

Chapter 1 : Newnes Companion site - Understanding Engineering Mathematics by Bill Cox

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I followed the same pattern when I turned professional. I watched constantly, learning, experimenting. The one professional who always made a impression on me was Dr. Cary Middlecoff I played with him as often as I could, and the part of his game that I always remembered was the way he built his power around his left side. When I changed my style a few years ago, I kept Middlecoff in mind. I was looking for more power and I found it because I learned to build a solid wall of my left side, a wall that would not move under any circumstances. The theory is, if I have a strong left side and can hit against it, then I can develop a lot of power. At pounds, I need all the power I can find because I have a big family to feed. This straight left wall begins at the top of the left shoulder and continues to the left foot. When I say straight, I mean it literally. The worry is not about my head or my hands , but about the body. It should be perfectly vertical. The upper arm muscles, that is, those about the shoulders swing the arms and the HANDLE end of the club while the muscles of the forearms operating the hands through the wrists swing the club HEAD. The muscles of the forearms must also control the direction in which the club faces. Open Champion and coach Nick Bradley. James Braid Keep the body and wrists under tension a little longer. Another most important point in the timing - there is a strong inclination on the part of the head and body to sway forward as soon as the club gets well under weigh in the downward swing, in too eager anticipation of the finish. When this happens it is fatal. When the body and head get in front of the club the latter is rendered almost useless, and at the moment of impact it is being merely dragged through. Keep them well behind the club ; never let them get in front. In this way the sense of tension and available spring is still further increased, and much is done towards the proper timing of the ball. Then comes the moment of impact. Everything is let loose, and round comes the body immediately the ball is struck, and goes slightly forward until the player is facing the line of flight. The right shoulder must not come round too soon in the downward swing, but must go fairly well forward after the ball is hit. If the tension has been properly held, all this will come quite easily and naturally. Fifth Edition August It is one of the most frequent errors, and it nearly always produces a shot which flies in any but the straight path. Taylor "As regards "slicing" a ball, that is a fault that affects even the best players of the day occasionally. Indifferent and poor performers are apt, of course, to suffer from it in a more virulent form; it is, I think, one of the most frequent faults to be met with upon any course in the country. There is no mistaking the cause of the sliced ball - there is but one thing that is capable of producing this effect. In describing this I said involuntary advisedly; were it otherwise the leading amateurs and professionals would seldom, if ever, be affected in this way. This drawing of the hands in toward the body imparts a twist, or rather a rotary motion to the ball after it is struck, just in the same way as "side" is imparted to the billiard ball - the ball flies away to the right, much to the chagrin of the player. The severity of this curl will vary according to the amount of twist upon the ball as it starts upon its flight, but it will in every case come round to the right if sliced. The cure for the slice is for the player to cultivate a perfect freedom of his arms, to throw them at ball , if I may be allowed to express my meaning in these terms. The greatest freedom is necessary, and that I have found to be the best method of securing it when I have been engaged in teaching". Taylor Give The Club-Head A Start By Harry Vardon "Coming down, the club-head again starts first, the arms follow, and the hips unscrew until the ball is struck, and the pace which the club has been gathering on its downward journey produces what we call the follow-through. There are a few points of detail in connection with this operation which call for consideration. I have said earlier that you start the club-head first by giving the left wrist a gentle half-turn towards the body. This is important, because it will put that wrist into the only position in which it is capable of doing its work properly - that is, arched inwards under the shaft instead of arched outwards. If you turn the hips correctly, the right leg will straighten as you take the club back. You could do with a wooden leg at the top of the swing. As something must give way to accommodate the turn of the body, the left knee bends. Consequently, the heel is

raised from the ground, and as the body-turn continues the pressure on the left is supported by the inside of the foot - to be precise, on that part which stretches from the big joint to the end of the big toe. Give the club-head a start coming down before you begin to bring the arms round and then hit. Give the club head a start on its downward path The Mid-Iron. The club has started down without the body turning The Cleek. The club, it will be noticed, has been started on the down track without any alteration of the pose of the body The Driving Swing. The club head has reached this stage from the top of the swing with only the arms having moved. It is at this point the left knee begins to straighten and the right knee to bend so as to allow the hips to pivot for the hit. Click on an image to view a larger version The all-important matter is to get to the top properly and start down properly ; after that the swing will take care of itself so long as you let it go, keep your head down, and avoid wondering whether you are likely to miss the globe. List Of Charts, Each Chart consisting of five illustrations. The Driving Swing, page ; text page - British Open Champion , , , Albert Scott Article and photographs copyright by J. As the club starts down, the left hip may be pushed slightly towards the hole - not unscrewed, but urged an inch or two forward. The various forms of advice are rarely satisfying. It is best to go back to the root of the evil and to see if it does not originate, as it is almost sure to do, in a faulty balance; in other words, it is advisable to observe where the weight transference has gone wrong. When a slice takes place, the weight has gone forward, and over the top of the ball. The right shoulder has been unpinned too soon, before the moment when the left foot should have been ready to take the weight over and pin the left shoulder in its turn. How can one put the remedy into actual practice? Granted that the principle is understood, it is quite easy for anyone with a golfing imagination to find out a particular cure. I would suggest one or other of the following: Keep the right shoulder pinned a fraction longer. Do not lift it until the club head is practically on the ball. Each of these suggestions has the same end in view, regarded respectively from the position of shoulder, knee, or foot. The object is not to let the plane of the swing get tilted obliquely immediately the down swing commences. The converse of this process has happened with the pull , which is more likely to creep in when the swing is flat. The weight has been kept behind unduly, and there has been too great a falling back from the ball. The right shoulder has been pinned too long. If this is the cause, it will not be difficult to devise a satisfactory antidote. These weight transferences are frequently almost imperceptible. They should flow into one another without abruptness, and when they do this with a natural smoothness the stroke has attained that rhythm which every self-respecting golfer seeks to acquire. The investigation, however, will generally furnish the clue. If it is kept in mind that the arms will naturally follow the shoulder movements, the recovery of the correct action of the body will restore the accuracy of the swing. Longmans, Green and Co. Chapter IV Tee Shots: Something more is required than merely arm movement. Let us consider for a moment what can be done by keeping the arms still and rigid and making a see-saw movement of the shoulders. Quite a long ball can be hit in this way. If we give this last exercise a little thought we realise that the legs are playing an important part in it ; that, in fact, it is dependent very largely on a good foothold and on bending at the knees. We could not hit the ball far if the stance were on ice. Now let consider what happens if we keep the arms rigid and try to drive the ball pivoting at the hips. Wherein lies the motive power in this case? Clearly again the legs come into this movement, even more than in the see-saw movement. That is the first discovery. But what are the conditions for getting the shoulders back on the return movement? There appear be two. First the back muscles must keep a rigid connection between the left shoulder and the right hip ; and secondly the right leg and side must be braced and holding, so that when the time for the return swing has come the whole of the trunk above the hip can be moved by unwinding the right thigh and so causing what may be called a hip-swing. This movement loses power if the muscles from the hip are not braced, for the hips would rotate under the shoulders, leaving them behind. The player must make the down stroke now by means of the arms and wrists only - like the player sitting on the table. Let us now consider the case where the back muscles are braced but when there is no pivoting. The stroke is performed by the arm muscles acting from a rigid centre, viz. The chip and putt are cases of this kind. There is a stern limit to the length that can be obtained. Because there is no pivot and the left shoulder is held. In driving, then, there are two things to be controlled, viz. Edited And Arranged By J. Martin Verulam Golf Club St. Simultaneously with the unwinding of the hips bring the hands downwards close to the body with firm wrists.

Chapter 2 : blog.quintoapp.com - Human Validation

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Chapter 3 : Ryder Cup - Wikipedia

Golf Companion by Bill Cox, Nicholas Tremayne starting at \$ Golf Companion has 1 available editions to buy at Alibris.

A Springboard If You Like, By Dai Rees "The feet have several functions in the playing of golf, and any golfer who is leaden-footed can say good-bye to good scores. Everybody knows that during the golf swing the weight is transferred to the right side and then back again. In attempting that many golfers lift their left heel some considerable distance off the ground, and such an action can easily develop into a sway and generally upset your balance. The golf swing is like a pendulum. It is smooth and in one piece, and it is so because the weight is transferred to the right foot and then back to the left without any exaggeration of the movement such as the one I have already referred to - the excessive lifting of the left heel. Just to make certain there is no sway it is a good plan to concentrate the weight moving over to the right to the inside of the foot. That gives you a fine firm focal point from which to generate power for the downswing - a springboard if you like. First published in Dai Rees on golf Footwork "This resistance - "hitting against the left" - starts in the left foot, so be sure to keep a firm grip on the ground with that foot. At the moment of impact the muscles should have a feeling a firmness all the way from the foot up to the shoulder and from the shoulder down to the hand. This is to support the hand so that it can function as a fulcrum. This I believe myself to be perfectly true, and I will endeavor to describe how it is that I make it. The most important point, which results in long accurate playing, is the keeping perfect time between the raising of the club, after addressing the ball, to the top of the swing, and the raising of the left heel over the left toe as it pivots around. These two motions should take place simultaneously; and the downward swing and the return of the left foot to the exact position it was in when the upward swing commenced should also be simultaneous. At the precise moment when the left heel reaches the ground and the club head strikes the ball, the raising of the right heel over the right toe commences; and it rises in the same proportion as the club rises in the follow through, until both reach their limit, which limit is the very point of your right toe. The minute that point is reached the swing is completed, and unless you allow your arms to follow through until your toe reaches that point, you check your swing and lose distance. Open Champion of Great Britain. Unless they do, you can never become a long straight driver. Another good result of proper body-twist is that the tendency to sway is almost entirely removed. One factor of importance in this consideration is the part played by the left leg while the upward swing is being made. All the men who play with the stiff body, and many others besides, get into the way of pivoting on the left toe and bending the leg more outwards than in any other direction. But you ought not to pivot on the toe at all, and the bend in the knee ought not be outwards. You should pivot on the fore and inner part of the shoe, that part which is occupied by the ball of the foot and the big toe, and when the bend in the leg is made in response to the upward swing it should be inwards and towards the right toe. A purely outward bend is of no more use than if not made at all; while, on the other hand, the inward bend not only greatly facilitates the upward swing, but might almost be said to encourage the body to do the necessary twist. Stance - Top of Swing - Finish Reference: Open Champion, , , AND The ball when it is hit is inclined to travel from the heel towards the toe of the club, and this is brought about in several ways. The right shoulder in the down swing may be coming round too early, the right elbow at the same time may have left the right side, endeavouring to play an excessive part in the stroke. Probably the best way to correct this tendency will be to hold the left side firm and not only to forbid the left hip to relax and fall away, but compel it to point in the direction of the hole at the finish of the swing. To assist in this, it may be found profitable to bring the right foot back, so that there is a greater pressure on the right instep, which will prevent the body from slewing round. At all costs attempt to swing as close to the body as possible when coming down, and after the ball is struck to follow through in an outward direction. Longmans, Green and Co. Chapter IV Tee Shots: Your right side must resist every tendency to follow the club in the backswing; your left side must push against the forward movement of the arms and club at the moment of impact. If you sway in the same direction as your club in the backswing or at the moment of impact, you get the empty shot. Tolley Letting the left side give at the moment of hitting makes the ball fly away to the right, and an easy way to remedy that is to remember to turn the left toe in, so that it is

at least at a right angle to the proposed line of flight of the ball. If he then keeps his left foot firm on the ground it aids considerably in keeping the left side rigid. A too open stance - that is, with the left foot placed in the rear of the right, thus giving a two-eyed stance - will invariably cause a slice. Therefore bring the left foot well up towards the ball. Always, when I wish to make a compulsory slice round some inconsiderable tree that blocks out the direct line to the green, I adopt a more open stance. Then, in making my back swing, I take the club rather out from my body, and in hitting the ball play across my body, taking care not to turn the right hand over in doing so, but rather keeping the face of the club open. Too rigid a grip with the left hand will cause the ball to fly to the right, and to cure that do not increase the tension of the right hand, but rather try to slacken slightly the grip of the left. If both hands are gripping the club too tightly, the player will find that he is unable to swing freely, and will lose distance as a consequence. Another and final cause of slicing is caused by getting the left hand too far under the shaft of the club. Try to get your left thumb just on the right side of the shaft, so that the V formed by the thumb and first finger is in the same alignment as that made by the right hand. It is fatal to exaggerate the lifting of the left heel. It is more important that the left shoulder should be turned fully to point towards the ball. Morrison "If you have difficulty in getting the club back far enough and if you feel that it requires a real effort to raise your arms and hands, you may be sure that the condition is caused by incorrect leg and hip action. You can overcome this trouble by rolling your left foot over toward the inside as the initial movement of your backswing. This action will afford you the necessary freedom in your left side and thus enable you to move your arms and hands back with little or no effort. Lifting the left heel at the start of the swing indicates an improper body action. To start the backswing properly the left foot must roll over toward the inside before its heel leaves the ground. Morrison was a golf instructor. Alex Morrison wrote two books that are now out of print. Turning The Hips For Power Miller Barber Sole of The Left Foot By Arnaud Massy "The moment the wrists have come into play, that is to say so soon as the club head is away from the ball, it becomes impossible to keep the feet in the same position as at first. The left in particular needs to move and it must be allowed to pivot slightly round. To this end the heel is lifted a little and the foot turns on the sole, which remains touching the ground. Not the toes but the side of the boot-sole must be made to pivot, and the sketch below shows the exact spot. Sole of the left foot. The black mark shows the part of the foot on which the pivoting movement should be made during the upward swing. In so pivoting, the weight of the body is almost entirely transferred to the right leg, while the left knee is turned inwards towards it. The right leg is held rather stiff, while the right heel is always planted square on the ground. Ltd, 36 Essex Street W. This translation First Published in Pivoting is a gradual turning of the body, and the two main points to watch are the left shoulder and the right hip. Some people will tell you that the shoulder is the more important, and others the hip. I think it on the whole the best plan to tell my pupils to bear both equally in mind. Few payers realize how this enters into a well-played shot. Perhaps you wonder why it is necessary to raise the left heel at all. In my article on pivoting I explained that in order to properly turn or pivot sufficiently something must give way since one cannot pivot around far enough and still keep both feet flat on the ground without throwing the weight too far forward, so the left knee gives and the heel is raised to accommodate the body turn. But many players in their hurry to hit the ball hit before the left heel is returned to the ground and cannot possibly be in balance to deliver the blow at the ball. In the making of shots of yards from the green and under, it is not necessary to raise the left heel at all as a player can get enough power into his swing by simply bending in his left knee. Illustrations By Hare, Buffalo. Copyright, By Jack Gordon. The extreme point of the club-head is pointed directly downwards. This brief text tells you how to use the music of the record to improve the timing of your shots. It is not the purpose of the record to teach the expert swing. That can only be learned from a golf professional. The record is to help you get better results from your present swing, whatever it may be. It shows you how to time your swing more like the experts and therefore shoot a better game. Just play the music often, while you make easy practice swings with some handy club. In this natural way, you implant the feeling of a well-timed swing in your muscles, where it belongs. Let this Rhythm Record put music in your stroke. Listen to the music just before you leave the house for a round of golf. All you have to do is make your usual swing in slow motion, keeping in time with the music as you listen to the key words: M tests how well you have learned the rhythm. To Sum It Up There is rhythm in a good golf swing. It can be

learned, so practice diligently with the Rhythm Record. Sense the rhythm; take it EA - sy. Return your left HEEL promptly to the ground. When playing in a match: Leave the thinking to your opponent! Robert Winthrop Adams of Waban, Massachusetts, is a registered engineer who has an unusual hobby, the kinematics of the golf swing. Adams Golf Swing Rhythm Record "The way to produce the correct action in the right leg is to concentrate the weight on the inside of the right foot at address, keeping it there throughout the backswing. You are attempting to develop tempo and rhythm, and the best way to do it is to go off somewhere by yourself and give it a try: Begin by taking a narrower stance than normal, for this allows you to exaggerate the rocking motion of the feet. Now try a chip-shot swingâ€”with or without a clubâ€”and feel how the feet move. Then extend the swing by degrees as you get loosened up, until you eventually are using the body action required for a tee shot. The left foot should be rolling in on the backswing, and the right foot rolling in on the downswing.

Chapter 4 : Los Angeles Times - We are currently unavailable in your region

Bill Cox's golf companion by Bill Cox, Nicholas Tremayne starting at \$ Bill Cox's golf companion has 1 available editions to buy at Alibris UK.

William John Cox – William John Cox is an American public interest lawyer, author, philosopher, and political activist. The acre farm on which Cox grew up was initially without irrigation, electricity, or indoor plumbing, the family endured the great Texas drought which caused massive dust storms in the Panhandle. Following the death of his mother when he was four years old and he became a habitual runaway and was declared a ward of the court. In lieu of school, he chose to attend New Mexico Military Institute from which he received a high school diploma in . After a four-year enlistment, Cox was honorably discharged as a United States Navy Hospital Corpsman 2nd Class in , previously known as Billy Jack, Cox discovered in that he had never been officially named. With the option of naming himself, he caused the name of William John Cox to be entered on his birth certificate, Cox and his brothers and sisters had 25 children. With the death of his last surviving sibling in , Cox became the patriarch of his extended family. In the early Sixties, Cox became a part of the New Breed movement to professionalize the American police service, employed in by the El Cajon, California Police Department, he attended the nearby San Diego Police Department Academy from which he graduated with top honors. Although the operational and management volumes had been written 20 years previously under the legendary Chief William H. Parker, completion of the Policy Volume was one of Edward M. Davis primary goals when he became Chief of Police in . Over the next two years, Cox worked independently in researching, drafting, and securing approval of the principles, philosophy, the definition remains in effect and continues to guide all police decision making in Los Angeles. In defining the role of the police in America, Cox wrote and they draw their authority from the will and consent of the people, and they recruit their officers from them. The police are the instrument of the people to achieve and maintain order, their efforts are founded on principles of public service and he started as a Law Enforcement Specialist before being appointed the special assistant of the Director of the Office of National Priority Programs. The Office was responsible for the implementation of criminal justice standards. He was working in Washington, DC when the State Bar results were published, in autographing a photograph of the event, Justice Clark predicted that Cox's voice will be a strong one for equal justice 2. He was of Norman ancestry – his family name originally being DeCaux – and was a descendent of William the Conqueror and his paternal grandfather, George Cox, immigrated from London, England in and founded a dry goods store in Maysville, Kentucky in . Cox was educated in the schools of Maysville. He began working in the store at age fifteen, and he. In , he sold the successful business to the firm of D. Cox took a part in the development of Maysville, financing the construction of the Cox Building in that city. In , Cox married Susan E. Cox and his wife were faithful adherents of the Episcopal church, for seven years, Cox served on the Maysville City Council, presiding over the Council for five of those years. In , he was chosen as the Republican nominee for a seat in the U. House of Representatives, in November , Cox was elected mayor of the city of Maysville. He was the first mayor of the city elected under the new Kentucky Constitution of , Cox was a delegate to the Republican National Convention that nominated Benjamin Harrison for a second term as President of the United States. He was chosen as Kentuckys representative to the delegation that officially notified Harrison of his renomination, Cox was elected to represent Mason and Lewis counties in the Kentucky Senate. He was re-elected once, serving a total of eight years, during his term, he supported the local option solution to the question of prohibition. Legislative history and capitol souvenir of Kentucky, portraits and sketches of Senators, Representatives, and officials and attaches of the various state departments 3. Cox went on to found the Queens Hospital in Bath Row as a resource for his medical students. The Birmingham School of Medicine and Surgery became the Birmingham Royal School of Medicine and Surgery in , Cox's ambition was for the college to teach arts, law, engineering, architecture and general science as well as medicine, surgery and theology. His mother and his siblings moved to Nashville, Tennessee. He graduated from Franklin College in Franklin, Tennessee and studied at the Lebanon Law School, after passing his bar exam, Cox formed a partnership with a prominent

Nashville attorney, and his practice flourished. In , Cox ceased his practice, married, moved back to North Carolina, two years later, he moved to Raleigh and entered politics, running as a Democrat for the state legislature. He was narrowly defeated, losing an election by just thirteen votes in his district. With North Carolinas secession and the outbreak of the Civil War in early and he soon afterwards raised an infantry company and was appointed as the major of the 2nd North Carolina by Governor Ellis. Not long afterwards, the new colonel resigned and Cox assumed command of the veteran regiment and he was formally commissioned as the colonel of the 2nd North Carolina in March In May of that year, Cox was wounded three times in the fighting at the Battle of Chancellorsville, despite his painful wounds, he stayed in command until late in the fighting when exhaustion forced him to retire to a field hospital to be treated. Missing the Gettysburg Campaign due to his injuries, Cox did not return to the field until the Fall of , shipped to the hospital in Richmond, the wound resulted in a day furlough to recuperate. He fought with distinction at the battles of the Wilderness and Spotsylvania Court House, not long afterwards, he was assigned command of a brigade of North Carolina infantry, despite being junior in rank to other colonels in the brigade. Jubal Early in the Shenandoah Valley, at the Battle of Monocacy, Coks brigade played a prominent role in the day-long fighting. Promoted to brigadier general, Cox led a division during the year of the war. He surrendered his men to the Federal army at Appomattox Court House in April , during the course of the war, he survived a total of eleven wounds. After the war, Cox resumed his practice in Raleigh. He endured the death of his wife in and he resigned his judgeship when he was elected to the United States Congress, serving for six years as a representative from North Carolina 5. In the World Series, Cox had a double in Game 2. Cox was a starter and leadoff hitter for the Baltimore Orioles for the first half of After Cox retired, the Orioles never settled on a third baseman until Brooks Robinson won the job in The Orioles used 13 third basemen in , howell was the local district justice and long-time president of the Newport Baseball Association. Cox â€” William Elijah Cox was a U. Born on a farm near Birdseye, Indiana, Cox attended the common and high schools of Huntingburg and Jasper and he graduated from Lebanon University, Tennessee, in He then went to the law department of the University of Michigan at Ann Arbor from which he graduated in He was admitted to the bar July 10., and commenced practice at Rockport, Indiana, moving to Jasper, Indiana and he served as prosecuting attorney for the eleventh judicial district of Indiana Cox was elected as a Democrat to the Sixtieth and to the five succeeding Congresses and he served as chairman of the Committee on Expenditures in the Department of the Treasury. He was a candidate for reelection in to the Sixty-sixth Congress. He resumed the practice of law and also was engaged with a desk-manufacturing company and he died in Jasper, Indiana, March 11, This action was fought in the summer of during the Peninsular War portion of the Napoleonic Wars, Almeida is located in eastern Portugal, near the border with Spain. Lying on an invasion route from Ciudad Rodrigo to Lisbon. However, the banks were steep, with only two bridges, and the French 6th Corps guarded the crossings, so the British were unable to retake the crossings to relieve Almeida. Fresh from the successful Siege of Ciudad Rodrigo, the French army laid siege to Almeida on July 25., brigadier-General William Cox commanded a 4, man Portuguese garrison of three battalions of militia, from Arganil, Trancoso and Vizeu. Some regular British forces were present, including 1, men of the 24th Line Regiment. The defences of Almeida were in repair and stronger than Ciudad Rodrigo which the French had recently taken. In particular, there were over artillery pieces, of which 40 were pounders or heavier, and most were in protected casemates. The French received siege supplies from Ciudad Rodrigo on August 15, the siege train was well supplied with guns, as well as the existing French ones, it also included captured Spanish guns from Ciudad Rodrigo. By August 24, the French lines had eleven batteries in place, throughout, the Portuguese defenders had fired upon the French, with little effect. When the French bombardment opened on August 26 at 6 AM, several quarters of the town were set on fire. The governor was confident in withstanding the assault, until a shell made a freak hit. The great magazine in the castle had been used through the day to supply the defenders, at around 7 PM, one French shell landed in the courtyard, igniting a gunpowder trail that led through the still open door, and set off a chain reaction into the magazine. The ensuing explosion killed defenders and wounded more, the castle that housed the gunpowder was razed and sections of the defenses were damaged, leaving a crater still visible today. Unable to reply to the French cannonade without gunpowder, Cox was

forced to capitulate the following day with the survivors of the blast and cannon, the French lost 58 killed and wounded during the operation. The next action was the Battle of Bussaco, list of the largest artificial non-nuclear explosions Glover, Michael, The Peninsular War 8. Cox is the surviving member of Jimi Hendrix's three main bands, including the original Experience lineup, he was in the Band of Gypsys. While using the bathroom at Service Club 1 during a sudden rainstorm, impressed with what he heard, he introduced himself, told Hendrix he played bass, and they were jamming soon after. They became, and remained, fast friends and they left the military around the same time and they played clubs around Clarksville, Tennessee, finally moving to Nashville. They formed a group called the King Casuals and they played at Nashville clubs, mostly the Del Morocco, and occasional outlying gigs in the southeast, once as far north as Indianapolis playing what was called the Chitlin Circuit. Cox and Hendrix played in the band for Marion James around this time. Chandler took Hendrix to England, but before Hendrix left, he called Cox, Cox Only had three strings on my bass and no money to travel to New York, so he thanked Hendrix and wished him well. In , several months before bassist Noel Redding left the Jimi Hendrix Experience, Hendrix called his old friend Cox, following the break-up of the Experience, Cox became a member of Hendrix's experimental group, tentatively titled Gypsy Sun and Rainbows. This group went on to play at Woodstock and two low-key New York gigs before being disbanded, Hendrix then formed another short-lived group with Cox and Buddy Miles, the Band of Gypsys. They recorded the eponymously titled live LP that he owed former manager Ed Chalpin as part of a legal settlement, following their demise, Cox played a series of shows with Hendrix and Mitch Mitchell in the reformed New Experience, formerly called The Cry of Love. The rendition was completely impromptu according to him and he said he thought to himself at the moment, I realized we had not rehearsed this, I had better lay off. He toured with Hendrix, usually billed as the Jimi Hendrix Experience, Cox lives in Nashville, Tennessee, where he remains active in music, and acts as an ambassador for Jimi Hendrix, his music and philosophy. William Coker

William Coker was an American lawyer, pioneer, and statesman. Coker was born in Amelia County, Virginia in and he was the sixth of ten or eleven children of Abraham and Mary Coker. He was educated at home reading law, and was admitted to the bar in Virginia. Coker engaged in a law practice, and spent more time on the frontier than he did in a law office. He was involved in exploration in the company of Daniel Boone, seeing much of what was to become eastern Kentucky, Coker was an elected member of the Virginia House of Burgesses. In , as a colonel of militia, he led four companies of men into North Carolina's Washington District for action against the Indians, later that year, he left Virginia and moved to what was to become Tennessee. During the organization of the State of Franklin, Coker was elected as the state's delegate to the Congress of the Confederation. In , Coker was chosen as a delegate to the convention that wrote the first Tennessee Constitution, the newly formed government selected Coker to be one of the new state's initial senators, along with William Blount. Coker and Blount presented their credentials to the United States Senate on May 9., the Senate, however, refused to seat Coker and Blount while the debate regarding the admission of Tennessee into the Union was on. When Tennessee was finally admitted on June 1, the issue of Coker, the Federalist Senate held by a narrow margin that Coker and Blount's election was illegal because it had occurred without congressional authorization. The Tennessee legislature duly re-selected Coker and Blount on August 2, Coker's initial term expired on March 4, Later, he was elected by the Tennessee Assembly to the other U. He later resigned this position and moved to Mississippi, there, he was elected to the state legislature in He briefly returned to duty, serving under Andrew Jackson in the Creek War. S, biographical Directory of the United States Congress.

Chapter 5 : Cure A Golf Slice - Footwork - Keeping Perfect Time () By Harry Vardon

First published 2 Bill Cox, Golf Teacher The Swing: Stance And Leg Action, page " The left heel should return to the ground the moment that the ball is hit, as the player at impact should be in the same position he was when addressing the ball.

Typical Slicers, By Nick Bradley "Typical slicers allow the right side of their body to become involved far too early in the downswing, leading to that all too familiar out-to-in swing path through the ball. Similarly, golfers who drive their hips excessively at the start of the downswing and inevitably push or hook the ball will benefit from planting the left leg rather than allowing it to slide forwards. Once this has been achieved the player can then rotate into the left leg rather than slide into it. Foreword by Justin Rose. The pivotal action of the body is not a fundamental of the golf swing at all. The important thing about pivoting is that it is the means by which one of the five fundamental mechanical principles of the swing is observed, and that fundamental is: Weight of the Body. Filmed on location at Arcos Gardens Spain. Maximum Improvement [DVD] Swaying Cause of Slicing By Edward Ray Ted Ray "I have been assured that this is a phase of the game upon which I ought to be qualified to speak with a certain amount of authority, but it must be borne in mind that, beyond a few first principles, perfect driving is obtained by a variety of methods. As an instance that bears this statement, it is only necessary to cite the methods of J. He is as solid as a rock upon the tee, and hardly any movement of the body is perceptible. In my own case, I am aware that in taking the club back I allow the body to go with it, taking care, be it observed, to get back again, and through, in the forward swing. For golfers in general, however, this sway of the body is apt to upset the whole balance of the swing, for the difficulty lies in not getting back again in time; therefore, the steadier that the body is kept, and the more that the arms are used, the better should be the result. One cause of slicing, or what is best described as a "push out" , is that the body has swayed forward in advance of the club, the effect of which is that when the club head meets the ball it does so at an angle that prevents a straight shot. Neither should the body be kept back with the weight on the right leg, for by doing so you deprive yourself of what you have, that is, weight that ought to be used; therefore, at the completion of the stroke the weight should be all on the left foot. If the result, despite this, is a top or a pull, then other factors will have entered into the stroke. You may have smothered it, the result of getting too much in front of the club, or of turning the right hand over the left at the moment of impact; but whatever you have done, that sway of the body too soon has a lot to do with it. Courtesy of LA84 Foundation. Mistiming means that the player has been hasty over the stroke; he has commenced to "hit" too soon, with the result that no force is imparted to the stroke, or rather, what force has been applied has been in swinging the club and not to the contact itself. It is the basis of successful golf. All the good shots in the game all, at any rate, except the putt, which is a thing apart are founded on the principle of the body turning on a pivot instead of swaying back and then lunging forward at the ball. That pivot is the waist. No doubt everybody who has made the slightest study of golf appreciates this piece of orthodoxy, but the number of people who disregard it, even though they realise its importance, constitute about half the golfing world. Why do they fail to observe the first law of the true swing? Presumably the reason is that in the days of their novitiate they fall into a bad habit which becomes ingrained in their constitutions. They perpetrate it without being conscious that they are practising it. That is the way with habits. There is many a person who will declare till he is black in the face that he is not swaying, when you know all the while that he is. Paternoster Row Chart Vi. The Driving Swing, page ; page The Driving Swing With illustrations. Beldam With Contributions By H. Taylor James Braid Alex. Regarded from another point of view, these errors owe their origin to the infringement of the principle of body balance. Unless the arms take upon themselves unnecessary responsibilities, they should follow the central movement of the body. If once the problem of the correct balance is successfully solved, the chances of the swing working out in a proper manner become infinitely greater. Get the balance right first and the rest should follow in the ordinary course. It is the action of the body, the part played by the shoulders and the legs, which govern the initial principles. The arms and wrists are the secondary elements of the swing. An excellent model to illustrate the principle may be seen in the windmill, as representing in an inanimate form a perfectly

firm central structure riveted to the ground, with its arms flying round at full extension in a slow but beautifully regular movement. The windmill, which has a solid base, is not confronted with the difficulties confronting a human being, who has to carry the weight on two feet, closely connected with a pair of loose shoulders. The complexity of balance at once becomes evident. Weight transference must be so managed that the central structure remains firm; and if it gets out of adjustment the trouble begins. Some years ago the importance of this problem agitated golfing circles to such a degree that a weighing machine was constructed to record exact weight transferred to either leg at every portion of the swing, and leading players were invited to swing a club in the position of the Colossus of Rhodes, each foot on a separate weight recorder. The weight, however, must of necessity be continuously shifted, and it is valuable to note a consequence of its action. And what is of equal importance is the fact that when the weight is shifted from the right foot the right shoulder is unloosed and regains its freedom. This principle applies as a matter of course to both feet and both shoulders. Upon the correct transference of weight from the one foot to the other, and the consequent effect upon the shoulders, particularly depends the correct timing of the shot and the preservation of the truth of the swing. Longmans, Green And Co. Chapter IV Tee Shots 1. The pivot of the shoulders should be freer than that of the hips. Too much turning of the hips is weakening to the strength of the blow. The waist is the dividing line between the two pivots. A sliced drive generally reaps the full benefit of the error, for, apart from being considerably off the line, it seldom goes very far. In making this stroke, he instinctively pulls his arms into his side, and this accentuates the slice. The cure for these two faults is to keep the weight almost equally distributed on both feet, with, if possible, a little more weight on the left foot, at the same time remembering to keep the right arm straight when hitting the ball, and keeping it so when following through in the direction of the hole. It is essential that the right arm should be straight as far as the horizontal. If, in taking the club back, the player transfers his weight too much on to his right foot, as he comes forward he brings his weight on to his left foot, this will produce a sway, which will also cause him to slice. That is the fault he must guard against. If you pivot correctly - briefly, to do so you turn the left and right hand sides of your body on your backbone, in a similar way to a revolving door - you will find it practically impossible to sway, and if you remember to hit against your left hip, then you cannot sway at all. Tolley The Cause of Most Slicing By Jack Gordon "Once a player learns to pivot properly, he can keep on his game without constant practice or, in other words, he can "lay off" for a period and get back to top form very quickly. Pivoting is the winding up of the body, like a spring at high tension with distinct feeling of tautness - not looseness or flabbiness. Proper pivoting is the basis and nearly three-quarters of the swing because if all arm action is eliminated, the winding up of the body furnish most of the power ready to be loosed when down swing is begun. Complete pivot, shoulders at right angle to direction line, club shaft pointing to flag Correct - Top of swing. Shows same position as left. Right elbow is kept down and left arm nearly straight Incorrect - Top of swing. Hips have turned around too far, throwing weight of body onto left leg - slice position Incorrect - Top of swing. Shoulders have not turned enough. Shaft pointing to left of direction line - slice position A spring-like Winding of the Body so that the Maximum Amount of Energy may be Directed at the Ball. The foot action works right in and is a vital part of the pivot. On the down swing, or "unwinding", the weight-shifting from right to left begins, with the almost immediate return to the ground of the left heel, certainly by the time the clubhead and arms are half-way down. The unwinding continues greatly aided by the shifting of the weight to the braced stiff left leg, and by the hard pulling of the left arm on the club handle. Then, without detailing, the wrist action levers away the ball by the right climbing over the left with what might be termed a scissors action and the pivot continues until the right shoulder is around in the line with the ball as the left was on the upswing. One of The Causes of Slicing Hip action in the making of a good stroke is of the first importance and I am sure that most players have the wrong impression as to just how the hips should work. The turns of the hips is only in sympathy with the shoulders and should not be a separate movement. If a player should try to turn the right hip round or back when he is making his up swing he is very apt to throw the weight of the body forward to the left leg and this in turn is one of the causes of slicing, for when a player has most of the weight on his left leg and starts down with his swing to hit, he cannot hit the ball cleanly without pulling the weight back again on the right foot - this is about the only way he can hit the ball anyway, for if he should try to finish

forward, as he ought to do, he would be so far forward that he would meet the ball long before he reached the lowest point in swing, and the result would be a digging into the ground after the ball was hit and a low flying ball with a bit of slice on it or badly smothered ball. This pulling of the weight back to the right is one of the main causes of slicing, for by pulling back the player cannot possibly follow out after the ball, but pull the arms in and the club face across the ball at impact, so it will be seen that hip action is of the utmost importance. How The Hips Should Work When a player makes a correct swing, the right hip turns slightly round as about three-quarters of the weight of the body is put on the right leg at the top of the swing. Getting this weight on the right leg prevents the hip from turning very far round, as also does the right foot, which should be placed at a right angle to the direction line, so that on the downswing, as the player transfers his weight forward to the left leg, the hips are moving parallel to the direction line, while the club is swinging on through the ball and they only turn round to the left after they have travelled about a foot to a foot and a half with the ball. Thus, all the weight of the body is put behind the ball which adds greatly to the distance. If, as in the case of slicing, a player should turn his left hip round quickly on the down swing - this is the way to procure a slice - the weight of the body is ahead of the club and even if the player should hit the ball fairly clean he cannot get much distance and the flight of the ball is generally very high and fading off to the right. The habitual slicer should urge the left hip forward to the flag as he starts the downward swing. This keeps him from unwinding too soon and gives him time to get the club head through before the body turns. The body turn should be a rather slow, lazy turn to the flag after the ball has been hit, in fact, the body is pulled around when the swing is made properly so that a player will do well to see that his hip action in the making of the proper pivot is not circular but parallel to the direction line. This means that the balance must be good to allow the hips to move in this way. Illustrations By Hare, Buffalo. Copyright, By Jack Gordon. Golf Illustrated November, The player should proceed as follows: Slowly but firmly unwind at the hips by a forward and downward movement of the right hip and a rotary and upward movement of the left hip. This movement is really the reverse of the hip movements in the up swing. It is accompanied by a slight lowering of the body towards the ground and a splaying of the knees see notes to Figs. The hip movement will be in advance of the shoulders, and when the left heel comes back to earth the left leg should be braced. The left leg below the knee is now taut, and fighting against the tendency of the body to come forward. Above the knee the rotary movement of the thigh and hip continues now as a twist, getting the left side out of the way, as it were, of the stroke see pp. The rotary hip movement brings the shoulders round: As the left arm is coming with the left shoulder, and the left shoulder with the braced hips, the player may be said to be making a sling with his hips. This slinging movement of the hips is one of the secrets of the long ball see p. Simultaneously with the unwinding of the hips bring the hands downwards close to the body with firm wrists.

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"I have been assured that this is a phase of the game upon which I ought to be qualified to speak with a certain amount of authority, but it must be borne in mind that, beyond a few first principles, perfect driving is obtained by a variety of methods.

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James Alfred 'Bill' Cox OBE (18 March - 3 December) was an English professional golfer. He was a member of the British Ryder Cup teams in 1957 and 1961 and tied for 8th place in the Open Championship.

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