

The body and all it's parts **should not be treated** as leaders, **but as wholly admirable followers of the action of the hands and fingers.** Forget about everything else. You cannot do more thing at a time. Don't let your mind and actions flitter. The basic action of the swing is the basic power action of the hands and fingers.

The sooner you understand that you swing the club head with your hands, that from this cause comes automatically the effect of making all the current body movements, the nearer you will be to the perfect swing. Those were my thoughts 32 years ago. They are today my theory of teaching golf.

There is only one thing you are permitted to use in striking the ball – the clubhead. The greatest force you can develop with a given amount of power is centrifugal in nature. You can transmit your power to the club head **through only one medium – the hands** with which you hold the club, not the legs, the shoulders or other parts.

The hands function in the action of stroking while the rest of the body responds wholly to the initiating action of swinging the clubhead with the hands and fingers. Most poor golfers merely use their hands to hold the club. They do not understand that it's through the hands and fingers alone that they can influence the behavior of the club.

Why do most golfers fail to understand this basic principle? They are too intent on trying to remember to keep the left arm straight, the right elbow in close to the side, to take a full pivot and cock the wrist at the top of the backswing, keep the head still, brace the left side at impact, and follow-through after hitting the ball. I might add, and so on, ad nauseum. **Click here... Humorist DIAGRAM OF THE GOLF SWING**

Before you begin your swing you are in a condition of static balance. You are in a condition of balance at rest. As you begin to move the club back, you develop a condition of balance and motion. The transition from one to the other is no more complicated than starting to walk from a standing position.

The stance should provide a feeling and comfort, with the posture allowing the body to yield easily to the action of swinging. There should be no tenseness or resistance. When addressing the ball you should glow from the feeling of easy balance from side to side, from back to front.

The free action of the body, legs and feet, all moving in response to the action of the **hands can result only from a balanced position.** A balanced body is an effect of good swinging. A stance which is too wide will lock the body and restrict the swing. Too narrow a stance for a full swing will cut down the base of action and throw you off balance. The golf swing can be taught only through the use of the hands and fingers.

Thus, that good golfer, when addressing the ball, concentrates wholly on his hands, which are holding the club with which he must strike the ball. When he thinks only of hitting the ball with the clubhead through the medium of his hands, he has eliminated all of the distractions, he finds that he does well, and the remaining parts of his body have carried through their allotted duties, although he never gave them a thought.

I repeat: the golf swing can be readily taught, and consistently performed, only if it is conceived as one motion. I came to the conclusion that the one proper swing takes care of one's balance. You must get the feel of the action, since you cannot see your own swing. It is not how do you feel but what do you feel. I cannot tell you how you see, hear, taste, smell or feel, but what you use your senses for, you must be aware of.

Here you approach our goal, the ability to identify the correct action of the clubhead through the sense of touch, or feeling. That sense of feel is gained through the proper use of the hands. It must be sensed from the very start of a stroke.

But remember, golf is neither a right-handed nor left-handed game. It is a two-handed game. But the one at the end of the shaft remains in control throughout. Therefore it is the controlling and directing agency. (wrong). It is effortless power, not powerful effort. Sneed gets tremendous speed into the clubhead. The result of the steady, smooth application of power through swinging. There is no waste of power, no counter-action, which produces contortions that might be mistakenly identified as the keynote of success in the stroke.

Always bear in mind that the wrists act as hinges which join the hands and arms. Not having a positive understanding of what should be swung. Not having a positive understanding of the medium with which the club head is swung (the hands and fingers and primarily the fingers).

Contrary to widespread belief, head lifting invariably is an effect of bad swinging, not the cause. It is not the disease, but the symptom of the disease. Remember, there is a blind man's golf championship. The head must move when you take a full swing. It cannot remain rigidly immobile. The position of the head, however, establishes balance when addressing the ball and before beginning the stroke. When maintaining that easy balance throughout the stroke the position of the head changes slightly but it changes.

Too many golfers concentrate too hard on fixing the head rigidly that they fail to concentrate on the fundamental of swinging (the hands). So I repeat again, you swing the club head with your hands and fingers. You sense the feel of the swinging through your hands and fingers. Your hands are everything in this business of playing golf easily. The swing never changes, though the length of it's arc does, according to the shot. The difference in the clubs takes care of the rest.