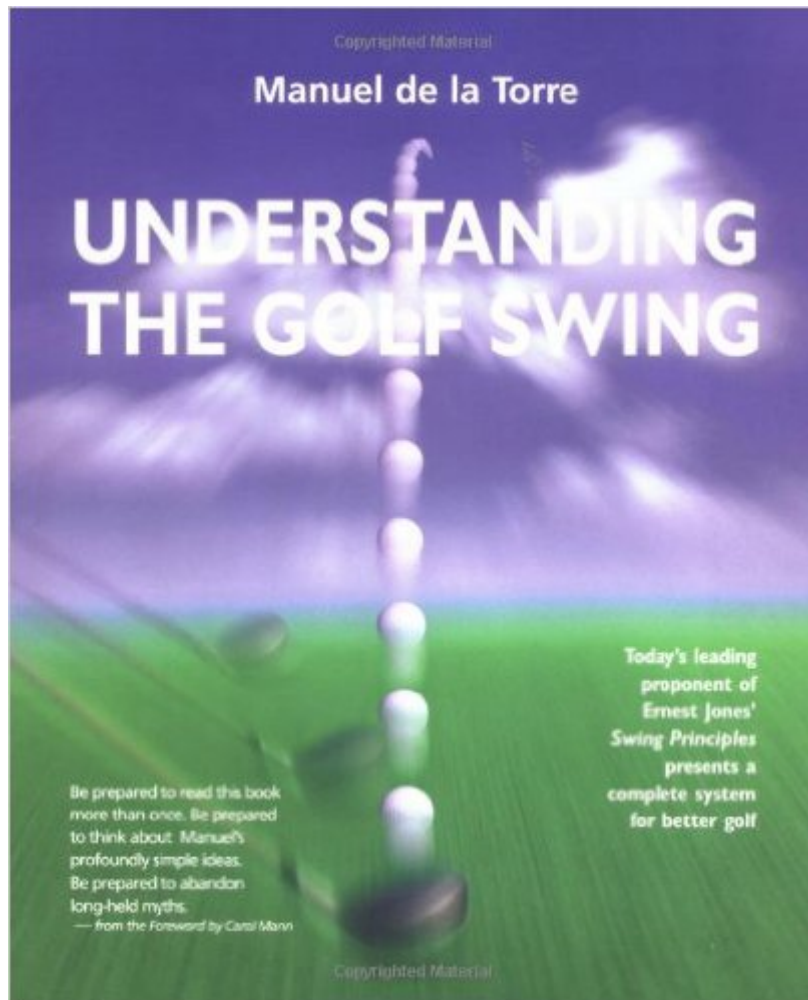


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# Understanding The Golf Swing



## Synopsis

Understanding the Golf Swing will show you a different, simpler approach to the golf swing. Manuel de la Torre, twice named by Golf Magazine as one of the top 100 golf instructors in America is the leading modern day proponent of Ernest Jones's Swing Principles method of golf instruction. The book includes a passionate Foreword by Carol Mann, Member LPGA, Hall of Fame. The de la Torre (and Jones) system presents a simpler approach to the golf swing, the emphasis being on the development of a true swinging motion, devoid of energy robbing leverage. In this view, "if the club is used properly the body movements take care of themselves." This simple statement has the power to bring about profound improvements in your game. While presenting a simpler approach to the golf swing, the book is also a comprehensive resource for all levels of golfer, from the beginner to the professional. It includes:

- The most thorough analysis of ball flights found in any golf instructional book.
- Detailed discussion of special shot play, including sand play, pitching, chipping, putting, and playing unusual shots.
- Coverage of the mental side of golf, effective course management, and a formula for taking your best practice tee shots to the golf course.

## Book Information

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Average Customer Review: 4.3 out of 5 stars See all reviews (118 customer reviews)

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## Customer Reviews

Am an avid golfer and over the past 30 years, have enjoyed reading every golf instruction book possibly ever written, and tested each theory in the process. This book encompasses all instruction ever written, in that it shows why each theory is correct, but only for the author. In other words, de la Torre shows and proves that moving a golf club in a positive manner using a swinging motion, will

create different idiosyncracies for each person moving the club. Hogan moved it differently than Nicklaus, who moved it differently than Tiger, etc etc. However, the common denominator in all is that each of their bodies responded to the swinging motion of the clubhead, in order to produce the intended result: that of moving the club in a centrifugal motion toward the target. De la Torre's golf theory comes from his father Angel and from the seminal voice of Ernest Jones, father of the Swing the Clubhead theory. De la Torre differs from Jones in his explanation for swinging the clubhead in a simple yet I believe correct way. Instead of the hands swinging the clubhead all the way through the swing, de la Torre believes that on the downswing, the golfer swings the entire club (not just the clubhead) using the arms (that part of the arm from the shoulder to the elbow) toward the target, and that the body responds to the movement of the clubhead while using the arms. After all, centrifugal force starts at the center of the circle, the radius point, and that in a golf swing is between the shoulders - this is precisely why he says swing with the arms on the downswing. His teaching revealed to him that the language of swing the clubhead only on the downswing made golfers too handsy, as the golfer's hands should instead be sensing and reacting to the outward pull of the clubhead.

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