natural a process as using an axe or hammer. You don't puzzle over just how you ought to stand, or how you should hold either of these tools—you just use them!

I was forced to use common sense with golf for the best of reasons, mainly because I was told I would never be able to make the correct swing, much less compete with scratch players. I was light for my height, and was told I might ultimately gain the appearance of a swing, but my small wrists and hands would never show strength enough to hit a ball over one hundred and fifty yards. It is an embarrassing thing to have one's supposed physical as well as mental unfitness pointed out from time to time, particularly as the movement seems so simple when executed by the successful. By giving the game of golf all of my time, the day arrived when I had finally overcome most of the supposed limitations in a highly satisfactory manner. After experiencing the problems of every golfer in their most trying and discouraging forms, I came to realize that once successful I had eliminated handicaps manufactured both by myself and others. I also realized that the successful golf swing was simple—so much so that it seemed absurd to make it otherwise.

The correct golf swing being absolutely simple in execution must have a simple explanation. A careful analysis of the golf swing is best made with the aid of high speed moving picture cameras. Making comparisons of strokes of earlier days affords a better conception of the golf swing vised today. For the hard or solid ball the golf stroke was confined to a sweeping motion of the club and arms. Later as the rubber cored ball was put into play it responded better to a stroke that was mainly a flick of the wrists and club. Today the golf ball has liveliness as one of its primary qualifications, and the par of modern golf course architecture certainly gives plenty of length for long shots. The great resiliency of the ball and distances required for it to travel are now met only by a hitting force or stroke with tremendous momentum.

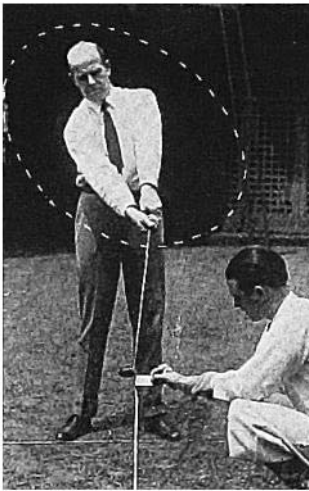
The swing or strokes of nearly every successful golfer in a slow motion photography



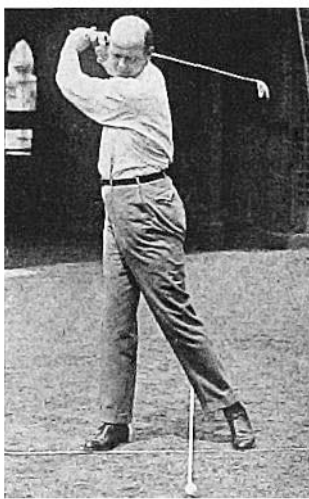
A ball was then substituted for the cord, and Mr. Atwater was asked to use the same method in hitting the ball as was followed with the cards.



First movement: A card was held, about chest high, and Mr. Atwater was asked to swing the club-head back and forth attempting to hit the card on the forward swing. The dotted circle simply indicates about the height. The swing was back and forth, not circular.



The card was then lowered by Mr. Morrison, the author, and the swing repeated in the new position—the same back and forth movement, but at a different angle.



The position taken for the backward swing was a natural one, and, as it had been with the card, the eye was kept on the ball without effort or thought.

show an application of a great scientific principle in gaining the desired momentum and accuracy with the club.

Through my own advantages in the original and most extensive work in such analyses I have proven conclusively that the **golf swing is based on centrifugal force.** This discovery has allowed me to eliminate everything technical or complicated in originating a simple routine by which the correct swing is made. By following this method I can guarantee that every man, woman or child can make the correct swing as easily as walking or any other daily use of the body. It is not necessary to have any technical knowledge of centrifugal force to benefit by this method or to do the exercise.

Attention is drawn to centrifugal force simply to make clear reasons for accuracy and consistency in results with what has been termed the Morrison Method.

Centrifugal force is a principle or law governing circular force, emanating or being sent out from a centre. Examples of this Force may be seen in a "merry-go-round," the motion of which tends to throw the rider out on a tangent, or as mud, or water, from an auto wheel. An interesting experiment with this principle in connection with the correct swing, is to whirl a weight fastened on the end of a cord. As the force is increased by the hand, or centre, the path of the weight becomes smoother and, more accurate as the speed increases. Maintaining this force shows clearly that as the outer arc becomes more accurate, so does the centre. The principle of the method is just as simple as whirling a weight on a cord and the results are just as consistent. Accuracy and speed are the two things desired with the club-head in the correct swing, and the application of centrifugal force is the only means of satisfying these mechanical demands. This same method is applied in accomplishing accuracy during extreme tests in my own work such as hitting balls off various objects, including two or three balls off a man's head. I have demonstrated to many people, including White House executives, Henry Ford, Judge Landis, and a host of champion golfers, that this method makes possible any feat of accuracy with a golf club.

The mechanics of the method have been thoroughly approved by Henry Ford and General Atterbury, President of the Pennsylvania Railroad. The very simplicity of the method explains its positive success and, in the case of my demonstration with Henry Ford, the mechanics of my swing offered no problems whatsoever to him. Taking his midiron, he performed several feats,

such as lighting matches which I held in my hand, about arm's length from him. He used a swing which I regret I did not have photographed, as evidence of his ease and correct form with the club.

The mental burden made up of worry over details and fear of not hitting the ball is immediately eliminated by the exercise.

The simplicity of my method is shown by the following:

1. No preliminaries of any kind.
 2. Stand in an up-
- (Contd. on page 53)



The ball was struck fairly clean, and the finish of the swing and position of the feet were naturally assumed without coaching from Mr. Morrison.

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right position (such as one taken in every-day conversation).

3. Grip any club lightly in the fingers.

4. Swing the club back well behind the body. Hit right out in front at some imaginary object. Without stopping, take the club back again slowly, then hit again, continuing without stopping, until at least eight consecutive or full swings have been made.

The importance of doing nothing but the horizontal exercise will be plainly felt after keeping up same for at least three consecutive days. The horizontal swing is a correct swing, which cannot be arrived at any other way, nor can this exercise be outgrown or overdone. Repetition several times, without stopping between swings, will soon give a feeling of great hitting power, as the swing becomes smoother. The correct swing from a comfortable and easy start speeds to a maximum radius or reach and has great momentum by the time the club-head strikes the object aimed at and swings on as a natural aftermath of its great speed.

Once satisfied and thoroughly confident of completing the full swing the individual can gradually lower the temporary target until it represents the ball on the ground.
