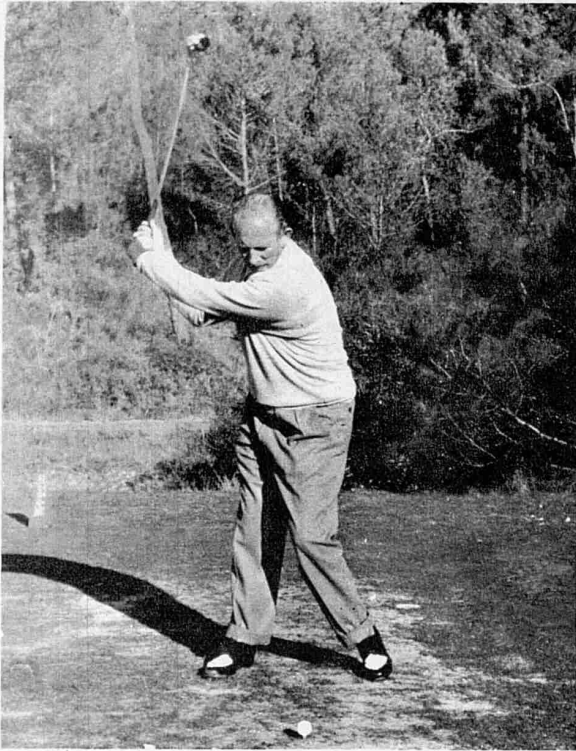
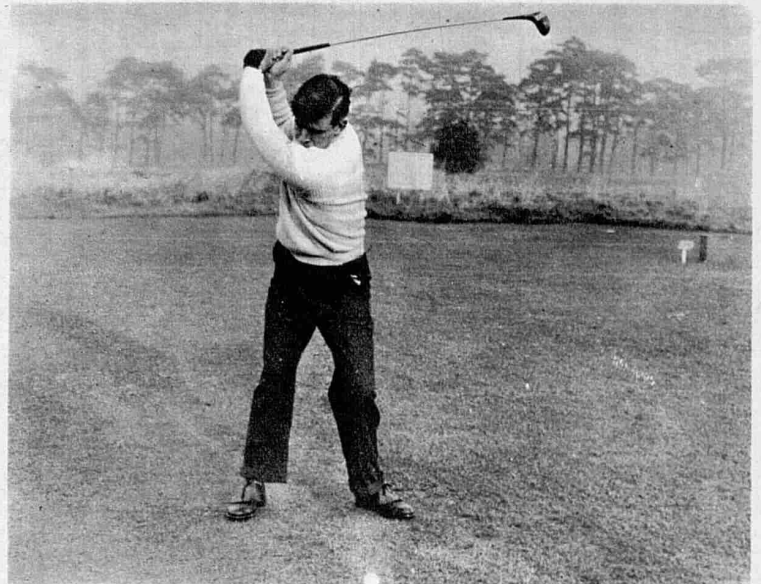


## THE BACK SWING



MR. ALBERT REY—A loose swing.



MR. PETER COOPER—Youthful firmness.

WE ALL KNOW that back swings vary with individual golfers. They always have done and, I guess, always will. And even when two players seem to resemble one another physically, I have never yet failed to recognise them by their swings and from some distance away. I do, however, admit that with the very effective long peaked jockey caps and slacks and short-sleeved sports-shirts there is a great similarity in these days in the garb in any top field of golfers, which hides personality.

There are all sorts of back swings, flat and upright, slow and fast, long and short, smooth and jerky, tight and loose—these would be a fair selection of general types. It is possible to get results which can be said to please, from any of these back swings, but the great golfers always have back swings which are smooth and tight.

#### A Natural Firmness

When I refer to tight, I mean that there is a natural sort of firmness in which there will be a spring back from the top of the swing. There is a recoil in which the body can begin to lead and the left arm can pull down on the way to impact.

This is how I read the down swing series of movements in all successful golfers—the body unwinds, the hips begin this; the left arm tows the club down, and then the right hand whips (slaps is not a bad word) the club-head past the left and through the ball.

Many teachers consider the first 18 ins. of the back swing to be the most important section of the whole swing. Be that as it may, I think that it is the start back from up to down, the change over, which counts in sorting out the "wheat from the chaff." The successful golfers seem to get the club-head into the right groove straight away, it somehow loops backward for them, the less successful players never get the body and arms just poised correctly.

In many cases I consider that the

distribution of the weight in the back swing has an effect on the tightness of the back swing as well as the tension in the left arm. In these photos I have selected here can be seen varying types of back swing either completed or partially so, and any interested golfer can immediately spot the "tight and the loose."

In the photo of Mr. Albert Rey, a keen London golfer around the single-figure mark, he has started his back swing with little firmness in his legs and so the top of his body has pulled away slightly as the weight moved "over." There is no grip of the ground with his left toes as in the swing of Mr. Peter Cooper, the



MR. VERNON SANGSTER—Firm, but no recoil.

captain of Cambridge University golf. It is not fair to compare a twenty-two-year-old golfer with a veteran, but Peter Cooper's swing has a youthful firmness about it—there is a spring in his wind up—a poised recoil and, of course, the hands are exceptionally high.

#### "Ringing The Bell"

Mr. Vernon Sangster, an up-and-coming sixty-year-old golfer, from the Royal Liverpool Golf Club at Hoylake, with a sound 14 handicap, has got quite a firmness in his back swing but there is going to be no recoil! His body will not originate the down swing. The bent left arm will straighten and so the swing will miss the essential drop of the wrists as when the stomach seems to pull to the left "and under."

This "drop of the wrists," or "ringing of the bell" is still evident in the swing in all golfers who use their hands to whip the ball, and seniors like Mr. Rey and Mr. Sangster cannot afford to play golf without whipping into the ball, their bodies no longer have the suppleness of youth.

Peter Cooper, who hits the ball a long way, has a very firm grip of the club through his swing and with a strong wiry body has no need to lift his left heel very much in his back swing, but many older golfers need "to dance" on the left toe a little to get an adequate pivot. If you have not already tried pressing your knees together at the address, try it. It helps many golfers to tighten up their back swings just that little bit and stops the pull away from the ball as Mr. Rey has done, which makes the coming hit hard to time.

*Henry Cotton*

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