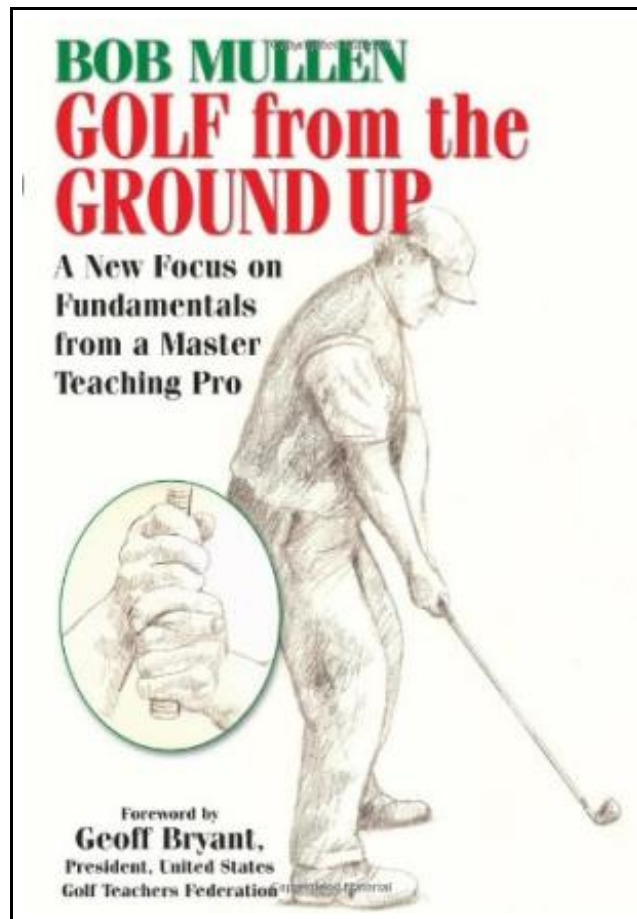


Golf from the Ground Up: A New Focus on Fundamentals from a Master Teaching Pro (Paperback)



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Reviews

Extremely helpful to all of group of individuals. It really is loaded with knowledge and wisdom Its been designed in an extremely basic way and is particularly simply after i finished reading through this ebook where actually altered me, affect the way i believe.

(Lily Ryan)

GOLF FROM THE GROUND UP: A NEW FOCUS ON FUNDAMENTALS FROM A MASTER TEACHING PRO (PAPERBACK)



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Burford Books,U.S., United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Groundbreaking studies show that the adult brain can learn only one new motor skill at a time. The golf swing is a series of fundamental motor skills, all simple to learn, but not easy to master or combine. Mastery of these fundamentals is the key to consistently good golf, round after round. In *Golf from the Ground Up* Bob Mullen emphasizes the critical importance of the platform, the synergy of grip, stance, footwork, rotation, alignment, and ball position. A repeatable swing cannot happen until the fundamentals of the platform are mastered. Errant shots come from errors in the platform, not the swing. Get your platform fundamentals correct, writes Mullen, and the swing corrects itself. This book also addresses the slice-- the number one fault in golf --with a fresh analysis of why the slice occurs and how to cure it. The Author's Note section breaks new ground on one of golf's perennial questions, Hogan's secret, with Mullen's insightful analysis of how Hogan achieved his remarkable clubhead speed. With clear, detailed explanations of skills golfers need to know, and drills and exercises to make them permanent, this book will help all struggling golfers take their games to a higher level.



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