

THE PALM GRIP

By E. V. HARTFORD



IF WE WISH to approach the performances of the champion long drivers of the world, obviously it is of the first importance to closely study their methods.

In my article, "The Secret of Long Driving", I described what I firmly believe to be one of the great essentials of the abnormally long ball, but I neglected one detail, for the very good reason that at the time I wrote it, I had still failed to conquer it to my own complete satisfaction.

If we study the methods of the longest drivers in the world, we find that the majority of them have the peculiarity of using the palm grip with the right hand. This is the grip which naturally gives the full power of the stronger right hand and arm and those who have made close study of the golf swing, realize that the major part of the work must be done by these stronger members.

I realized the fact that the longest drivers used the right hand palm grip, but as I said before, I had never been able to solve it. It seemed very hard to control, and besides, I was unable to gain any distance with it, while decidedly losing in control. Recently, I was experimenting with the compact swing which I have described as the wooden clubs swung like a half-iron shot. A friend who happened to be with me, suggested that I try Mr. Travis' grip. This I understood is the right hand palm grip, although

since then, Mr. Travis has told me that it only looks like it and he really grips in the fingers.

Instantly, when I tried it, I realized that I had solved the riddle of the palm grip and had it combined with the right combination—the compact half-iron swing with the wooden clubs. Directly, I found I had a little gallery revelling in the sight of the low starting, gradually rising 250 yard screamers, and strange to state, where before I had little control with this new combination, it seemed to give me greater control than I had ever had before, and I drove ball after ball of the same distance and put them anywhere I pleased.

Take the club back by twisting clock-wise the left fore-arm. Have the impression that this moves a very short distance. Keep the left arm perfectly straight *and pointing down and behind*. Let the right elbow slide around the body freely *close but clear*. With the hands low, bend the wrists and you will find that even in this position of the hands, the club will reach the horizontal. If you are able to get this, you will find that great power can be exerted on the down swing without loss of control. It is very important with this swing that the right leg be locked perfectly straight at the top of the swing. Be sure there is no checking the finish and that the arms are perfectly straight, and the right hand twisted to the left over the left hand.

DOWN SWING

We were left at the top of the swing with the fore-arms twisted clock-wise, (principally the left) and

the wrists *bent* so as to bring the club to a horizontal position behind the neck. Now the first thing to do to begin the down swing is to straighten or unbend the wrists. This will make the club head travel one quarter of the total arc to be described. As this is done, *stretch out the left arm behind and smoothly let it come downward* and then sweep the club head through the ball. If this is done properly, the club head will continue in the perfect arc, and a perfect follow through will result.

This action of throwing the club head behind and stretching out the

left arm is very important as it starts the club head in the right path and prevents the body from unwinding too soon.

Most players want to get at the ball too quickly. Instead of aiming behind them, they want to cut corners by throwing their arms forward. This takes the club head out of the arc that it must describe to make a perfect shot, allows the body to unwind too soon and the result may be a foundered ball, a wicked slice or a vicious hook.

Keep your head still and eye on the ball

