

## GLOSSARY of 'NO - NO' TERMS

### 1) "WEIGHT TRANSFER":

Often this term is used with instructor animation moving to the brace side while keeping his shoulders parallel to the Target Line and placing almost all the weight on the brace foot and then moving the weight alternately to the left placing it on the target foot.

This 'Lateral Sliding Left to Right and back Right to Left' motion visually sends the wrong message that sliding is beneficial and a positive move. It is not. It does not promote turning to and from the brace side and to the target side. With the trunk of your body 'Sliding Laterally' your arms will pass the hips and your hands will have to finish the shot. 'Sliding Is Negative Rotation'. This overall action will create often the dreaded 'Snap Hooks' and 'Pulls' depending on the clubhead path. It prevents your performing 'Square to Open to Square to Closed' as discussed. (see your trusty 'Tour-Guide Index')

### 2) "KEEP YOUR HEAD DOWN":

If you try to lock your head into a position, you will tend to shift into a 'Forward Spinal Tilt' in the backswing or 'COIL' while moving into a reverse pivot in the completion of the front swing. Thus, you will inhibit your Relaxed Finish and Follow Through. The well-being of your back will be compromised sooner or later which will cut-short your 'GOLFING' career and all the manifold pleasure it holds and so generously offers.

Let the head 'Float' on top of your spine and it will necessarily Flow with the spine during the entire Golf swing. This head freedom is essential to generating full turn and thus adequate power to meet your performance expectations. Keep your CHIN TALL and EYES intently on the butt of the ball. (bottom inside cheek)

Another direct liability of this 'HEAD DOWN' nonsense is that it produces neck tightness and strain. Once the trapezoids, neck and shoulders are tight, we have a tendency to impede rotation, drop our Chin down to our 'Target Shoulder' in the Back Swing (instead of taking or turning it up and around our Spine to a Tallish CHIN). This 'CHIN Dropping POSTURE Failure' causes far too much 'Vertical Motion in our Swing', (Steep Angle of Attack) thus the 'Clubhead' moves back from the ball in a 'Pick Up Inside Take-Away' route, with the 'Forward Tilt' which ultimately produces the 'CHOPPING Action At IMPACT'. Try it right now so you can feel the error and better eliminate from your repertoire.

It is worthwhile to consider that the '**FIRST FIVE INCHES OF YOUR TAKE-AWAY, BUILDS YOUR IMPACT**' so I think we cannot devote too much time to this very important swing-path zone. Remember that the take-away is '**LOW and SLOW**' and accomplished with the minimum amount of energy that is required to simply get the 'Body and Clubhead' into the position at the 'Top Of Back Swing'. ('TOB')

In the 'SET UP Phase of your ROUTINE' get your 'CHIN COMFORTABLY TALLISH' and keep it there throughout the smooth 'Swinging Motion right through IMPACT, FOLLOW and FINISH Relaxed'. If your 'CHIN is Tallish', then you will not have the tendency to make it taller or lift your head. Once you have eliminated the 'Lifting Variable', all you will have to guard against is any 'DROPPING MOTION' which will always cause the elbows to reflex through the 'IMPACT Zone' or create 'FAT IMPACTS'.

TWO ABSOLUTE RULES of the 'I.G.A. or 555 Academy' are

- 1) If you hit FAT you 'DROPPED YOUR CHIN'.
- 2) If you hit THIN you 'LOOKED UP FROM THE BOTTOM INSIDE CHEEK OF THE BALL'.

### 3) **HEAD MOTIONS:**

The head can move on only the three basic 'AXES' which are the 'Vertical, Horizontal and Lateral' (Fore & Aft, Slide or Sway).

Applying this 'AXIS Data' to our body computes as follows: At 'Address FIX' our Shoulders are the 'Horizontal or Y Axis'. The Spine is the 'Vertical or X Axis'. We can move 'Up and Down the Spinal Axis', 'Around the Spinal Axis' or 'Perpendicular to the Spinal Axis' (Sway or Slide).

If your head moves '**Up and Down**' during your 'Swinging Motion' (Moving the Top Of PIVOT), you will have difficulty keeping or getting the Golf Club Head back to the 'IMPACT Fix' or the 'Set-Up Butt of the Ball'. If your head moves 'Up and Down' so will your 'Clubhead' follow the leader. This 'Vertical Axis Movement' is a 'NO-NO'. Thus, you will strike the Ball 'FAT or THIN'.

If your head moves '**Forward and Backwards**' (Altering your Spinal Inclination), along this specific 'Horizontal or Inclination Axis', which is 90 degrees turned to the 'Shoulder Axis', you will move your 'Clubhead' in a proportionate manner and direction from 'IMPACT FIX or SET-UP', thus 'HEELING or TOEING your Ball'. Your 'Spinal Axis' must be Stable throughout the entire Back and Front Swings' in order to get the 'Orbiting Clubhead Back to the Ball'.

Note that we have just covered four of the five 'IMPACT POINTS of a Ball to the Clubface'. The fifth is, of course, the 'SWEET SPOT' or 'OPA' (Optimal Percussion Area), that marvellous magic place where Balls '**Come off like a Rocket and feel like a Marshmallow**'!

The 'Stable Head' can and does also 'Turn' or 'Rotate around the Spine' as you keep your 'Eyes' pointedly but comfortably 'Focused on the Butt of the Ball' while making and firing your 'COIL'. You can easily Feel this by simply looking at the Butt of the Ball, which will keep your head rotationally or spatially stable, while making your 'TURN to COIL'. Your Head will still be generally facing the ball while your Shoulders will have 'Loaded' approximately 90 degrees. Thus, your Head has effectively turned in the opposite direction of your Shoulders or to the 'Target Side of your Horizontal Shoulder Axis'. It's 'Net Position Change' will, however be that it is slightly turned and tilted to the 'Brace Side' at 'Full Load Coil' and NOT be

pointing dead forward or 'Square to the Target Line'.

Don't get too wrapped up in this 'Physics and Mechanics' as it will all fall into place reasonably soon with proper teaching and understanding. It is NOT magic. It is fundamentals. This book's purpose is delivering 'Fundamentals' in simplicity....'Solving the Complexity Myth'.

5) **"KEEP YOUR HEAD STILL":**

Now that we have discussed the above material dealing directly with the 'Head', I want to tell you that you should never struggle with, or even try to 'Keep Your Head Still'. It is not only 'Counter-Productive' but also the wrong concept upon which to focus.

Again, all you have to do to keep a 'Stable Head' is to keep your 'CHIN Tallish' and train your Eyes to 'See The Ball Come Off The Clubface'. Focusing your sight on the very stationery Ball (until it is struck) will take care of this 'Stability Task' without any further assistance.

Rather than spend anything but minimal time on the 'Stability Of Your Head', apply more time to understanding the stability of two other 'Body Components' so you can make the best 'Golf Procedures' possible. Be efficient in your focus.

These 'Body Components' are;

1) Your 'Stable Spine Angle' with its 'Forward Inclination' and its 'Aft-Tilt' so necessary to keep your Ball from 'Leaking To The Low ENERGY Side of the Target Line' or worse.

2) Your 'Stable Brace Knee' which contributes so greatly toward keeping your 'Spinal Crankshaft' in position. You have to 'COIL' against this 'Lower Brace

Side' and without a 'Stable Brace Knee', always 'Flexed and Firm' throughout the entire Back and Front Swings, you will **NEVER** have any hope of playing 'Solid, Repeatable, Reliable Golf Shots'. THE ones you do make will have a significant amount of 'Lady Luck' in the recipe; more than you would like in a 'Winning Battle Plan'!

Without these two 'STABLE Mates', you will come to know both the true meaning and true 'FEELING' of '**Crap-Shoot or Get-Lucky Golf**'.

This brand of Golf will not only test your ability to 'Score' but also to 'Bear Pain' in the form of never-ending frustration.

You really do not want to go there!

5) **"KEEP SWING ARM or TARGET ARM RIGID":**

This misleading term generates unwanted tension.

Keep the left arm 'Extended but Relaxed' throughout the Backswing side (Segment #2 and #1) of the full swing. If you keep your focus on swinging the clubhead fully to the outside of the circle, you will maintain 'Centrifugal Force', 'Constant Radius', 'Brace' and 'Connection'. You will generate accurately applied 'Clubhead Speed' which directly produces 'DISTANCE'.

Stiffness at any point in the 'Golf Swing' creates an immediate and cumulative disability impairing the smoothness necessary to generate power and 'Clubhead Speed'. Too much 'Tetanus' in your muscles deteriorates performance. Put another way; if you are fully TIGHT through your 'Back and Front Swings', how can you make the HIT when you need it? Being in a state of 'Tonus' enables us to 'Fire' when it is time. To perform muscular feats we must relax and squeeze or relax and fire. We cannot 'Fire and Fire'. When the throttle is down it is down and cannot be dropped twice!

6) **"ARM BENT AT IMPACT":**

Either you are standing too close to the ball or you are dropping your CHIN during your 'Back Swing or the Pre IMPACT Side of your Front Swing'. Usually the reflexing or bending action is done to avoid striking the ground and hurting your hands. There is a physical condition called the '**SECONDARY DROP**' which is a result of this 'Swing Flaw', pronounced bending of the 'Swing Arm Elbow Articulating Joint at the Top of Swing'. This 'Secondary Drop' allows the Clubshaft to often drop right onto your 'Brace Shoulder' before it is picked up and starts the return trip. The most striking aspect of this flaw is that you are putting another 'Useless' move in what is already quite a complicated and busy physical sequence. Keep your Swing reasonably compact.

Also this 'Secondary Drop' is caused by a loosening of your 'GRIP' at the 'Top of Your Back Swing' (TOB) which is not absolutely bad as long as you can restore the clubhead and clubshaft to proper path and plane before 'IMPACT'. Do not grip too tightly during the top portion of your 'Back Swing' (firmly in the Swing Hand's three smallest fingers will suffice) or you will destroy a good 'Free-Wheeling Swing' that is so wonderful to watch and even better to experience. With too much tension or tightness in either hand, you will lose the Clubhead Feel. Feel the Steel!

7) **CHIROPRACTIC:**

**"The GOLF SWING is bad for your back."**

I think that the 'Proper GOLF SWING' is an excellent chiropractic exercise without specific risk to your back. My views are held by many who bear that professional title. Remember that your swing is founded on good feet which are the 'Pedestal or Foundation of the Athletic Move'. Initiate your 'Swing From the Ground Up and From the Inside Out' and 'Feel' like you are 'Swinging the Arms (Lever Assembly) with the Body'.

Note in a well executed 'Golf Swing', the 'Maximum Rotation Differential' ('MRD At TOB') between your Shoulders and your

Hips is generally not more than 45 degrees and this is NOT under any undue stress or impact; simply smooth 'LOAD or COIL' followed naturally by 'Un-LOAD and Un-COIL'. Our Spines can handle this light shock quite well. It is worth feeling this proper move. Un-COILING or turning back forward, our 'HIP AXIS' and our 'SHOULDER AXIS' are very close to 'Parallel at IMPACT' or become more 'SQUARE to the Target Line' again while we properly complete out 'Forward Swings' with our 'Shoulders and Hips' still being relatively Parallel to each other. I meaningfully say 'Relatively'.

This is not a damaging relationship or position. We hurt our lower or 'Lumbar Spine' when we resist or destroy the 'Flowing Movement' of 'Turning In and Out' through the entire back and forward segments of the swinging motion. Damage is generally induced by

'Tension' or too much tightness in our hands, arms, shoulders, backs, butts and legs. In a smoothly 'FINISHED Golf Swing' we should complete with our belt-buckles, Tummy, Chest and CHIN pointing generally at the Target - Pin. With the optimal 'Swing PLANE and Clubhead PATH', our Elbows will also be pointing at the Target - Pin.

Make sure you can identify and 'Feel This FOLLOW - FINISH Position'. Push the 'ENTER Key' in your mind and save the 'Position Feel' so you can 'REPEAT' it; so you can get back to it comfortably and reliably.

Swing to your 'FINISH POSITION' and if you 'Hold It' even for an extended period of time (10 -20 seconds), it should not become uncomfortable at any place from you 'Toenails To Your Fingernails'!

#### 8) **"STAY BEHIND THE BALL":**

This specific terminology as an instruction to a student, if one is not very careful in its explanation, may promote falling back or staying on the 'Brace Foot and Side' causing 'THIN and TOPPED Shots'. 'Staying Behind the Ball' (deliberately) tends us to make us hit 'Under and Up instead of Down and Through the Ball'. This 'Lifting Moment' in the Front Swing THROUGH the IMPACT & SEPARATION

Zone' is a poor 'Procedure'!

'Staying On The Back Foot' reduces or stops the 'Spinal Turning Motion' essential to the pure objective of 'Swinging The Clubhead'. We end up in the counter-productive 'REVERSE C' or 'Reverse PIVOT' which is a good way of injuring a sound back. The 'SWAY & SLIDE' can be caused by this type of miscommunication as well.

A good freely 'Swinging Clubhead', hitting at the bottom through the 'IMPACT & SEPARATION ZONE', naturally (Newton's Laws of Motion) works every time. **'For Every Action, There Is An Equal And Opposite Reaction'** without proper 'Uncoiling' or 'Turning' causes the head to stay behind the ball or 'Point of IMPACT' and beyond. We need to promote 'Primary Swing Elements' and allow the secondary results or effects to simply happen. Having your 'Head Behind the Ball at IMPACT' is the result of a good naturally created 'Swinging Motion'. Do some **'TICK TOCKs'** and feel that your head will be 'Behind The Ball Through IMPACT' as you desire.

I think we golfers far too often 'Over Think' our Swings and preclude or prevent our 'Subconscious Mind's' directing the great Swings we inherently have in ourselves.

Remember, 'SET-UP' or preparation is accomplished in the 'Conscious Side of our Brains', while the 'EXECUTION' takes place or is commanded from the 'Subconscious' side.

**DO NOT INTERFERE with this MACRO COMPUTER signal or direction. If you do so, the result will be a 'Broken Down Swing'.**

9) **"KEEP YOUR HEAD BEHIND THE BALL":**

As above, this term mechanically and consciously makes us hit into the counterproductive 'Reverse C' (bowed lower back posture) which is not only bad for 'Ball Flight' but downright dangerous to our lumbar disks. (It makes me hurt just thinking about it)

The term **'Keep You Head Still Or Behind The Ball'** is not much of an improvement over the **'BEHIND and DOWN'** terms.

If one tries to 'Lock' the head into position as this misleading term suggests, you will tend to shift into a 'Forward Spinal Tilt' on the 'Back Swing' while producing the 'Reverse C' or 'Pivot' on the 'Front Swing' and this will inhibit your 'Finish or your Follow-Through'. The head must 'FLOW' with the Spine during the 'Golf Swing' if you are to maintain comfort and produce any 'Power' with which to produce distance and control.

The Head, as thought by some, does NOT lead the Body. If one simply does the '555 TICK TOCKs' there will be a feeling of fluidity with the 'Head Floating Freely', moving laterally on top of the Spine where it carries the nerve and brain centre comfortably guiding the entire GOLF operation.

10) **"SLOW YOUR SWING DOWN":**

This is advice given often to golfers by both Pros and just others trying to either help and hopefully not just to impress when they see an apparent fast swing. But is this 'Too Fast Swing' really what they are seeing? It takes a sensitive and trained eye to come to correct conclusions leading to effective solutions.

I think generally it is FAST they see but FAST is NOT the problem. It's 'INADEQUATE DURATION'. Their Swing is NOT FULL or has been 'Abbreviated' from their specific 'Optimum Swing Length'. Remember, 'Clubhead SPEED' applied 'SQUARELY' to the 'Butt of the Ball' is the '**PRIMARY IMPERATIVE**' of GOLF so we do not, under any circumstances, want to deteriorate this primary physical aspect.

One must always relatively '**Complete One's Back Swing**'.

**No Wind-UP or SPEED....no GO!**

Consider this for a moment. Your spouse, or just a self-serving personal urge, asks you to make a trip to the local corner store to pick up some groceries. If you only get 'HALF-WAY THERE' you are coming home without the groceries. But this unsuccessful trip is FASTER than making the full

trip and getting the groceries. The 'Less than Full Trip DURATION' is shorter than a 'Full Trip DURATION'.

Don't think or listen to advice to 'SLOW YOUR SWING DOWN'. The observation was a quick short and abbreviated swing. Your swing did not go 'BOTTOM TOP BOTTOM'. It was not a 'Full Swing' and thus it seem quick because it took less time than one might have liked it to require. What is needed here is to make a 'FULL TRIP' with your Clubhead and it will take more time, give you a better power delivery and produce better results.

The 'T.O.B.' occurs when your 'TURNED or COILED Target Shoulder' makes contact with your 'Stable Tallish CHIN' and your 'Wrists are Cocked'. This occurs when we say the 'Trigger Word' '&' in our 'Trigger Word Sequence' **'SWEEP & SEE-IT, BALL - PIN'**

"Don't **'DECELERATE'** on the way down and through the ball" is another very common instruction. On the one hand you are told to Slow Your Swing Down and, soon after you are instructed 'Don't Decelerate'. Slow Down! Speed Up! Make up your mind! I'm getting confused! Never 'Decelerate'!

Remember there are only **'TWO SWINGS IN YOUR BAG, THE FULL SWING and THE LESS THAN FULL SWING'**. The latter always seems faster because it may be ever so slightly, but not much. 'Physical Swing Analysis' has brought to light that the 'Swing Duration' of a 'Full Putting Swing' is virtually the same as that required for a 'Full Driver Swing'. Interesting? Try it and Feel it for yourself!

With the 'Full Swing', you always have to put the '&' in at the 'TOP Of BACK SWING'. (see TRIGGER WORD SEQUENCE)

#### 11) "CLUBHEAD DIRECTION CHANGE":

If you are backing your car down a dead-ending, deserted country road and come to the end, you will simply want to change directions so as to be able to precede. To do so you must STOP, shift gears and then proceed in the opposite direction.

I think this is relevant to this evolved GOLF term 'Pause

At The Top'. In all golf swings, one changes direction and proceeds basically along only a slightly different path, or lane than the one arrived on. Likewise, the direction change involves 'ZERO CLUBHEAD SPEED' and everything else attached to it comes to a 'STOP'. To 'Change Directions' we must necessarily 'STOP'.

A stop is unarguably a serious 'PAUSE'.

I think the word pause, although well-intended, is the wrong manner or communication with which to accomplish what is an ill-conceived task, this 'Pausing at the Top'. The real objective is simply **'TO GET TO THE TOP OF BACK SWING'** which will overcome what is often referred to as 'Being Too Quick' as in the above mentioned 'Slow Your Swing Down'.

The I.G.A. 555 Golf **'AND'** word, forming a very key part of our 'Trigger Word Sequence', accomplishes all the goals in one succinct instant and does so precisely and naturally.

## 12) **"PAUSE AT THE TOP":**

Simply put, the little '&' word takes care of that event!

I do not favour the term or often taught concept of the 'Pause At The Top' as it tends to interrupt the flow of the swinging motion. 'A Full Swing Is A Full Swing' and if it comes to a stop or completion part way, it is then NOT a swing. We all know that the swing changes direction at the top and in order to accomplish this physical reality, the clubhead has to stop. I think a stop is a very positive pause.

Swing slowly and hit hard. Complete your 'Back Swing' with 'Low Energy', **'LOW and SLOW'**, all the way 'Up and Back'. The only task is to get the Clubhead to the 'TOP of BACKSWING' (TOB) and there is 'No Throttle Required'.

### **BACKING THE CAR OUT OF THE GARAGE:**

(remember?)

When you back your car gently out of your garage into the

lane you do so with little or no throttle while smoothly turning the wheel so as to get the rear-end of your car, the back bumper, pointing down the lane. You do this looking in the rear-view mirror or out the back window with your head turned or coiled. The 'Backing Up' (Back Swing) accomplished, automatically positions your headlights or front end to proceed with whatever haste and power you desire. (Front Swing)

Once in the back lane and properly positioned, now, TURNING and Un-COILING, looking out of the front windshield or windscreen, step on the gas as hard as you desire without squealing the tires. In Golf we call this 'Spinning Out', which like the car, causes lost control and ending up over the neighbour's fence.

A good Swing is the 'ONLY trusted method of Maintaining Control' of the 'Clubhead ORBIT or PATH' and even 'Clubface AIM'. This foundation makes it possible to control the 'Clubface AIM' without the common use of 'Manipulation'.

13)           **"WATCH YOUR CLUBHEAD":**

I have heard people giving advice to 'Watch Your Clubhead' during the takeaway and I have seen people doing it.

This practice is not sound, in fact it is downright wrong and if you are getting caught up in this error, you will already be paying the price for it's flaw.

Watching this moving object will cause your head to become very unstable along with your shoulders making striking the stationery Ball with any reliability quite impossible. Depending on how far you turn to watch it, you may even discover a sore neck.

Nevertheless, simply keep your eyes on the '**Bottom Inside Cheek**' of the Ball and '**See It Come Off Your Clubface**' so that 'IMPACT' can be assured.

Just to keep this very 'Personal Game' in perspective, I know quite a fine Golfer who turns his head to look at his Clubhead at about it's 9:00 o'clock position every time he swings. His Routine is stable and he gets his eyes back on

the Butt of the Ball directly after his glance so that it does not cause any marked deterioration in his performance. If it ain't broke, don't fix it! All I did was tell him of the bad vibrations he continually sends through my old teaching body while letting him know how I enjoyed his control and being his partner!

With we humans there are constant exceptions to every rule but it is best not to test sound practises all too often. There is always an eventual price when the chicken comes home to roost.

14)           **"TARGET HANDED TAKE-AWAY":**

It is an almost epidemic 'Myth' and wrongful bit of advice to tell any decent person to 'Take His Clubhead Away with the 'Target Hand and Lever Assembly'.

This action creates the 'Front Bumper Doing The Tail-Lights Job'! We back our vehicle out of the garage with the back up lights and not the head lights!

When, in the golf Back Swing, we attempt to effect this move with our 'Target Hand and Lever Assembly', including the 'Target Shoulder', we invite and create an almost unavoidable 'Reverse Pivot' condition. That configuration, in and of itself is really counterproductive. It robs power and handicaps any possibility of accomplishing the proper golf motions requires to achieve a solid strike, 'On PATH & ON PLANE'.

The 'Golf Take-Away' must be initiated with adequate 'Aft-Tilt' and 'Forward Inclination' ('Tether Ball Pole' - 'Spinal Crankshaft') to accomplish a natural rotation into the 'Coiled Position', in and behind the ball, ready to reverse the process and propel the ball in the pre-selected 'Direction' to the desired 'Distance'.

Don't accept any alternative garbage information about this critical part of the 'Swing Procedure'. It is as useless and injurious as the misconception of a 'Stiff Target Lever', which again handicaps physical motion.

Rigidity in any athletic endeavour is more often contrary

to the performer's best interest than not! Timely relaxation is the key an athlete's success. Certainly. In golf, 'Clubhead Speed' is the result of relaxed 'Power Delivery' and absolutely NOT 'Rigidity and Tension'.

No athlete using an 'Implement' to strike an object ever strikes with the 'Front or Target Side'. Think baseball! When you want to hit a grand homerun over the centre field wall, the power does NOT come out of your 'Front Foot and leg'! You do NOT dig a small hole out of which your 'Front Foot' can drive!

Common sense is not all that common!

The problem is that, perhaps well-intending, self-imposed sophists or golf instructors can do more damage than good if they do not know what they are talking about!

Knowledge and experience are prerequisites to actually starting on the teaching process!

Otherwise dishonesty and fantasy shall prevail.

15) **"MUSCLE MEMORY":**

So often we hear people who are portrayed as 'Learned' using this term in a 'Golf or Athletic' context.

This notion is 'Utterly False'! Muscles have or contain absolutely 'No Memory Cells'. They cannot remember squat!

It is only brain cells and the mind that can 'Remember' or have 'Memory' ... the ability to send 'Neuro-Signals' that can create 'Neuro-Synapsis' and thereafter, predictable motion.

The brain directs or commands the 'Muscles' via prepared and known sensory stimuli or practised messages. The brain can, through the body, create and practise motions. Thus, it is by 'Mental MACROS' or learned muscular sequences that are remembered by the brain, which, when applied, cause the body's muscles ('Soft Tissues') to contract and lengthen resulting in 'Musculo-Skeletal Movement' and ultimately 'WORK' ('Force X Distance = WORK')(1 Horse Power = 550 Foot

Pounds Per Minute).

The use of the term 'Muscle Memory' is an immediate signal that the user is somewhat misled or confused.

Would you want this type of individual to try to teach you the finer details about achieving a great, reliable, repeatable 'Golf Swing' for monetary compensation?

Be very wary of information sources and, if you are not both comfortable and quite certain of the source and experience contained therein, do not swallow it 'Hook Line and Sinker'.

May give you indigestion and cause you to become irregular!

**'When it comes to some of these Golf Terms  
being repeated over and over...**

**I plead CONTEMPORARY insanity'.**

Q8)

"All my life I wanted to play like Jack Nicklaus,  
and now I do."

Paul Harvey

(said the day after Jack shot the 83  
in the 1981 British Open)