



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

By Bob Mullen

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 s 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...



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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**