

PRONATION AND ROTATION

By R. STANLEY WEIR

"I HEAR them talking a lot about Pronation," said Big Shaw the other day to the Doctor, "what do they mean?"

"Pronation, my dear Shaw," said the Doctor, "is a physiological term and signifies the act of turning the hand palm downward. The reverse act, turning the hand palm upward in the manner of youths at school expecting punishment, is termed Supination."

"What has that got to do with Golf?" asked Putnam.

"Quite a good deal," returned the Doctor. "Haven't you read Burnham Hare's book on *The Golfing Swing*, a book without a single photographic illustration in its text and yet one of the most instructive little manuals on the market?"

Both Shaw and Putnam confessed complete ignorance of the book in question.

"Well," said the Doctor, "lose no time in reading, marking, learning and inwardly digesting it. It is the most lucid and convincing exposition of the swing I know. Stay, I believe I have a copy in my locker. Just order something plain; I'll be back in a minute."

When the Doctor returned he had in his hand a little red book. "Just listen to this," he said "and we will work backwards from it if you like."

It cannot be too strongly urged that the whole mechanism of the golfing swing is based on and actuated by two movements: the gradual pronation of the left hand and wrist supplemented by the rotation forwards of the left shoulder.

"That rotation of the left shoulder is something Max Behr sets great store by," said Putnam.

"It is one of the two movements" said the Doctor, "which, in combination, make up the Golf Swing. Max Behr seems to think that the left shoulder gives the initial impulse and not the left wrist as we have long been taught. And he quotes Seymour Dunn to support him. Perhaps he is right. At all events I am satisfied that the rotation of the shoulders for about a quarter circle and the pronation of the hands while they are describing about three-quarters of a circle with the club get us pretty close to the secret of the swing considered as a swing. What do you say, Robinson?"

Robinson, who plays scratch and is a very close student of the game, said: "I have read that little book of Hare's and think a lot of it. But I don't agree that the left hand is fully pronated in any good swing. Try it out and you will see that it is only half-pronated. Burnham Hare is quite right when he says the whole movement is not an independent wrist-movement but rather a turning of the fore-arm. You see the two hands are slightly pronated at the grip to start with."

"Hare says so," remarked the Doctor, "Listen to this!"

It will be noted that the position of the two hands on the club is identical in that they are both placed midway between supination and pronation, the natural pose which combines comfort and power.

"So far so good," said Robinson. "But if the left hand is half-pronated at the grip and the right hand half-supinated, there is only another half turn possible."

"Well, that is all Burnham Hare expects in the swing," said the Doctor.

"If so, I take off my hat to him, but don't let anybody try to overdo the pronation. In fact it is not necessary; the whole movement is as simple as possible. Avoid bending the wrists and you cannot go wrong."

"The movement," said the doctor, "is entirely a forearm action and is effected by the forward (and backward) rotation of one of the bones of the forearm on the other."

"Why do so many call it wrist action?" asked Big Shaw.

"Simply because they see the hands turning and conclude that the wrists are the operating cause. A golfer is none the worse for being something of a physiologist" said the Doctor.

"Well," said Putnam who had been turning over the pages of *The Golfing Swing*, "so much for one half of the swing, but listen to this:"

The pace and power of the club-head at the moment of the impact are greatly increased by the incipient pronation of the right hand which contributes the whip-like snap to the movement whereon depends so largely the length and straightness of the drive.

"What is the meaning of incipient pronation?"

"It means," said the Doctor, "just the start of pronation. The impact is instantaneous. If you are the hundredth part of a second too late there is a slice; if too soon a hook."

"Oh, the little more and how much it is, the little less and what worlds away," murmured Putnam.

The Doctor, who knows his Browning only remotely, looked puzzled for a moment, then continued:

"Pronation of the right hand at and after the impact, but judiciously applied, is necessary for the properly hit ball. Here is some good advice," said Putnam, who was deep in the pages of the little red book:

The player must be cautioned against a too early accentuation of the turning over of the right hand, in view of the danger of foundering the ball, or of producing a disastrous pull.

"Well, everybody pretty well knows that," said Big Shaw, "but is there anything more about 'incipient pronation'? That sounds very promising." "There is this," said Robinson. "Hearken well."

This scarcely perceptible turning of the right hand is due to the tightening up of the grip at the moment the ball is struck, and is almost universally ascribed to wrist action, which takes command of the wrist and hand together, and although at the moment of the impact the movement is largely potential, it develops into full pronation of the right wrist and hand *en bloc* ere the finish of the stroke. It is moreover a very powerful movement.

"Remember that the 'turning' is scarcely perceptible and I rather think the 'tightening' should also be scarcely perceptible."

"What does he mean by saying that the movement is largely potential?" queried Shaw.

"Simply," said the Doctor, "that it is incipient, initial and prophetic. Do you follow me?" (Cont. on page 38)

Hotels and Resorts With Golf Courses

RATE PER CARD, EVERY ISSUE (12 TIMES) \$30.00. SIX
INSERTIONS \$15.00

SOUTHERN		SOUTHERN	
CAMDEN, S. C.		TRYON, N. C.	
The Kirkwood		Oak Hall	
18 Holes	5800 Yards	New Golf Course, nine holes, 3300 yards. Play all Winter	
Season—January-April			
CHARLESTON, S. C.		USEPPA ISLAND, FLA.	
New Charleston Hotel		Tarpon Inn	
Season—Winter		9 Holes	2200 Yards
18 Holes		Season—January-May	
PINEHURST, N. C.		WHITE SULPHUR SPRINGS, W. VA.	
Pinehurst Hotels		The Greenbrier Hotel	
18 Holes	6233 Yards	18 Holes	6205 Yards
Season—November-May		9 Holes	2487 Yards
Professional, Alex. Ross; John Peacock; Herbert Hagerblade; James Wilson; Eugene Wogan.		Season—All year	
SAVANNAH, GA.		Professional, Chas. L. Mothersele	
The De Soto		EASTERN	
Season—Winter		LAKEWOOD, N. J.	
18 Holes	6100 yards	Laurel House	
SUMMERVILLE, S. C.		Season—October—June	
Pine Forest Inn		18 Holes	
18 Holes	5463 Yards	WHITE PLAINS, N. Y.	
Season—December-May		Gedney Farm Hotel	
Professional, Tom Mulgrew		Edward H. Crandall	
		Open All Year	
		Splendid Eighteen Hole Golf Course	



The Manor

ALBEMARLE PARK—ASHEVILLE, N. C.

In the Land of the Sky

Real Southern hospitality, informal and homelike for people of taste. Bright sunny rooms, large open fireplaces, cheerful lounges, separate cottages. Never too hot—never too cold.

Perfect Golf in a Perfect Climate
18-Holes Turf Greens

Adjoins the Asheville Country Club. Every facility for outdoor sports the year round.

Write for Booklet Make Reservations

Address THE MANOR, 50 Albemarle Park, Asheville, N. C.

IN AMERICA—AN ENGLISH INN

AMATEUR AND PROFESSIONAL

(Continued from page 36)

It follows that in devising rules for eligibility, such a group must not be so exclusive as to lose prestige. It must represent the opinion of the community, or the community will ignore it, as it does any self-selected group whose high opinion of itself is not generally shared. Eligibility must stand for something that touches the popular imagination, and finds a response in the breast of the average man.

I have professed my incompetence to make the application. The present storm-centre of dispute appears to be the status of golf-architects and those employed in the sale of athletic supplies. I can only suggest a mode of approach. First, do such persons commit an overt act which can be said to be a sale in the form of service, of their play or skill as golfers? If not, is there any similarly specific objective test, by which they can be disqualified without confusing the whole issue? Second, do these persons in motive, emphasis, method or code offend against the ideal which rules of eligibility are designed to promote? Finally, if though they neither sell their capacity to play the game nor offend against the canons of sportsmanship, it yet be deemed desirable to disqualify them on account of their indirect influence, there remains a third question. Can they and the men of their type be disqualified without so weakening the prestige of organized amateur athletics, as to render it ineffective for any public good?

PRONATION AND ROTATION

(Continued from page 24)

"Well, perhaps I do," said Shaw.

"Now so much for pronation," said Putnam, "but what about the rotation forwards of the left shoulder? Is there to be anything incipient about that?"

"The learned Mr. Hare," said the Doctor, "lays it down that the two movements begin simultaneously, and I guess that is about right for all practical purposes. He seems to say, however, that if the hands go back more rapidly than the shoulders turn, you get a flat swing; if more slowly, an upright swing, and between these extremes there is considerable scope for the gradation of the two factors which control the backward swing."

"A good many fellows," said Robinson, "swing their arms but don't properly turn their shoulders. The shoulders have something of a swing or pivot by themselves. It goes without saying that the two movements should be co-ordinated; but I no more believe that the arms pull the body round than I believe that the body shoves the arms round."

"Well, I see here," said the Doctor referring to his book, "that Burnham Hare is of the opinion that the rotation of the left shoulder translates the club-head upwards and backwards towards the right shoulder; and I observe that Max Behr quotes Seymour Dunn approvingly for teaching that it is the turning of the body which takes the club back to the proper position."

This is what Dunn says:

I would call attention to the fact that many first-class players seem to be under the impression that they should start the swing by a wrist action, when, as a matter of fact, they start the action with the turning of their shoulders and body and the wrist action does