

# Hands and Wrists in the Swing

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Much has been written and said about this most vague and elusive subject, hand or wrist action, and its relationship to the art of swinging a golf club. Perhaps when I have completed this article I will have added nothing to what has already been pointed out. However, I feel this phase of the swing to be of such importance that I will chance giving my impressions in the hope that, should I put forth no original thoughts, at least repetition may be of value to some one.

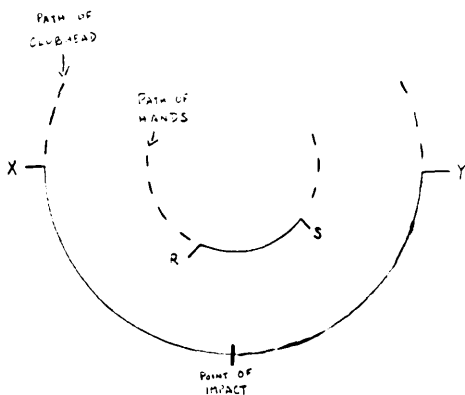
To begin with, I readily admit that some people have better reflexes than others, better co-ordination, quick strength or whatever is required to propel a clubhead with speed and accuracy through a golf ball. However, I am firmly convinced that everyone's ability so to direct the clubhead is affected, either favorably or unfavorably, by the degree of soundness of his application of the basic fundamentals of the game, and a definite understanding and feel of just what the wrists and hands should do.

## Distance Lost — and Regained

For example, I recently had a pupil of low handicap calibre who had lost a great deal of his distance. Why? Because he had begun to grip the club so badly that when he used his wrists and hands in such a manner as to propel the clubhead through the ball with any speed, it would so mis-direct the ball that he had no control. Instead of correcting the original fault he made a compensating error — namely, curtailing the action of his wrists and hands, in order to get some semblance of control. This he did, but at the cost of loss of distance.

This player, coming to me for advice, asked me to help him get his distance back at all costs and, said he, then we would work toward controlling the power.

My advice to him was that our problem was to go back to the basic principle that would permit him to use the hands



Roughly speaking, the club face and the palm of the right hand travel from X to Y (180°) while the hands are going from R to S (60°).

and wrists properly, which would produce the desired results of both power and control.

This basic fundamental was to get the hands placed on the grip with the V formation of the thumb and first finger of the left hand slightly behind a vertical point above the shaft so as to enable the left hand to make a back-hand motion as the club is swung downward toward the ball, while the right hand is so placed as to put the palm of the hand in exact alignment with the face of the club. When this is done, the V formation of thumb and first finger of the right hand points directly upward towards the face in a vertical manner, thus permitting a good, strong fore-hand motion without loss of control of the ball in either direction or trajectory.

The major secret of power and control, in my estimation, is the ability to reverse the position of the wrists and palms of the hands as the club is passed through the downswing and follow-through.

Camera studies of all the fine players I have ever seen show the position of the palm of the right hand and the face



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of the club to be approximately 90° away from the address position when the hands and arms have completed about two-thirds of the downward swing. When the arms and hands have reached slightly past the impact point, the face of the club and the palm of the right hand are in a position of 90° past the address position.

Thus, it is evident that while the arms are swinging about 60° through the arc of the swing, the palms of the hands and the face of the club are completing a 180° transition from a parallel position

behind the ball to a parallel position in front of the point of impact.

Of course, the trick of control is to cause exactly half of this transition of wrist and club face to take place at the instant the club face meets the ball, which would insure the club face being at an exact right angle to the desired line of flight to the ball.

The trick of obtaining power is the knack of holding the full cock of the wrists until the very latest instant at which the power, quickness of reflexes, and ability of the player will permit him to begin this wrist and hand motion and still bring about the transition of club face positions mentioned above.

I contend that Ben Hogan is one of the most remarkable men ever to have played golf from a power and control standpoint because he embodies these basic principles to a very high degree, so as to permit him to get the most out of his God-given powerful wrists and quickness of reflexes. The third component in his remarkable game, *Ability*, is his own, and was acquired through his untiring practice efforts.



### Oklahoma's Gals

Gals, an organization of women in Tulsa devoted to junior girls' golfing activities, conducted a round-robin tournament at Tulsa's four country clubs last season, and the Women's Oklahoma Golf Association held its second state tournament for junior girls. Mrs. Ira J. Dietrich, of Tulsa, active in both, wonders how many other states hold tournaments for junior girls.

### Temper-ament

Some people think they have a dynamic personality if they occasionally explode.

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