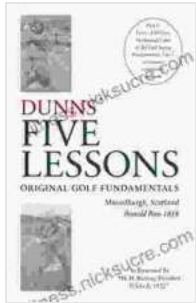


Original Golf Fundamentals: Dunns Five Lessons from Musselburgh, Scotland by Ronald Ross



Original Golf Fundamentals Dunns' Five Lessons
Musselburgh, Scotland Ronald Ross 1858: Learn of the
Five Mechanical Laws of the Golf Swing -
Fundamentals 1 to 5 - to become consistently accurate

by Raymond Barrett

★★★★☆ 4.8 out of 5

Language : English
File size : 10075 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 104 pages
Lending : Enabled



Golf is a game of tradition and history, and the original golf fundamentals have been passed down through generations of players. One of the most influential golf instructors in the 19th century was Robert Dunn, who developed a series of five lessons that are still used today by golfers of all levels.

Dunn's Five Lessons were first published in 1858, and they provide a comprehensive overview of the golf swing. Dunn believed that the swing

should be simple and repeatable, and he emphasized the importance of rhythm and balance.

In this article, we will explore Dunn's Five Lessons and discuss how they can help you improve your golf swing.

Lesson 1: Grip

The grip is the foundation of the golf swing, and it is important to have a grip that is comfortable and consistent. Dunn recommended a "neutral" grip, which is where the hands are placed on the club with the thumbs pointing down the shaft.

To get a neutral grip, place your left hand on the club first, with the thumb pointing down the shaft. Then, place your right hand on the club, with the thumb overlapping the left thumb. The V formed by your left thumb and forefinger should point towards your right shoulder.



A NEUTRAL GRIP

A NEUTRAL GRIP IS THE MOST COMMON. It is the most common grip where both Vs created by your grip point to an area between your right ear and right shoulder. This grip will produce a square face at impact with minimal effort.

Neutral grip

Lesson 2: Stance

The stance is another important aspect of the golf swing, and it affects the way you swing the club. Dunn recommended a stance that is slightly wider than shoulder-width, with the feet parallel to each other.

To get a good stance, stand with your feet shoulder-width apart and parallel to each other. Bend your knees slightly and tilt your spine forward. Your arms should hang naturally from your shoulders.



Golf stance

Lesson 3: Posture

Posture is also important for a good golf swing, and it affects the way you swing the club and strike the ball. Dunn recommended a posture that is upright and balanced, with the head held high and the shoulders relaxed.

To get a good posture, stand up straight and tall, with your shoulders relaxed and your head held high. Your arms should hang naturally from your shoulders, and your knees should be slightly flexed.



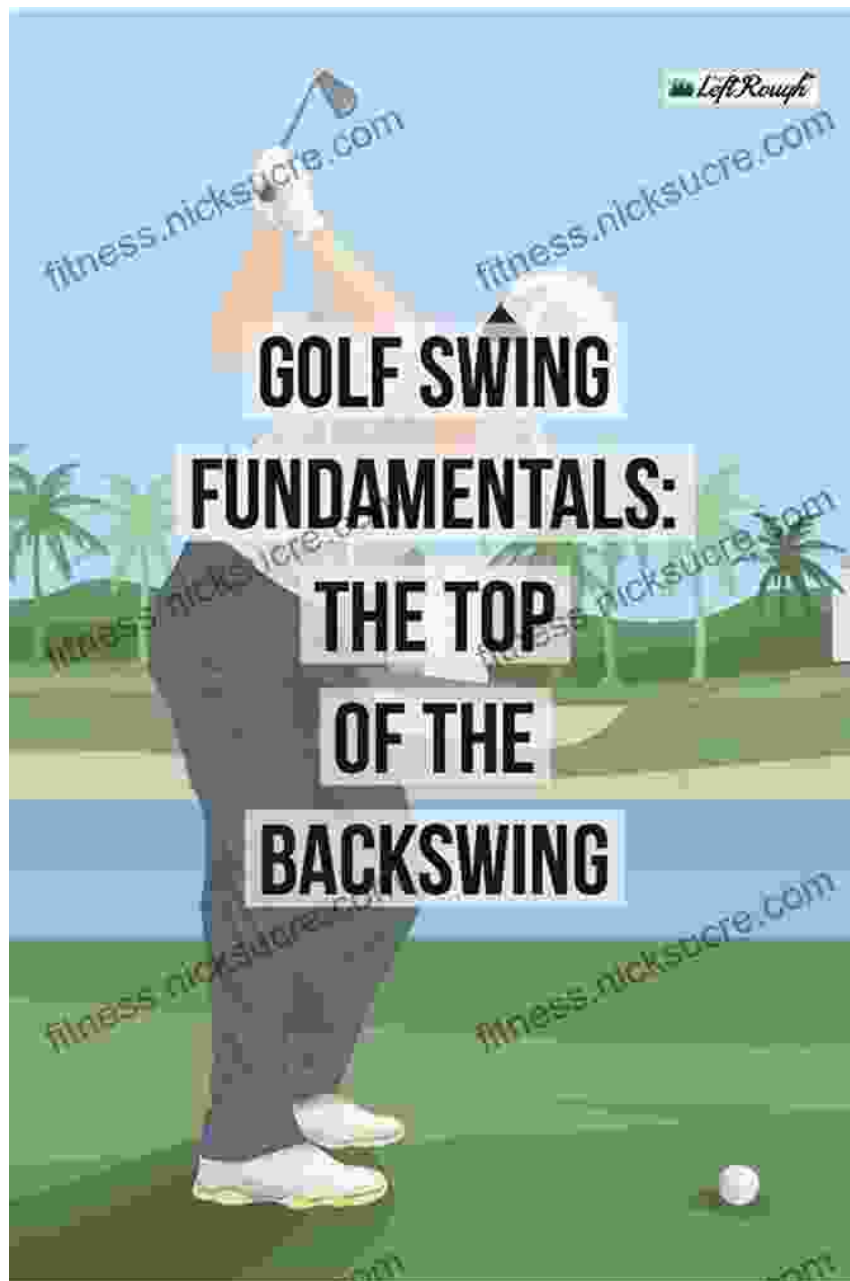
Golf posture

Lesson 4: Backswing

The backswing is the first part of the golf swing, and it is important to make a smooth and controlled backswing. Dunn recommended a backswing that

is taken to the top of the shoulder, with the clubhead parallel to the ground.

To make a good backswing, start by taking the club back slowly and smoothly. As you take the club back, keep your head down and your eyes focused on the ball. When the clubhead reaches the top of your shoulder, pause for a moment before starting the downswing.

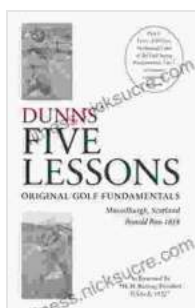


Golf backswing

Lesson 5: Downswing

The downswing is the second part of the golf swing, and it is important to make a fluid and powerful downswing. Dunn recommended a downswing that is made with a slight pause at the top of the swing, followed by a smooth acceleration through the ball.

To make a good downswing, start by pausing for a moment at the top of the swing. This will allow you to get your balance and make a smooth transition into the downswing. As you start the downswing, accelerate the clubhead



Original Golf Fundamentals Dunns' Five Lessons Musselburgh, Scotland Ronald Ross 1858: Learn of the Five Mechanical Laws of the Golf Swing - Fundamentals 1 to 5 - to become consistently accurate

by Raymond Barrett

★★★★☆ 4.8 out of 5

Language : English
File size : 10075 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 104 pages
Lending : Enabled





Reflections For Your Heart and Soul: A Journey of Self-Discovery and Healing

In the depths of our hearts, we hold a wellspring of wisdom and resilience. Reflections For Your Heart and Soul invites you on a transformative...



The Heroines Club: Empowering Mothers and Daughters

The Heroines Club is a mother daughter empowerment circle that provides a supportive and empowering environment for mothers and daughters to...