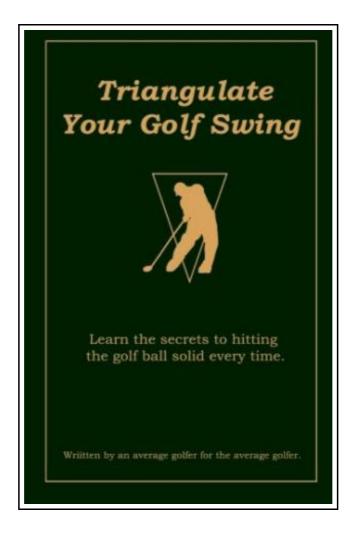
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Reviews

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(Dr. Jarrett Bednar)

TRIANGULATE YOUR GOLF SWING



Createspace, United States, 2011. Paperback. Book Condition: New. 212 x 136 mm. Language: English . Brand New Book ***** Print on Demand *****. How many ways are there to swing a golf club? Golf magazine writers and TV commentators certainly don t have a shortage of golf swings to analyze. So, I suppose we will never know the answer. This all creates a certain amount of confusion for the average golfer who is trying to improve their swing. After years of frustrating golf and countless swing changes, I thought that there must be a simpler way to look at the golf swing. Rather than look at all the differences, I wondered instead if there was something that all good golfers do that the average golfer generally does not. Anyone that is serious about golf certainly needs to learn the fundamentals, but what I was looking for had more to do with what I call The Principles of Triangulation. Although inherent to all good golf swings, these principles are rarely given priority when it comes to golf analysis. I believe they are at the heart of every good golf swing and at the core of every good golf shot. Inside your will find a thorough explanation of these principles along with illustrations and drills to help you apply them to your swing. Additional subjects include how to reduce tension, creating lag and how to start the downswing, the difference between a one-plane swing and a two-plane swing and why you should never change your natural way of swinging, and much more. Learning to apply traits that are common to all good players has made my game much more enjoyable and I sincerely hope they do the same for yours - Ron Celano.



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