

# THE TURN OF THE WRISTS

*Proving That the Turn or "Snap" Does not Occur Until Well After Impact*

By ALEX J. MORRISON



**THE DOWNSWING**  
Note the importance of the left arm

**T**HE principle affording the most simple and positive means of progressing in golf should certainly appeal in preference to the practice of accepting various beliefs, causing a continual chasing of rainbows. Therefore before passing to the iron strokes at least one fact will be added to those already published in these columns dealing with what actually takes place during a full swing.

Having recently given illustrations which demonstrated the correct swing to everyone and which satisfied equally the mechanical geometry and scientific analysis of the correct stroke, as well as the more exacting variance in weight, proportions, and age of each individual, it

might be well to check slightly on the value of such to the player. First, I must repeat that by allowing any swing made at a horizontal plane or shoulder height to reach its maximum freedom, as it naturally will after two or three consecutive swings, the result will be to accomplish all that goes to make up a perfect swing, including every detail from one's toes to the one's Finger tips and thus the everlasting, though simple problems with the club are immediately cared for. On the other hand, it never seems to have occurred to the individual that he is actually trying to run down and organize an infinite number of details. Instead, he vainly attempts to acquire the principle by the longest route, namely, by gleaning a strand here and there and getting a little closer to the actual playing of a



**JUST BEFORE IMPACT**  
With the right hand almost helpless

shot. It is a fact that less than five per cent of those playing golf to-day are enjoying the exhilaration of hitting

a ball such as they experienced in their very first days on the links and this alone must be cause for wonder when each day brings an increased slice or loss in distance. The fault lies in the fact that many beliefs are taught which are not absolute facts and each added effort to improve only results in narrowing one's progress down to a foundation built on detail instead of principle and working from the outside in, instead of from the inside out. A stroke made by the principle of centrifugal force automatically affords the individual an X-ray picture of every move made by both the club and himself and the experience of such is the only true means of putting one's ability in its proper place. Even an ordinary comparison will reveal without a mirror, or outside help, just how close to being natural one really is.



**AT POINT OF IMPACT**  
As yet there is no sign of turning

One of the most damaging illusions in a golf stroke is the so-called "snap" or "turn over" of the wrists which is thought to take place during

the impact of the club-head and ball but in the slow-motion reproductions of the wrists during a drive, as shown on this page. It can readily be seen that no matter how pronounced the action of either wrist, they do not actually turn over until well beyond the bottom of the swing—in fact, not until they pass beyond the body to the front. Further observation will also show, directly in keeping with the simple position of the wrists, an unmistakable superiority and importance of the left wrist, as well as the arm—which is solely aided by the right instead of being governed as generally believed and usually accepted.

While the above, together with absolute proof of the existence of the principle. I might say the very best and most helpful proof exists in each individual's own experience and a brief treatise along such lines should satisfy even the most confirmed to tradition by years of habit. Perhaps an instance of my taking in hand one of the game's greatest students will show the personal application of its simplicity. This man had golfed all over the world, had the advantage of every champion's association and, as usual, put questions to me dealing with the straight left arm, wrists, pivoting and balance. Being of such stature and proportions that these items supposedly could not be taught him by even the greatest whom he knew intimately, I set about by simply ignoring his questions, getting him to stand as though conversing with me and make several consecutive swings at shoulder height, then duplicating the same at the turf. After some three minutes" practice. I had him take stock of each detail in question, immediately convincing him that through such a method he automatically brought forth the correct execution in all stages of the stroke. The next step lay in a test as to the accuracy of such a swing and at the end of five minutes elapsed time he successfully hit a ball clean from the crystal of my watch and several balls teed on top of one another. Then in going around the course, his poorest tee shot was better and longer than his best achieved as a slave to his years of habit and from a distance his style of play for a fifty-year-old man had come to the semblance of youthful rhythm.

The demands in golf are many. Each stroke is all important and should not be on the haphazard basis of being spoiled by deliberate mistakes: rather it should be brought right down to just the mistakes that we will all make in being human.



**JUST STARTING UP**  
Just the semblance of a turn showing



**TWO FEET PAST**  
And the turn is now a visible fact



**THE COMPLETE TURN**  
Illustrating the finish of this motion