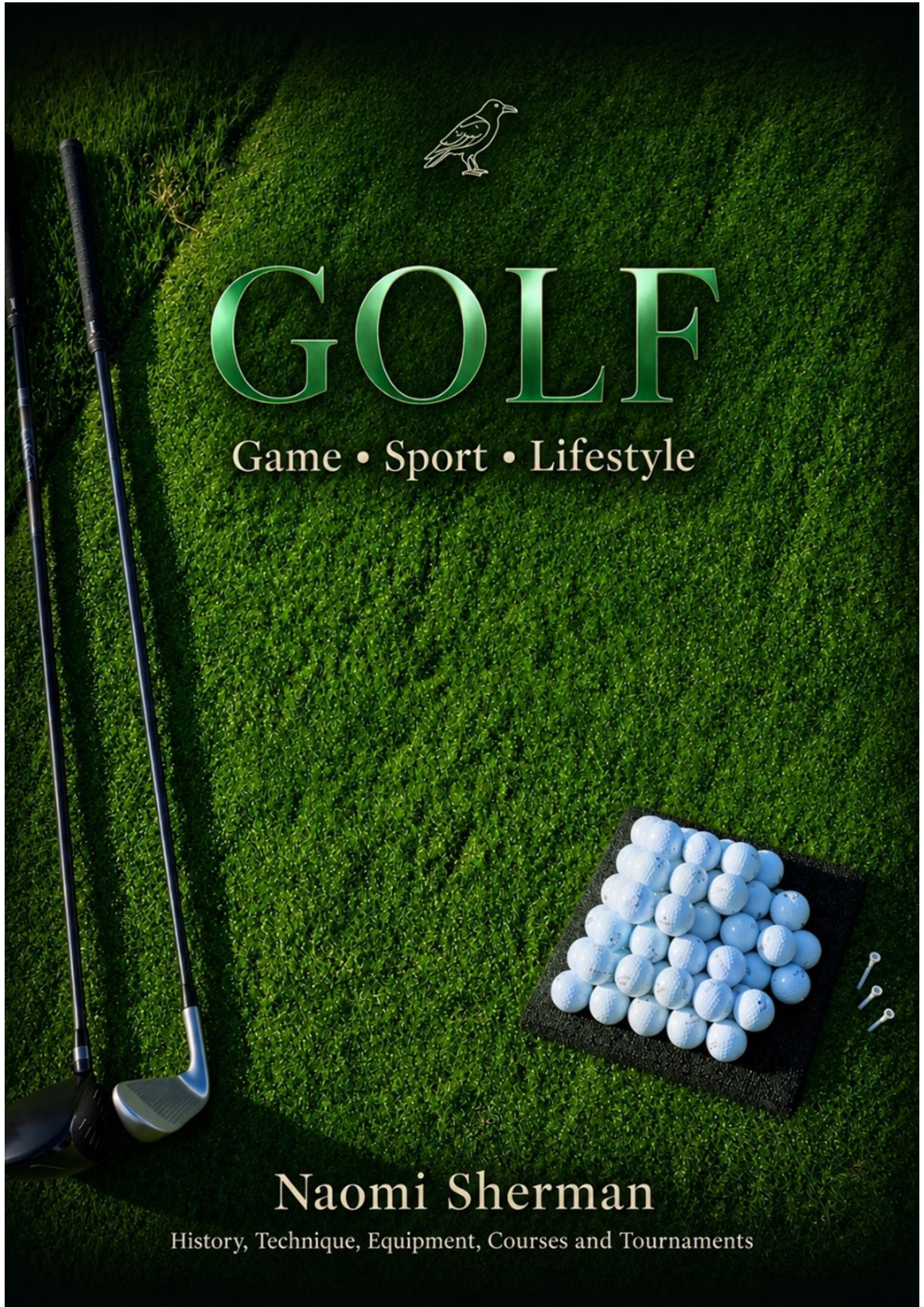

GOLF
Game • Sport • Lifestyle
Naomi Sherman
History, Technique, Equipment, Courses and Tournaments

Naomi Sherman

GOLF. Game, Sport, Lifestyle

«Автор»
2026

Sherman N.

GOLF. Game, Sport, Lifestyle / N. Sherman — «Автор», 2026

Golf is a game with no rush. There is silence, a green field, fresh air, and time that finally belongs only to you. It is a rare chance to stop, breathe out, and feel the day slow down while your thoughts become clearer and calmer.Golf is not about fighting, and not about noise. It is about attention, patience, and pleasure in every moment: from the early morning, when the field is still covered in dew, to the last evening light, when the sun lies softly on the grass. Here, every time you step onto the course is a small journey, where what matters is not only the result, but also the road, the people beside you, and the silence between shots.This book is for those who love quality of life, comfort, and beautiful things. For those who value calm, order, and time spent with meaning. It tells why golf becomes for so many people not just a hobby, but a part of a way of life: a habit of clarity, respect, attention to detail, and attention to yourself.

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History, technique, equipment, courses and tournaments
Naomi Sherman

A practical introduction to golf: the history, rules and purpose of the game, equipment, the course, technique and golf culture.

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Glossary

1. Origins

Golf was not invented by a single person in a single day. The modern form of the game took shape in Scotland, particularly along the eastern coast, although its history is also connected with older stick-and-ball games. The links environment itself was important to early golf: wind, firm ground, short grass and natural undulations.

In 1457, the Scottish Parliament banned golf and football because they were distracting people from archery practice. This ban became the first written evidence of the existence of the game. The ban did not stop golf; rather, it showed that the game was already part of social life.

The word golf is thought to be connected with the Middle Dutch word colf, meaning a game played with a stick and ball. Golf differed from continental European games in its objective: the target was not a gate but a hole in the ground; the course was not a flat rectangle but natural terrain.

The first clubs were made from ash and walnut, with long, narrow heads. The earliest known balls were wooden. Later came the featherie: a leather pouch filled with boiled goose feathers. It took hours to make, was expensive and did not travel very far.

In 1744, the Gentlemen Golfers of Leith prepared the first known written rules of golf — a 13-point set of rules — for a competition at Leith Links. In 1754, the Society of St Andrews Golfers was established at St Andrews. In 1764, the Old Course was reorganized and the number of holes was reduced from 22 to 18; the 18-hole format later became generally accepted.

In 1848, a ball made from gutta-percha, obtained from the hardened sap of tropical trees, appeared. Players noticed that damaged and rough surfaces on these balls often flew better. This was one of the historical steps toward understanding the aerodynamics of a ball's surface. In 1860, the first The Open Championship was held at Prestwick.

What were the first accessories like?

The first golf clubs did not resemble modern clubs. A long wooden head, usually made from apple or pear wood, was attached to an ash shaft; the shaft itself was flexible and long. A player could not expect consistent results as today: every club was handmade, and even two clubs made by the same craftsman could differ in weight and balance. For this reason, in early golf a single favorite club or two that a player had learned to use over many years could be more valuable than a set.

The featherie ball required special care. In damp weather, the leather softened and the ball lost its shape and distance. Players dried the balls beside a fire and stored them in dry pouches; losing a ball in the dunes was a real loss — its value could be comparable to a craftsman's daily earnings. Under these conditions, the game taught caution: an indiscriminate shot into high grass or water could be costly.

The tee did not exist in its modern form at that time. The ball was placed on a small mound of sand; the name tee is also associated with the Scottish word teaz. The sand mound was unstable and the player shaped it by hand. This explains why the first shot was considered one of the most variable shots for a long time: the height and stability of the support depended on the player.

The clothing of early players was not sportswear in the modern sense. They played in everyday clothing of the period, taking wind and rain into account. Club clothing, dress codes and specialized shoes appeared later as golf developed into a club activity. Even then, comfortable shoes that provided good grip and clothing that did not restrict the rotation were valuable.

The rules of the first tournaments were short and often verbal. In 1744, the rules at Leith fit on one page: how to play, how to keep score and what to do in a dispute. This principle has survived to the present day: the Rules of Golf are still written so that a player can act as their own referee. In golf, honesty is not an element added to the rules; it is fundamental to them.

It is important to understand the standardization of 18 holes without the whisky legend. At St Andrews, the course was reorganized by combining short holes, producing 18 holes. Other clubs adopted the format because they wanted to compare results and organize common tournaments. The standard became established not because of a legend, but because it made comparison easier.

Конец ознакомительного фрагмента.

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