

deliberation, almost pause at the top, and start down so easily and smoothly as to avoid all sudden and excessive contraction of the muscles. However, once the down swing is under way, gather speed rapidly, but so gradually as to reach the climax of your effort at the ball.

Fundamental 12. TRANSMIT POWER TO BALL: The speed and power of the hips, shoulders, arms, and wrists must be transmitted to the club **by the hands**. Their effort, therefore, must be greater than that of all the other forces combined.

I repeat, the hands are the weakest part of every golfer, no matter how strong they may be. Therefore, the combined effort of all the sources of power must be kept **within** the carrying capacity of the player's hands or they will collapse and the stroke will be ruined. It is highly desirable that we have all the hand strength that it is possible for us to acquire. Every golfer should have a grip developer (sometimes called a wrist machine) and use it to develop his grip, especially his left hand. The reason why many players slice is because they either do not have sufficient strength in their hands or because they fail to use their hand strength at the crucial moment when the power of the stroke is to be transmitted to the ball. When the hands work as they should, the player can actually feel that he is bending the club

shaft on the ball. If you cannot feel this, you will not get the full distance of which you are capable.

The majority of players who fail in transmission of power do so because their left hand fails to act as a fulcrum for the right hand to strike against. The left hand must bear back against the right. To understand this more fully, take a club in hand and press the face of it against any solid obstruction with enough force to bend the shaft. Maintain this pressure and ask yourself "What am I doing with the upper palm of my left hand?" You will discover that you are very decidedly pressing the club handle backward against the forward pressure of the right hand. Take the left hand away and try to maintain the same pressure and you will at once be convinced of this fact. This back pressure of the left hand must be exerted at the moment of impact if you are to overcome completely the inertia of the ball. If you fail to do it the club handle may go through, but the club head will come dangling along behind like a cow's tail.

The hands have two distinctly different jobs to perform at the moment of impact. They have to control the angle at which the club faces to obtain good direction (this was explained under Fundamental 5), and they have to get the club head through the ball. To prevent the club handle from going through before the club head, great resist-

ance must be set up in the left side of the body against whirling it around to the left, or there will be nothing to support the left hand, and therefore no transmission of power. This resistance—"hitting against the left"—starts in the left foot, so be sure to keep a firm grip on the ground with that foot. Don't let it slip or slew around, and try to keep it square to the line of play even to the finish of the swing. At the instant of impact the muscles of the left side should have a feeling of firmness all the way from the foot up to the shoulder and from the shoulder down to the hand. This is to support the hand so that it can function as a fulcrum.

To convey to a pupil the "feel" of hitting