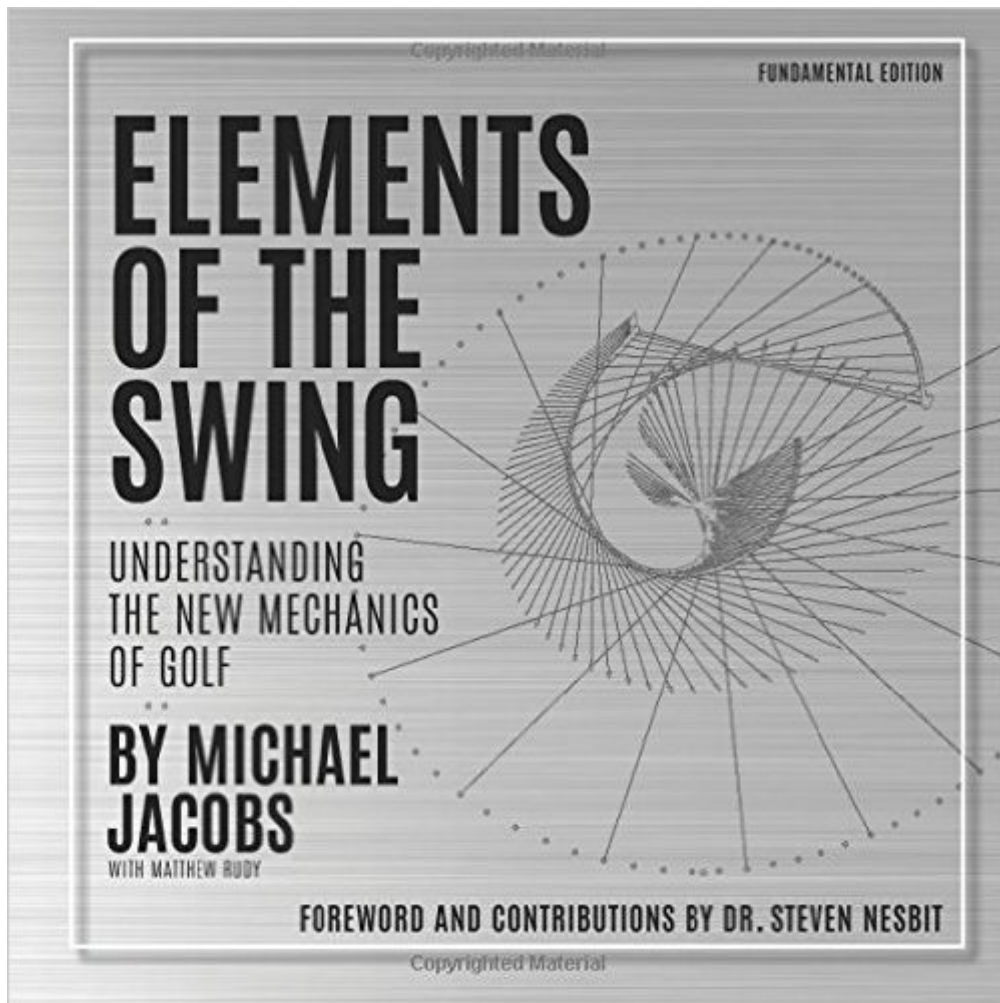


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# Elements Of The Swing: Fundamental Edition



## Synopsis

For as long as golfers and golf instructors have been in the game, they've been searching for better ways to understand the swing. Until now, they've always had to rely on the RESULT of a swing—seeing positions or movement live or in pictures or video, or data on TrackMan. Not anymore. In the *Elements of the Swing*, Michael Jacobs introduces the first swing analysis that looks at what CAUSES the club to move. Based on a seven-year research project with preeminent golf scientist Dr. Steven Nesbit, *Elements of the Swing* uses analysis from Jacobs and Nesbit's cutting-edge new software to show for the first time WHY a club moves the way it does, not just HOW. *Elements of the Swing* is the first book to explain the basic physics of the club's movement in a way that any player or teacher can both understand and immediately use. You'll learn about the factors that give each swing its unique fingerprint, and how to change your swing in ways that lead to improved performance—not just improved positions, aesthetics or numbers on a TrackMan screen. It will become one of the game's standard teaching texts.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (23 customer reviews)

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## Customer Reviews

Very informative and different from most golf instructional books. It is not a how-to manual advocating a particular swing. It is a presentation of teaching concepts describing and showing the hub path (point between the hands), shaft, and club head during the swing of a high handicap player, scratch player, and professional and the forces and torques that caused the swing. The book doesn't spell out these differences in most cases and attention and some effort is required to compare and contrast the diagrams. That is where most of the learning takes place. Although more than half of the book is graphics generated by 3d software, it is neither a quick read nor for the faint

of heart. The book will be most useful for golf professionals already using Trackman and other technology during lessons. This book provides data and diagrams that challenge some of the central tenants of conventional golf instruction. For that reason the book has stirred a hornets nest within the golf instructor community and drawn harsh criticism from some. A David Ledbetter or Hank Haney book on the full swing it is not. As a mid-handicapper I rate the book 5 stars because it has helped me in the past two weeks. I have consciously changed my hub/hand path, resulting in better contact and stronger ball flight. The book describes among several concepts the importance of the hand/hub path, the point between the hands on the grip, and it provides diagrams and data. I have concentrated on one thought: "good players generally move the hub path in a way that causes the club to stay back and close to the body at the beginning of the downswing, and then they make a sharp curve with their hub to allow the club to swing out and snap around down near impact. Poor players do the opposite.

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