

FUNDAMENTAL 12

Transmission of Power

The speed and power of hips, shoulders, arms and wrists must be transmitted to the club by the hands. Therefore their effort must be equal to all forces combined.

A golfer is like a chain—no stronger than the weakest link. The hands are the weak link of every golfer no matter how strong his hands may be. Therefore the combined effort of all the several 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 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.

The reason why many players "slice" is because they either do not have strong hands or they fail to use their hand strength at the critical 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 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 has to *bear back* against the right.



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