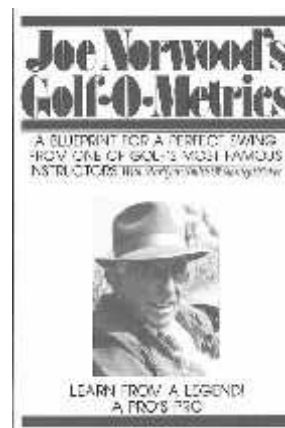
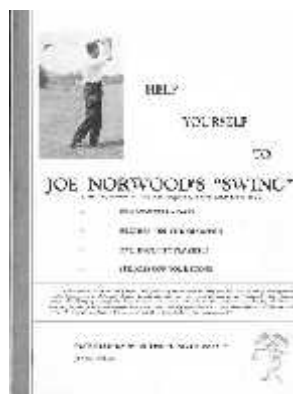


JOE NORWOOD GOLF SWING

QUESTIONS AND ANSWERS



• Where did this swing come from?

- This swing came from [Scotland](#) and [England](#) and the proficient golfers of the period from 1860 to 1900.
 - The Scottish golfers would often say; “You didn’t oot (out) on that one” and “you didn’t hit doon (down) on that one.
 - From the very beginning The Scots determined there are only two ways of hitting a golf ball.
 - Swinging from the outside in
 - Swinging from the inside out
 - Soon they realized swinging inside out was the better of the two and when you look at virtually every photo graph of early Scottish and English legendary golfers they all will show a deep inside back swing a strong left hand and a weak right hand and their left foot was always out at 45 degrees.
 - Although their method of lower body movement varies greatly they all have the above things in common.
- **There is a portion of the Joe Norwood Golf Swing that dates back to the earliest photographs of golfers.**
 - The book “The Art of Golf” written by Sir Walter Simpson and first published in 1887 clearly shows a deep inside backswing and at least 75-80% of the weight on the right side.
 - There are some golfers from the era 1850 to 1910 that have their left foot almost off the ground. I believe this is why Joe Norwood says the outside bottom of the left foot should be raised off the ground.
 - I remember my Grandfather putting a golf ball under the outer palm of my left foot as he tried to get my weight at address onto my right foot.

• Who is Joe Norwood?

- Joe Norwood was born in Boston, MA. in 1892. In 1903 or 1904 he got a job working for the [Wright and Ditson Sporting Goods](#) . [Mr. Alexander H. Findlay](#), who was the golf club department manager, began to mentor Joe and teach him to teach. Alex Findlay was responsible for bringing [Harry Vardon](#) over to the United States for Golf Public Relations and it was [Harry Vardon](#) and [Alex Findlay](#) who mentored young Joe when he was just 12 years old. I have a picture of Joe Norwood in 1905 holding a golf ball in his right hand

with the famous “Thumb and Forefinger” grip and Joe was smiling because he knew he had it down. [Harry Vardon](#) (From Golf-O-Metrics) held both hands with the Thumb and Forefinger position that is so well known from [Mr. Ben Hogan’s](#) book and famous grip. Joe Norwood worked with Mr. Hogan in the 1940’s and during that time and since one can see the effect Norwood had on Hogan. His grip, backswing and hands before club head impact.

- Joe Norwood came to Los Angeles in 1922 and was the 1st head professional for the Los Angeles Open. He was head professional for the Los Angeles Open 4 times. Joe Norwood was the only non-aligned teaching professional given access to all the professional players during the Los Angeles Open until his passing in 1990. He was the Pro’s Pro.
- Joe Norwood played a round of golf with legend [Walter J. Travis](#) and after finishing Mr. Travis told young Joe; “You’ve got a great game lad but you can’t putt”. Joe said; will you teach me? Travis quipped: No because you’re a professional player, Joe replied: I teach, I don’t play professionally and from that point the Joe Norwood Swing began because he took the [Walter J. Travis](#) putting method and devised a swing from it. His entire swing hinges around the elbow, sealed wrists and anchored body.

- ***Why haven’t I heard of him before?***

- Joe Norwood came into golf during the early years and he was very well known during the 1920’s through the 1950’s. He was dubbed “King of Swing” by [Henry Cotton](#) who was one of the great English players of the 1930’s and 1940’s
- Joe Norwood, never wanting to be in the limelight, always kept a low profile as his life was content teaching golfers the swing whether they were top ranked professionals or ordinary 30 handicap golfers.

- ***Who played this swing?***

- The golfers who played this swing or parts thereof include:
 - [Sam Snead](#)
 - [Ben Hogan](#)
 - [George Archer](#)
 - [Marilynn Smith](#)
 - [Horton Smith \(1st Masters Winner\)](#)
 - [Lighthouse “Harry” Cooper](#)
 - [Babe Zaharias](#)

- ***Who were Joe Norwood’s contemporaries?***

- [Bobby Jones](#)
- [Walter Hagen](#)
- [Gene Sarazen](#)
- [Tommy Armour](#)
- [Macdonald Smith](#)
- [Bobby Cruikshank](#)

- ***If Joe Norwood was the teacher to the playing professionals then why didn’t any of the professionals play his swing?***

- Well, the answer is that they played portions of Joe’s swing.
 - Remember during this period almost all top amateurs and professional players developed an inside out golf swing and what they wanted from Joe was an instant fix, something to get them to the top of the heap.
 - Joe Norwood always spoke of the Pros asking him to put them in the slot.
 - The slot is the position with the hands sealed and ahead of the club head in a cocked position and when the pros felt that feeling again they knew they could play

with the best. When the feeling left them, then they would travel to Los Angeles and get a lesson from the teacher to the pros.

- Joe Norwood soon found out golfers, once they got the slot they were content and did not want the remainder of the golf swing. A few exceptions:
 - [Ben Hogan](#)
 - [Sam Snead](#)
 - [George Archer](#)
 - [Marilyn Smith](#)
 - Co-founder of the LPGA
 - [Mac O'Grady](#)
- The golfers who came looking for the slot are so numerous but here are a few:
 - [Lighthouse Harry Cooper](#)
 - [Horton Smith](#)
 - [Babe Zaharias](#)
 - [Joe Louis \(famous boxer from the 1930's\)](#)
 - [Howard Hughes](#)
 - [Leo Dorochoer](#) and many of the Los Angeles Dodgers
 - The list goes on and on.

- ***What do you mean by “no rotation”?***

- Rotation is a movement going east and west when the swing is meant to go north and south. Rotation is evident in both parts of the body, the upper body (waist to head) and the lower body (waist to feet).
- It is the rotation of the lower body that causes much of the error in golf. The arms travel south but are moved away by the lower body moving around and away from the point of impact.
- Rotation of the upper body is mainly concerned with the upper shoulders. As with the lower body all rotation is caused by movements of muscles, tendons and ligaments. The shoulders, of poor golfers, and the lower body become concrete as they learn to circle away from the impact area.
- Once rotation takes hold in the body the muscles up and down the spinal cord become inactive, in trenched in their positions and hard to separate. This is one of the reasons so many golfers never get better.

- ***What is a Golf-O-Metric ?***

- A Golf-O-Metric is simply an exercise. Joe coined the phrase Golf-O-Metric to give the golfer some sense of what he was doing. Joe Norwood's Golf-O-Metrics are designed to give the golfer freedom to work the muscles of his body. They are designed to keep the swing in tact and to keep the golfers body in form. If you don't stretch the muscles then you won't be able to perform the swing.

- ***Is this swing easy to learn?***

- **Yes!**

- Yes this swing is easy to learn when you think about how much time you will have to play this game of golf. This swing is easiest to learn by the golfer who maintains his swing in the Joe Norwood method and hardest to understand by the golfer who is steadfast with the rotation method. The humble golfer who wants to learn and will practice will find this swing extremely enjoyable. The high handicap golfer because he has nothing to lose. The low handicap golfer because he wants knowledge.
- The great thing about this swing is that it is backed up with Golf-O-Metrics and supplemented by knowledge.

- Joe Norwood did not teach people how to play golf. He taught them how to swing a golf club and the game itself must be governed by how you perform the swing and your mental attitude about scoring and competition.
- No other golf swing provides you with the in depth knowledge to apply the mechanics and begin to feel the mechanics as part of the swing. Judgment comes after knowledge, application and feel. Judgment is what is used for scoring. The JNGS (Joe Norwood Golf Swing) can teach you Knowledge, Application and Feel but **Judgment is all yours. Judgment is necessary to score well.**

- ***Why is this swing so different from the swings of today?***

- The swing brought over from Scotland and England began to change in the 1960's when Palmer, Nicklaus, Trevino and many if not most players came out with their own swing and as it is today, each new champion has a swing that everyone wants to emulate but no one can.
- Professional players are not teachers. They play for pay. They don't know how nor wish to teach because they themselves have teachers and coaches helping them all along the way.
- Players have practiced for decades and still miss make swing mistakes. Their short games are spectacular and the very few at the top (500 out of 70,000,000) every once in a while put it all together for a week and since their short game is so good when their swing momentarily peaks, they are in the winner's circle with big smiles, only to frown in a couple of weeks when they've lost the feel.

- ***What can I expect from this swing?***

- You can expect great things from this swing because all of the answers are provided for you. There are no vague comments about what you must or must not do.
- Golf-O-Metrics, The Anatomy of Golf, The Joe Norwood Golf Swing Forum and teaching from me (Dan Norwood) will put in place a series of moves and holds that you can measure and understand.
- You will never have to wonder why you missed a shot. When you make an incorrect swing, you will know immediately what part of the body didn't do its job, whether it was your hands collapsing from the seal of the wrists, your body lunging to the ball, your body losing its anchor and rotating or your shoulders not descending enough to compress the ball.
- This is the greatest thing you can expect.
 - **You'll miss the ball straight**
 - **Utilizing 60% of the swing will still put you in the middle of the fairway or on the green.**
 - **Wait, just wait until you miss a shot and your ball is 15 feet from the pin. It will happen! That's the great thing about this swing is that you do not have to have perfection to play well.**

- ***Who will help me once I start this swing?***

- My passion is to bring this swing to the world and in doing so I expect to:
 - Provide more videos
 - Provide more written work
 - Provide lessons on the web and on Skype.
 - Provide personal lessons to followers of this swing.

- ***Why this swing and not others?***

- This swing has always been here it just got lost over time.
- When you pick up and follow this swing you're be walking down the fairway with **Harry Vardon, Sam Snead, Ben Hogan, Bruce Crampton, the Greatest putter ever Walter J. Travis, Alexander Findlay and, of course, my Grandfather Joe Norwood.**
- No longer will you "grip it and hit it" as you will develop your body so you will be able to hit the ball straight on purpose.

- *Hit the ball straight on purpose* and no course will scare you. Every course you play will provide the maximum enjoyment as you learn to play the game of golf instead of playing at the game of golf.
- During competition you'll be able to focus on the course and the competition while trusting your swing thus enabling you to score your best.
 - *And that's what it's all about!*
 - *Your ability to score. The lower the better!*
- **How do you control the swing?**
 - The body is separated into
 - Head & Neck
 - Upper torso
 - Right Shoulder
 - Right arm
 - Right hand/wrist
 - Left shoulder
 - Left arm
 - Left hand
 - Lower torso
 - Hips
 - Right leg
 - Right Foot
 - Left leg
 - Left foot
 - **The swing can be separated into two simple parts or 14 more specific parts with adjustments to be made in each part.**
 - All parts work together, in portions of the swing they either hold or move. They work as a team to either move or hold

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FOR A
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ACQUIRED**