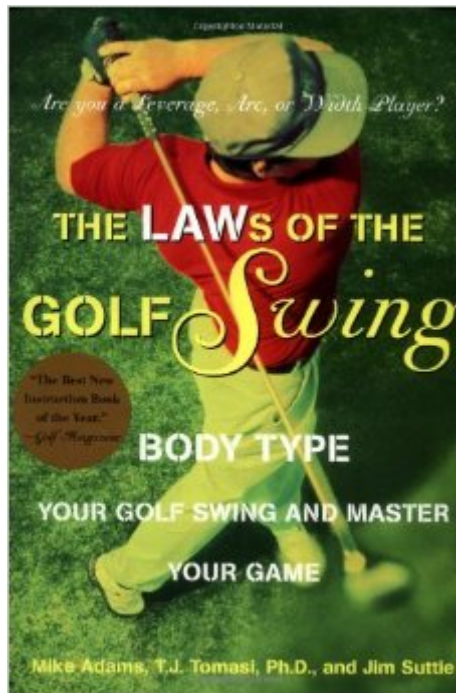


The book was found

The LAWs Of The Golf Swing: Body-Type Your Golf Swing And Master Your Game



Synopsis

"Swing doctor" Mike Adams and two the top golf instructors present a revolutionary teaching model that shows players how they can match their swings to their body type to dramatically improve their game. Are you a Leverage, Arc , or Width Player? The authors of The Laws of the Golf Swing provide five straightforward tests' accompanied by step-by-step photos' that golfers can use to identify their own body type. Everyone falls into one of the three basic types: Leverage players, such as Jim Colbert, Nick Price, and Annika Sorenstam, have average build and flexibility; Arc players, such as Tiger Woods, David Love III, and Michelle McGann, are long-limbed and have extra flexibility; and Width players, such as Arnold Palmer, Craig Stadler, and Meg Mallon are less flexible but have more upper body strength. A person's golf swing is highly dependent of physique, personal strengths, and natural tendencies. By taking these five simple tests, readers can identify their own body type, discover their true swing, and then perfect it.

Book Information

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Customer Reviews

If you have read several golf instruction books or magazine articles about the full golf swing, then you have surely noticed that they don't all say the same thing. They give conflicting advice.

Sometimes the conflict is more apparent than real, because different teachers may use different words and images to try to convey the same ideas. But in other cases there are real conflicts in the advice. For example, should your 5-iron ball position be two inches inside your left heel, or in the center of your stance? Should you use a strong grip or a neutral grip? Should you start the backswing with a one-piece takaway (arms, hips and shoulders together) or should you lead with

your hands? Should you start the downswing with a hip-slide or a knee kick or what? And do the hips lead the arms or should they start together? Mike Adams et al help you sort out all of this conflicting advice and find the swing that is best for you. They describe three different swing types ! (Leverage, Arc, and Width [with two variations of width]) and explain which setup and swing elements go together successfully, and which elements cannot be successfully combined ("magic versus tragic" combinations). Your correct swing type depends mainly on your body build, and also on your flexibility. Once you understand your ideal swing type, you can fine tune it according to your typical ball flight pattern. In the two months before I bought the LAWS book I had been trying to learn to swing like Jack Nicklaus as described in his Golf My Way book. I wasn't having much success at it. The LAWS book explained why: I'm not built like Jack, and I'm not as flexible as he is (or was).

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