

ROBERT WINTHROP ADAMS

TIMING



YOUR

GOLF

SWING

Foreword by FRANCIS OUIMET

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With all its fascination, golf is a very strange game. Some have the heaven-sent gift of playing it well. To others, and I mean the masses who play it, it is frustrating to say the least and a great mystery. No two players swing the club alike and for that reason it is a difficult game to teach. How nice it would be if the pupil could say to his professional, "Give me a swing like that of Ben Hogan or Sam Snead and I will go on from there."

I have the greatest respect for the club professional who with intelligence and patience does his best to eliminate the various faults when called upon to instruct the average player. Everyone who desires to play a respectable brand of golf should rely upon his professional for guidance. His knowledge of what is best for the golfer needs no further emphasis on my part.

Quite often a simple suggestion makes a tremendous difference. Though I have played my type of golf for something more than fifty years I make no pretense of being an expert. I have my own ideas of what is good for myself and I have never tried to impose my theories upon others, for very sound reasons. Why add further confusion to a complicated subject?

Some thirty years ago I formed the habit of playing a few holes each evening with the late Professor Reginald A. Fessenden. The Professor was a brilliant electronics engineer and we were close neighbors. During World War I he had been stationed in London, where he worked hard in perfecting an underwater bomb, the purpose of which was to suppress the activities of the German submarine, so deadly to Allied shipping.

He became acquainted with Harry Vardon and, when time would permit, often took golfing lessons from the great man. If Vardon accomplished nothing else, he helped Professor Fessenden swing a golf club in approved fashion.

One evening as we played, the Professor was having a real bad time. It was obvious to me that his timing was out of gear. I called his attention to the fact that he was hurrying his back swing. In trying to correct this failing he went to an extreme, as players so often do; he took his club back far too

slowly. The result was equally unsatisfactory. Between the two was the answer.

Knowing the Professor to be musically inclined, I suggested he try swinging the club to the tempo of waltz time. The beats ran one, two, three, four. At the finish of the third beat he was at the top of his swing and on the fourth the club head was moving toward the ball.

Humming quietly to himself the first bars of the Merry Widow Waltz, he strangely enough began to meet the ball accurately and gained good distance for a person of his age. It is not to be assumed that the Professor became a fine player as a result of this suggestion. However, he did improve his play and was able to hit enough good strokes to give himself pleasure.

Now, another old friend has come forward with a unique method of assisting all golfers in timing their swing. Robert Winthrop Adams arranged an experiment at the Massachusetts Institute of Technology many years ago and invited me to participate. Various weighted clubs were employed and the problem was to determine which was the most useful for the average player. I was the guinea pig and drove balls into a net. As I did so, a camera with a fast lens measured the speed of the ball as it left the club and crashed into the net.

When the figures were properly correlated, Mr. Adams devised a clever scale which showed in mathematical precision what he called the "swinging weight" of a club. I am not a technician and can only explain it in this crude form. Nevertheless I was convinced that Mr. Adams had given the matter much thought and I believe the manufacturers of golf clubs now stress the importance of giving the player clubs of the swinging weight best suited to his swing, according to the method Mr. Adams devised.

I have great respect for Robert Adams' judgment.

When he came to my home recently and demonstrated his golf swing rhythm record I was intrigued beyond words. By reading the instructions, which are concise and to the point, and then turning on the record, one

seems able to flow into a smooth swing.

Golf is nothing more than a game of habit. If you can form the habit of swinging a club in the proper tempo it becomes just as natural as walking down the street. The Adams Rhythm Record does this and I strongly recommend it as a means of assisting the golfer to attain this objective.

Francis Ouimet

Try to feel the music of the stroke; it is there!

-Chick Evans