

the single plane golf swing

the single plane golf swing is gaining popularity among golfers seeking simplicity, consistency, and improved ball striking. By focusing on keeping the club and arms on a single plane throughout the entire swing, this method aims to minimize common errors and maximize efficiency. In this article, you'll discover the fundamentals of the single plane golf swing, its advantages over traditional swing methods, crucial setup and mechanics, how to avoid typical mistakes, and strategies for integrating this swing into your practice routine. Whether you're a seasoned golfer or just starting, understanding the single plane golf swing can help you refine your technique, lower your scores, and enjoy the game more. Continue reading to uncover professional insights, actionable tips, and detailed guidance designed to optimize your golf swing for better results.

- Understanding the Single Plane Golf Swing
- Key Benefits of the Single Plane Golf Swing
- Essential Setup and Mechanics
- Common Mistakes and How to Avoid Them
- Training Drills for Single Plane Swing Improvement
- Integrating the Single Plane Swing into Your Game
- Frequently Asked Questions About the Single Plane Golf Swing

Understanding the Single Plane Golf Swing

The single plane golf swing is a simplified approach to golf swing mechanics where the club and arms remain on a consistent plane from setup through impact. Unlike the traditional two-plane swing, which often requires complex movements and timing adjustments, the single plane swing reduces variables, helping golfers achieve more consistent ball striking. This method was popularized by golf legend Moe Norman and has been further developed by instructors aiming to make golf more accessible. The single plane swing emphasizes alignment, posture, and rotational movement, offering a reproducible motion for players of all skill levels.

Origins and Evolution of the Swing Technique

Moe Norman is widely recognized as the pioneer of the single plane golf swing. His unique approach, characterized by a distinct setup and powerful, repeatable swing, inspired many golfers and coaches. Over the years, the technique has evolved, with modern instructors incorporating biomechanics and sports science to refine the approach. Today, the single plane golf swing stands as an alternative to traditional methods, offering a systematic way to improve consistency and accuracy.

Single Plane vs. Traditional Swing Methods

In the traditional two-plane golf swing, the club travels on one plane during the backswing and another during the downswing. This requires precise timing and coordination, which can lead to inconsistencies, especially for recreational golfers. The single plane golf swing eliminates these complexities by ensuring the club remains on the same plane throughout the motion. This reduction in moving parts leads to a more repeatable swing and fewer mishits.

Key Benefits of the Single Plane Golf Swing

Golfers who adopt the single plane golf swing often experience a range of benefits that enhance both performance and enjoyment of the game. By streamlining swing mechanics, this method offers greater reliability and easier implementation for players at any level.

Consistency and Repeatability

One of the standout advantages of the single plane golf swing is its consistency. With fewer moving parts and a simplified motion, golfers are able to reproduce the same swing more reliably. This repeatability translates into better ball striking and more predictable results on the course.

Reduced Risk of Injury

The single plane swing minimizes unnecessary movement and awkward positions, helping to reduce strain on the back, shoulders, and joints. By maintaining proper posture and alignment, golfers can enjoy longer playing careers with less discomfort.

Improved Accuracy and Ball Striking

With arms and club moving on a unified plane, the likelihood of slicing or hooking the ball decreases. Golfers find it easier to square the clubface at impact, resulting in straighter shots and enhanced control over ball flight.

- Greater consistency and reliability
- Lower risk of common swing-related injuries
- Enhanced accuracy and control
- Simplified learning curve for new golfers

Essential Setup and Mechanics

Proper setup is the foundation of a successful single plane golf swing. Attention to body alignment, grip, and posture is crucial for maximizing the benefits of this technique.

Address Position

In the single plane golf swing, the hands are set higher at address, and the club shaft aligns more closely with the lead arm, forming a straight line from shoulder to clubhead. Feet are shoulder-width apart, knees slightly flexed, and weight balanced evenly. This position ensures the swing starts on the correct plane and increases the chances of a clean strike.

Backswing and Downswing Mechanics

During the backswing, the golfer rotates the shoulders and hips while maintaining the club's alignment with the lead arm. The club stays on the same plane as the arms, avoiding the steep or shallow angles common in traditional swings. On the downswing, the body unwinds smoothly, and the club returns to the starting position, facilitating a square impact with the ball.

Follow-Through and Finish

A balanced follow-through is vital for consistency. After impact, the golfer continues to rotate, keeping the arms extended along the plane. The finish position should feel natural and stable, with weight shifted to the lead foot and chest facing the target.

1. Set up with hands higher and club aligned with lead arm
2. Rotate shoulders and hips on backswing, maintaining the plane
3. Return club to address position through smooth downswing
4. Extend arms and finish with balanced rotation

Common Mistakes and How to Avoid Them

Although the single plane golf swing is designed to simplify golf mechanics, golfers may encounter certain errors if they do not adhere to the key fundamentals. Recognizing and correcting these mistakes is essential for optimal performance.

Incorrect Setup and Alignment

Falling out of the proper setup position can compromise the effectiveness of the swing. Ensure that the hands and club are correctly aligned, and avoid letting the wrists drop or the club shaft become disconnected from the lead arm.

Overuse of Arms Instead of Rotation

Some golfers mistakenly use their arms to power the swing instead of rotating the body. In the single plane golf swing, focus on turning the shoulders and hips as the primary source of power, keeping the arms passive and on-plane.

Loss of Balance During Follow-Through

Maintaining balance is crucial throughout the swing. Avoid overextending or swaying, which can lead to mishits and inconsistency. Practice finishing in a stable, balanced position every time.

Training Drills for Single Plane Swing Improvement

Incorporating targeted drills into your practice routine can accelerate mastery of the single plane golf swing. These exercises reinforce proper mechanics and build muscle memory for consistent results.

Plane Board Drill

Using a plane board or alignment stick, practice swinging along the plane. This visual aid helps you maintain the correct club path and body alignment throughout the motion.

One-Arm Swings

Performing swings with only the lead arm encourages proper connection between the club and arm. This drill promotes a unified plane and prevents overuse of the wrists and hands.

Slow Motion Practice

Executing the swing in slow motion allows you to focus on each phase—setup, rotation, downswing, and follow-through. Repeat this exercise to ingrain the correct movements and improve overall control.

Integrating the Single Plane Swing into Your Game

Transitioning to the single plane golf swing requires patience and commitment. Gradually introduce

the technique into your practice sessions, starting with short irons before progressing to longer clubs. Monitor your progress using video analysis or feedback from a qualified instructor. Over time, you will notice improvements in consistency, accuracy, and confidence on the course. Many golfers find that the single plane swing not only simplifies their technique but also makes the game more enjoyable.

Frequently Asked Questions About the Single Plane Golf Swing

Q: What is the main difference between the single plane golf swing and the traditional swing?

A: The single plane golf swing maintains the club and arms on a unified plane throughout the motion, while the traditional swing uses two different planes for the backswing and downswing, requiring more complex movements and timing.

Q: Can beginners benefit from learning the single plane golf swing?

A: Yes, beginners often find the single plane swing easier to learn and more repeatable, which can lead to faster improvement and greater enjoyment of the game.

Q: Does the single plane golf swing reduce the risk of injury?

A: By simplifying movement and promoting proper posture, the single plane swing can decrease strain on joints and muscles, helping golfers avoid common injuries associated with traditional swing methods.

Q: Are there any professional golfers who use the single plane swing?

A: Moe Norman is the most famous advocate of the single plane swing, and many instructors teach the technique to amateurs and professionals seeking greater consistency.

Q: Will switching to the single plane swing affect my distance?

A: Some golfers may initially notice a change in distance, but with proper mechanics, the single plane swing can produce powerful and accurate shots comparable to traditional methods.

Q: What equipment is needed to practice the single plane golf

swing?

A: Standard golf clubs are suitable, but some golfers use training aids like plane boards, alignment sticks, or video analysis tools to reinforce proper mechanics.

Q: How long does it take to master the single plane golf swing?

A: Mastery varies by individual, but consistent practice with focused drills can yield noticeable improvements within a few weeks to months.

Q: Can the single plane golf swing help fix a slice or hook?

A: Yes, the unified plane and improved clubface alignment at impact can help reduce slices and hooks, resulting in straighter shots.

Q: Is the single plane golf swing suitable for senior golfers?

A: Many senior golfers benefit from the single plane swing due to its reduced physical demands and lower injury risk.

Q: Should I seek professional instruction to learn the single plane golf swing?

A: Professional instruction can accelerate learning and help you avoid common mistakes, but many golfers successfully adopt the technique through dedicated practice and online resources.

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The Single Plane Golf Swing: Mastering Simplicity for Consistent Power

Are you tired of inconsistent shots, frustrating slices, and a golf game that feels more like a lottery than a skill? Many golfers chase complex swing mechanics, believing the key to improvement lies in

intricate movements. However, a simpler, more effective approach exists: the single plane golf swing. This comprehensive guide will demystify this powerful technique, revealing how maintaining a consistent plane throughout your swing can unlock greater accuracy, power, and consistency. We'll explore the core principles, common misconceptions, and practical drills to help you master this game-changing approach.

What is the Single Plane Golf Swing?

The single plane golf swing emphasizes maintaining a consistent swing path on a single, relatively flat plane throughout the backswing and downswing. Unlike swings that incorporate significant changes in plane, this method promotes a more natural, efficient motion, reducing the chances of errors stemming from complex movements. This doesn't mean a completely flat swing; instead, it focuses on minimizing the vertical arc and maintaining a more linear path. Think of it as swinging the club along a single, slightly inclined plane from your backswing to your follow-through.

Benefits of the Single Plane Golf Swing

The advantages of adopting a single plane swing are numerous and significant for golfers of all skill levels:

Increased Consistency: By simplifying the swing, you eliminate many potential points of error associated with complex plane changes. This leads to more predictable and repeatable shots.

Enhanced Power: The more efficient, linear motion generated by the single plane swing allows for a more powerful transfer of energy from your body to the clubhead.

Improved Accuracy: A consistent swing plane translates directly to better accuracy. You'll find your shots landing closer to your target with greater frequency.

Reduced Injuries: The smoother, more natural motion of the single plane swing places less stress on your joints and muscles, minimizing your risk of injury.

Easier to Learn and Maintain: For beginners, the simplicity of the single plane swing makes it easier to grasp fundamental mechanics. Even experienced golfers can benefit from its streamlined efficiency.

Understanding the Core Principles

Several key principles underpin the effectiveness of the single plane golf swing:

Maintaining a Consistent Wrist Hinge: Proper wrist hinge is crucial. Avoid excessive wrist cock in the backswing, instead focusing on a more controlled, shallow hinge.

Controlled Shoulder Turn: Your shoulder turn should be smooth and controlled, avoiding over-rotation. This prevents the club from straying from the single plane.

One-Piece Takeaway: The takeaway should be a one-piece movement, with your arms and club

moving as a single unit, maintaining the plane from the very beginning.

Consistent Downswing Path: The downswing should follow the same plane established in the backswing, promoting a smooth, powerful transfer of energy.

Common Misconceptions about the Single Plane Golf Swing

Many golfers misinterpret the single plane swing, leading to ineffective implementation.

It's a completely flat swing: This is a common misconception. The swing plane isn't perfectly flat; it's slightly inclined. Aim for a smooth, controlled arc, rather than a completely horizontal movement.

It's only for beginners: While easier for beginners to learn, the single plane swing is highly beneficial for golfers of all levels, offering improved consistency and power.

It restricts power: This is false. A well-executed single plane swing can actually generate significant power due to its efficiency.

Drills to Master the Single Plane Golf Swing

Practicing specific drills will significantly improve your ability to maintain a single plane.

Towel Drill: Place a towel under your armpit during your swing. This helps you maintain a connected feeling between your arms and body.

Alignment Sticks: Place alignment sticks parallel to your intended target line. Practice your swing, ensuring your club stays between the sticks throughout.

Swinging with a Shorter Club: Using a shorter club (like a 7-iron) allows you to focus on the feel of the swing plane without worrying about excessive distance.

Conclusion

The single plane golf swing offers a powerful and efficient approach to improving your game. By focusing on simplicity, consistency, and mastering the core principles outlined above, you can unlock greater accuracy, power, and overall enjoyment on the course. Remember to practice regularly and utilize the drills suggested to refine your technique and experience the transformative benefits of this effective swing method.

FAQs

1. Is the single plane golf swing suitable for all golfers? Yes, golfers of all skill levels, from beginners to seasoned players, can benefit from the single plane swing's simplicity and efficiency.
2. How long does it take to master the single plane golf swing? Mastering any golf swing takes time and dedication. Consistent practice and focused drills will accelerate your progress.
3. Can I transition from a traditional swing to a single plane swing? Yes, with proper instruction and practice, you can successfully transition to a single plane swing. It's recommended to work with a qualified golf instructor for personalized guidance.
4. What are the most common mistakes to avoid when adopting the single plane swing? Avoid over-rotating your shoulders, excessively cocking your wrists, and letting the club stray from the established plane during the backswing and downswing.
5. Are there any specific golf instructors who specialize in teaching the single plane golf swing? Many golf instructors incorporate the principles of the single plane swing into their teaching methods. Researching instructors in your area and seeking reviews can help you find a suitable professional.

the single plane golf swing: The Single Plane Golf Swing Todd Graves, Tim O'Connor, 2015-03-03 "Through this wonderful book, frustrated golfers can learn to swing like Moe [Norman] and improve their games." —Anthony Robbins, #1 New York Times–bestselling author The mysterious and reclusive genius Moe Norman is acknowledged as the best ball-striker in the history of golf by many of the game's greats. The Single Plane Golf Swing: Play Better Golf the Moe Norman Way reveals the secrets of the swing that enabled him to hit the ball solidly with unerring accuracy and consistency—every time. Norman's simple, efficient, and easily understood Single Plane Swing has improved the games of thousands of golfers. Golf professional Todd Graves, known as "Little Moe" and regarded as the world authority on Norman's swing, comprehensively teaches readers the mechanics, drills, and feelings of the Single Plane Swing that Moe called "The Feeling of Greatness." Graves shares Norman's brilliant insights and liberating approach to the game and demonstrates why the conventional "tour" swing is too complex and frustrating for the majority of amateurs. Illustrated with more than 300 photographs and written with Tim O'Connor, Norman's biographer, the book also engagingly tells Norman's bittersweet life story and explores the teacher-student bond forged between Norman and his protégé Graves. "One of golf's greatest untold stories, Moe Norman's life illustrated a simple and powerful truth: greatness is built from practicing the right swing in the right way. In this book, Todd Graves has given us a blueprint for that swing, for those practice habits, and most of all for a process that builds success." —Dan Coyle, New York Times–bestselling author of The Culture Code

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story and explores the teacher-student bond forged between Norman and his protégé Graves.

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the single plane golf swing: The Plane Truth for Golfers Jim Hardy, John Andrisani, 2005-03-24 Jim Hardy is the most knowledgeable teacher in golf. This extraordinary book will be the most revolutionary instructional book since Ben Hogan's *Five Lessons*. --Peter Jacobsen, Seven-time PGA Tour event winner Voted one of America's 50 Greatest Teachers by *Golf Digest* and ranked in the Top 100 Teachers list of *Golf* magazine, Jim Hardy is a veritable scholar of swing. He's been fixing the swings of professional and amateur golfers since 1977, and in *The Plane Truth for Golfers*, he makes his groundbreaking concepts available to you for the first time. Hardy's revolutionary approach is simple: There are two sets of fundamentals to the swing, not one. There is the one-plane swing, for more athletic players, and the two-plane swing, suitable for players of all abilities. Understanding these concepts is crucial to your improvement, and Hardy breaks them down into easy-to-follow steps, complete with dozens of photographs.

the single plane golf swing: Solid Contact Jim Hardy, 2012-03-15 One of the world's most sought-after golf instructors and a PGA Teacher of the Year makes it easy to be your own coach, customizing your golf swing for phenomenal accuracy. In his decades as a renowned golf coach and player on the PGA and Champions tours, Jim Hardy has attracted not only a clientele of impressive players, but top teachers from around the globe flock to his clinics as well. At the heart of his

approach is a simple philosophy: There is no universally right or wrong way to swing a golf club. In fact, Hardy teaches that every person's golf swing is as unique as a strand of DNA. Of course, this creates a challenge for instructors. Now, in *Solid Contact*, Hardy distills his remarkable system for readers of all skill levels, teaching them how to self-diagnose their shots and correct their swings and misses on the very next shot. Packed with instructional drawings and anecdotes about lessons that spurred turnarounds for the best instructors and pro golfers in the game, *Solid Contact* addresses the unique aspects of each golfer's swing. Hardy's plus/ minus system draws on three actions: the swing, the swing's impact, and ball flight. Working through evidence in each of these three categories, readers can tailor their actions to address weak points for dramatically improved effectiveness. Putting the world's best instructional techniques in the hands of all readers, *Solid Contact* delivers lasting results in record time.

the single plane golf swing: *The Release* Jim Hardy, 2016-07-01 Too much of what we hear in golf instruction is either way too simple or way too complex. It's either just another tip or the instruction is so clouded in scientific language that you need an advanced degree to understand it. This book will completely explain club delivery and will teach you there are two very opposite ways to do it. Both are in the Hall of Fame and you'll learn which release belongs in your game and how to correctly execute it. Jim's clear explanations using photos and simple terminology promises that you won't be bogged down with language you don't understand, or information that doesn't easily relate to results. Everyone wants results and the clearer the information is communicated to you the sooner the results are achieved.

the single plane golf swing: *How to Play Golf in a Single Plane* Billy J. Gaines Sr., 2014-10-07 This Book was not written on the life and legend of Mr. Moe Norman, rather on the contributions he made towards the single plane swing and the game of golf itself. What I am trying to do in this book is to relay to the reader what I have learned over the 13 1/2 years I spent teaching this method. Mr. Norman took a natural movement used for chopping wood or nailing nails and perfected it into the single plane golf swing we know of today. That's why this movement has been referred to as, 'The Hammer Affect'. The genius of the man was not to completely invent a new golf swing 'no?', but rather to revert back to a movement that we humans have been using since the dawn of time. He did not alter that natural motion, as stated above, but adjusted his setup to fit it and by doing so he defined the meaning 'Square Tracking'. The second most dramatic change the single plane swing gives the golfer is that the forward motion is initiated by a shoulders down (upper body) movement rather than the feet up movement as in the covenantal swing! Because of this setup and upper body swinging movement there is less stress in the low back, less back pain! Through years trial and error he produced the most repeatable and consistent swing in the game of golf. The same swing which allowed him to shoot the three 59s in tournament play. I'm convinced that if Mr. Norman had the charisma of other Pro's, half the golfing world would be swinging in a single plane. Join me in this book and learn this wonderful swing.

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the single plane golf swing: *The A Swing* David Leadbetter, Ron Kaspriske, 2015-05-12 The national bestselling golf instructional, *The A Swing*, created by the world's #1 instructor to help

golfers consistently hit good shots. David Leadbetter is the most recognized golf instructor in the history of the game. His book, *The A Swing*, is an evolution of his swing theories that have successfully helped thousands of golfers globally. His tour players, whom he has coached over the years, have amassed 19 major golf championships. David has been prolific during his 30+ year career in producing books, videos, teaching aids that have inspired golfers of every level to reach their potential. The A Swing - A stands for Alternative - is a simple way to swing the club, which follows biomechanically sound, scientific principles, and only requires minimal practice. The A Swing has been thoroughly tested with a wide range of players, from tour level to beginner, junior to senior, and the results overall have been nothing short of dramatic. The A Swing is a way to develop a consistent, repetitive motion which will improve accuracy and distance, and is easy on the body. It will fix many of golf's common faults, and the book takes you through an easy, step-by-step approach. With over 200 illustrations, easy drills, and the 7-Minute Practice Plan, golfers now have the opportunity to play the way they've always dreamed of. Golf is a frustrating game, even for the top players, but the A Swing will make it easier and more fun. It could really change the way the game has been taught, which hasn't changed for years - it is not an exact method, and has leeway for individualism. David is excited that the A Swing will help golfers the world over enjoy the game more. In essence, the A Swing is a shortcut to great golf. Whatever your level of play is now, whatever your goals, however you've been struggling with the game, the A Swing could change your golfing life.

the single plane golf swing: Ben Hogan's Five Lessons Ben Hogan, Herbert Warren Wind, 1990 You can shoot in the 70's! Ben Hogan has long believed that any golfer with average coordination can learn to break 80 if he applies himself intelligently -- and here, with Herbert Warren Wind, and artist Anthony Ravielli, he tells you, step by step, just how to go about it. The greatest golfer of our generation has distilled his experience as teacher, player, and observer of golf into a series of richly illustrated visual instructions that not only can improve your game and lower your score, but also can help you get even more fun out of what many people already think is the most enjoyable game in the world. Each chapter, each tested fundamental is explained and demonstrated with amazing detail and clarity. It's as though the master himself were right there at your elbow, giving you a personal lesson with the same thought and care that has gone into his lifetime of golf. The Modern Fundamentals of Golf is no instant and easy shortcut. There is none. But with Ben Hogan as your pro, you can master these basic movements very quickly. And then you can go on to develop a correct, powerful swing that will repeat. As Ben Hogan says, it's only then that you'll discover golf for the first time.

the single plane golf swing: *Swing Like a Pro* Ralph Mann, Fred Griffin, 1998-12-29 A leading biomechanics expert and a premier golf instructor share the secrets of the perfect swing using a breakthrough learning tool—for novice and advanced golfers alike. For seventeen years, CompuSport International's biomechanics expert Dr. Ralph Mann devoted himself to studying the swings of more than 100 PGA and LPGA Tour players to uncover the keys to a better game and a lower handicap. The results: the computer-generated composite Pro, which embodies the mechanical elements of the holy grail of the golf swing—efficient, effective, and now achievable. Illustrated with 175 animated 3-D stills of the Pro that pinpoint the exact motions of a body executing the perfect swing, *Swing Like a Pro* provides accurate, consistent information about how to play the game properly, breaking down the exact steps you can take to develop and refine your skills at performing every aspect of the shot. Mann teams up with renowned golf instructor Fred Griffin to examine and explain • Setup, including how to grip and align the club properly while finding the perfect balance for your body • The seven characteristics of a great backswing, with drills for improvement • How to achieve distance with accuracy through your downswing • How to put all these elements together with both timing and tempo • And much more! With its unique cutting-edge, scientific approach, and the expertise of its authors, *Swing Like a Pro* promises to be the best golf Pro you ever consulted to help you improve your swing and shave strokes off your handicap—and proves that there is such a thing as a perfect swing.

the single plane golf swing: Your Perfect Swing Jim Suttie, 2006 A leading PGA instructor presents ways to identify natural tendencies, physical strengths and desired shot patterns to master a swing that's consistent and repeatable under pressure.

the single plane golf swing: *Finally, the Golf Swing's Simple Secret* J. F. Tamayo, 2010-05 Every weekend golfer should read this great book. - CAMILO VILLEGAS (Multiple time PGA Tour winner). Have you ever wondered why the average handicap on the USGA has barely improved in the last 20 years? The answer is very simple: a) The Golf Swing is very difficult to understand and to perform. b) The average weekend golfer would love to improve but doesn't have the time or the interest to spend long hours practicing. After studying the golf swing for over 25 years, JF Tamayo has developed a revolutionary method proved for the weekend golfer of any level to significantly improve distance and accuracy from day one, based on three main principles: 1) FOCUS ON CHANGES THAT MOST POSITIVELY AFFECT RESULTS: Opposite to the traditional methods, this book will only ask you to make changes in the most relevant parts of the swing needed to hit solid and consistent shots: the backswing and the transition between the backswing and the downswing. 2) LEARN HOW TO DEVELOP AN EASY, REPEATABLE AND SOLID BACKSWING: One of the biggest breakthroughs of the method was the development of a unique and much easier way to consistently make a solidly sound backswing that will look similar to the new Tiger Woods one plane backswing but much simpler to learn, to do and to repeat. 3) LEARN HOW TO CREATE LAG: Being able to increase lag during the downswing is one of the major differences between the amateur's golf swing versus a professional's and probably one of the most misunderstood concepts of golf. In this book you will easily learn how to lag the club like the pros, dramatically improving your clubhead speed, ball striking ability and distance. This incredible and simple method will instantly take your game to a higher level while you will be helping others since 50% of the profits obtained from this project will be donated to charity. Authors: J. F. TAMAYO - 143 Photographs by J. Jaeckel

the single plane golf swing: *The Slot Swing* Jim McLean, 2011-03-23 Top golfing instructor Jim McLean shares the secret to a better swing and a better game It's what every great golfer knows and every struggling player wants to know: how to find the slot, the perfect channel through which the shaft and club head can meet the ball on the downswing for a more powerful, accurate, and consistent swing. Great ball-strikers like Ben Hogan, Sam Snead, and Jack Nicklaus were slot swingers. Today, Tiger Woods, Sergio Garcia and Jim Furyk provide dramatic examples. Now leading golf instructor Jim McLean shows you how to find the slot to take your game to the next level. With step-by-step instructions and more than eighty illustrations by leading golf illustrator Phil Franke, *The Slot Swing* makes it easy. Shows you how to find the perfect channel for a more powerful and consistent swing Shares McLean's secrets from more than twenty years as a top instructor to the greatest pros Features stunning two-color art by Phil Franke and a full-color foldout showing how the dramatically different swings of Tiger Woods, Sergio Garcia, Bruce Lietzke and Jim Furyk all end up in the slot Written by the author of the classic book *The 8-Step Swing*, named one of the 20th Century's top 15 golf instructionals by *Sports Illustrated* This book helps you get out of a golfing rut, get locked in to your slot, and find the sweet spot in your game.

the single plane golf swing: *The Stack and Tilt Swing* Michael Bennett, Andy Plummer, 2009-11-12 An in-depth, full-color, step-by-step guide to the new golf swing that has taken the PGA Tour by storm The traditional golf swing requires a level of coordination that few golfers have. So it's no surprise that, despite huge advances in club and ball technology, the average golf handicap in America has dropped by only one stroke since 1990. Maverick golf instructors Michael Bennett and Andy Plummer spent a decade researching the swing, eventually combining physiology and physics to create a method they dubbed the Stack and Tilt. The result? Big-name pros like Mike Weir, Tommy Armour III, and Aaron Baddeley are already converts, and Bennett and Plummer are now two of the most sought-after swing coaches in the game. Making these breakthroughs available to everyone, *The Stack and Tilt Swing* is a handsome, fully illustrated, complete course, packed with more than two hundred full-color photographs that make it easy for golfers at all levels to adopt this radical yet simple approach. Analyzing why the traditional swing won't work for most golfers, the

authors explain the importance of keeping the upper body stacked over the lower body, while the spine tilts toward the target during the backswing, greatly reducing the inconsistencies created by the old-fashioned approach. Enhanced with practice routines, a troubleshooting list, test cases, and point-by-point assistance, this is the breakthrough guide to golf's hot new secret weapon.

the single plane golf swing: The Mindful Golfer Stephen Altschuler, 2015-06-23 Golf is a Zen sport. If you leave the present moment, you will likely feel the immediate karmic consequences like a hammer hitting your thumb. In *The Mindful Golfer: How to Lower Your Handicap While Raising Your Consciousness*, Stephen Altschuler helps you nail it all right—hard and true and into another level of surrender, satisfaction, and, self-awareness. He uses the tools of Zen to raise the game several notches on the ladder of consciousness. The book discusses the state of the game, some of its more illustrious players, its glories, and its challenges. The author covers some of his own struggles with golf, and some moments of achievement, if only fleeting. His book is a reflective look at golf today, emphasizing the mental and spiritual elements of the game. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

the single plane golf swing: The Golfing Machine Homer Kelley, 1982

the single plane golf swing: Positive Impact Golf Brian Sparks, 2010-07-30 This is the golf book anyone who plays the game must read. It will declutter your mind and free you to develop your own potential at whatever level you play, weekend amateur through to young aspiring tour player. Brian Sparks, a British PGA Pro since 1967, helps you to demystify all of the standard golfing jargon and show you how easily you can swing a golf club and hit a ball. This book is the natural antidote to the over-complex, mechanical way that most golf teachers now think you need to be able to improve. Scientific research now proves that this is not the way we learn. After showing you the power of traditional misconceptions about the golf swing Brian goes on to give you simple advice about how to cope with the bad shots this game will always throw your way. It is easy to understand and will prove to be the best purchase you ever made for your game. Although essential reading for all golfers it is particularly valid for women and for any man in the senior division. For you, it will take a lot of the unnecessary effort away from your game and leave you able to play 18 holes and go on to play another 9 with a smile on your face!

the single plane golf swing: Moe and Me Lorne Rubenstein, 2012 Encounters with the enigmatic, troubled genius of golf: Moe Norman. Hall of Fame Journalist, Lorne Rubenstein investigates what made Moe such a unique character in golf. When Moe died he had won almost every title in Canada and was praised by Tiger Woods as one of the few players to 'own' his swing. Yet he failed to make an impact on the wider world of golf, withdrawing from play at the Masters and crippled by insecurities and shyness. However he described himself as the 'happiest guy on two feet.' Rubenstein investigates the man behind the enigma.

the single plane golf swing: Stock Tour Swing Tyler Ferrell, 2017-09-30 Very few golfers naturally find the elite golf swing—but it does exist. Golf science has helped reveal the Stock Tour Swing—the swing that exhibits the movement patterns common to all elite golfers. This book presents a problem-solving method to evolve your swing into the Stock Tour Swing, using a key framework that asks: What should the club do? How can the body do that? What are the best ways to train that? This program will teach you to understand the elite swing. It will teach you to understand your own swing. By the end of this program, you will be able to self-coach—to participate in your own improvement and manage your game. You will have a true understanding of what makes your swing

work, why you struggle with certain areas, and what you can do to train for long-term improvement.

the single plane golf swing: The Secret of the Golf Swing John Dunigan, 2002-03

the single plane golf swing: *Natural Golf Swing* George Knudson, Lorne Rubenstein, 2012-11-13 If your golf game has been plagued by inconsistency and less-than-peak performance, you may be going against your natural swing. But you can improve your golf game dramatically and you can beat bad habits by drawing on talents you already possess. The Natural Golf Swing will: - introduce you to your natural balance and rhythm - let you play consistently to your potential - allow you to enjoy a repeating swing - help you increase power and control with every swing According to champion golfer George Knudson, your swing is governed by laws of nature, and is subject to logical, physical fundamentals that are all too often ignored. By learning the simple principles outlined in this book, you will generate more powerful, accurate swings, reduce your score, and gain control over your game. Take advantage of Knudson's more than 30 years experience on the pro circuit as he guides you step-by-step through the mechanics of the natural swing, from the important first step of maintaining proper balance through the backswing, down-swing, and finishing form. Extensive illustrations and drills help to clarify each step. Knudsen also shares his experience as a golfer on the tour, offering valuable insights into the roles that temperament and concentration play in winning.

the single plane golf swing: *Finish to the Sky - The Golf Swing Moe Norman Taught Me* Greg Lavern, 2014-05 Finish to the Sky brings the special golf relationship between Moe Norman and Greg Lavern to life. This allows the reader to join us while Moe developed my golf swing to his own likeness Moe Norman style. My book has made possible the proper direction from set-up to finish based on the true Moe Norman golf swing Moe won all his tournaments with which he passed on to myself. I have included Moe Norman's Final Secrets. There are three secrets in the book that we both held close to us for many years. The outstanding swing sequences of a dynamic Moe in 1963 and 1964 make these final secrets clear and straight forward. Every golfer can take something positive from this book and incorporate into your own natural golf swing. When you do the right things you will learn to flow and move like we do. Finish to the Sky will electrify your old golf shots into pin point accurate one's. Now you will have the same secrets the straightest ball striker in the world believed in for the purist results.

the single plane golf swing: The Anatomy of Greatness Brandel Chamblee, 2016-03-29 Studies the common swing positions of the greatest players, offering hundreds of photographs to reveal the secrets to hitting the ball farther, straighter, and more consistently.

the single plane golf swing: *The Golf Swing of the Future* Mindy Blake, 2014-05-01 It is, I believe, the lack of a basic technique, scientifically and athletically sound, which accounts for the confusion and uncertainty that exist even at the highest level of this, the most difficult of all games. - Mindy Blake A bestseller all over the world on its first publication, it is now available for a new generation of golfers to learn from. Challenging conventional ideas about golf, Mindy Blake's love of the game shines through as he offers a deeper understanding of what golf is about and how that can be used to improve any golfer's game. A controversial but widely acclaimed technique that could revolutionise any golfer's game. In athletics developments in technique have improved performances dramatically, yet before Mindy Blake no instructor had looked at golf from the point of view of athletics. Mindy Blake believed that golf is purely a matter of technique and was the first golf instructor to look at improving a golfer's technique by studying what they could learn from other sports (as well as understanding the science behind such sporting techniques). Looking at developments in events such as shot putting and pole vaulting Mindy Blake began to challenge conventional ideas of golfing technique. The result was controversial but it has revolutionised the game of all who have tried it. In athletics legs are the source of the athlete's power but it is their body which channels that power, Mindy Blake has created a technique that is based on athletic principles and which will dramatically improve the swing of a golfer of any standard. The line drawings make this book the ideal guide for anyone who wants to know how to improve their swing.

the single plane golf swing: Understanding the Golf Swing , 2018-01-16 This modern

classic of golf instruction by renowned teacher Manuel de la Torre (the 1986 PGA Teacher of the Year and the #11 teacher in America as ranked by the editors of Golf Digest in 2007) presents a simpler approach to the golf swing based on Ernest Jones's principles. Understanding the Golf Swing includes information on the philosophy of the golf swing (with emphasis on the development of a true swinging motion), the most thorough analysis of ball flights available, and analysis of the principles of special shot play (including sand play, pitching, chipping, putting, and playing unusual shots) and the mental side of golf and effective course management. The final chapter offers an organized approach to understanding golf courses and playing conditions. The result is a blend of philosophy and practical advice found in few golf instructional books.

the single plane golf swing: *Swing the Clubhead* Ernest Jones, 2017-07-21 Ernest Jones, one of the greatest teachers in golf history, presents his simple yet effective method for improving your swing. With easy to follow exercises, helpful illustrations, and his own proven techniques, Jones will help you swing your way to a lower score in no time.

the single plane golf swing: *A True Swing* Erika Zwetkow Larkin, 2017-05-17 Learn how to unlock your natural, free swing and discover more consistency, confidence and joy! Erika Larkin, renowned PGA Teaching Professional will teach you simple keys that help you create effortless power, taking inspiration from the classic teachings of Ernest Jones combined with ideas from modern science and research of the golf swing and physics. Anyone can make a True Swing -- its time to swing true & swing you! For more information, videos and a sneak peak, please visit www.atrueswing.com

the single plane golf swing: Gravity Golf David C. Lee, 1995-02-01 PGA & Senior PGA Tour guru David Lee has recently released his fascinating new book GRAVITY GOLF. The product of 17 years of research, this book contains never before revealed truths about swing mechanics which give insights to how our effortless swings occur & how we can experience them more often. The research, based on fundamental physics & efficient motion, has produced the first physics pure analysis of the swing in the history of golf. The book is written in an easy, flowing, & at times, funny style which makes for easy reading while flooding the reader with original, logical information about the swing & how humans learn to swing. The experience of soaking in this book leads the reader to the conclusion that they've finally found THE SECRET. Truly the most enlightening information in years, & free of any teaching aids required by so many of the current swing training methods, Lee's concepts were originally endorsed by Jack Nicklaus in 1977, & have gained acclaim from others such as Chi Chi Rodriguez, Rocky Thompson, numerous members of the medical & scientific community & countless amateurs at all levels. DAVID LEE HAS BEEN FEATURED IN GOLF MAGAZINE & GOLF DIGEST, WITH THE LATTER LISTING HIM AS ONE OF THE TOP TEACHERS IN THE COUNTRY REPEATEDLY. Order directly from Gravity Sports Concepts, Inc., 625 Ragweed Valley Rd., Royal, AR 71968. 501-991-3025, FAX: 501-991-3240 or your local distributor.

the single plane golf swing: *The Only Golf Lesson You'll Ever Need* Hank Haney, John Huggan, 2011-07-12 The Only Golf Lesson You'll Ever Need, Hank Haney, one of the most respected and soughtafter golf instructors in the world, shares the secrets he's learned by observing hundreds of thousands of students--from top PGA Tour pros to high-handicappers. He explains how intelligent observation of your ball-flight tendencies--the way your shot behaves in the air--provides the answers to helping you develop a consistent repeating swing that will lower your scores. You'll also pick up valuable pointers on how to precisely match your equipment to your game. Hank Haney believes that a flawed swing that still produces a good shot is a good swing. By focusing on the outcome of your swing first, rather than on the swing itself, he believes you can often avoid making the awkward and unnatural changes to grip, stance, posture and alignment that many golf instructors ask of their students. The Only Golf Lesson You'll Ever Need will help you straighten your hook or slice, add distance to your drives, identify and fix the flaws in your swing, and become a wizard around the greens. I'm proud of the way my swing holds up on all kinds of conditions and under the severest pressure. Both are a tribute to Hank Haney and his teaching. Hank knows more about ballflight and what controls it than anyone in the game. And if you understand that, you're on your

way. -- Mark O'Meara from the Foreword to *The Only Golf Lesson You'll Ever Need*

the single plane golf swing: *Build the Swing of a Lifetime* Mike Bender, Zach Johnson, 2012-04-17 From one of Golf Digest's Top 5 teachers—a simple, scientific program to build a great swing Most golf instruction is based on helping students emulate the best players, but for top golf teacher Mike Bender, physics provides a better model for developing a swing that is as efficient, consistent, and timeless as that of Iron Byron, the PGA robot that tests clubs and balls. Now Mike Bender shows you how to put the secrets of science into your own swing with a simple, proven program that will take your play to a different level and transform your approach to the game. Explains Mike Bender's unique biomechanical approach to building a simple, repeatable, and effective swing Shares the same approach Bender teaches his students, who include two-time U.S. Open winner Lee Janzen, PGA Tour winner Jonathan Byrd, and 2006 LPGA Tour Rookie of the Year Seon Hwa Lee Shows you how to build your scientific swing step by step Includes 150 photographs to help you put principles into practice on the golf course Includes a Foreword by Zach Johnson, 2007 Masters champion and one of Mike Bender's star students As Mike Bender puts it: would you rather fly in an airplane that was built by engineers who understood the principles of lift and acceleration, or would you rather fly in one built by people who simply went out to the airport and watched them taking off and landing? Once you develop a scientific swing, it's your own game that will really soar.

the single plane golf swing: The Physics of Golf Theodore P. Jorgensen, 2013-11-27 This revised and expanded bestseller includes a new chapter on putting, a new appendix on the fundamental physics covered in the book, increased coverage of modern club design, and an updated reference section. As in the previous book, most of the mathematics is relegated to a technical appendix. The first edition of this book was enthusiastically received by the both the science press in *Physics Today*, *IEEE Spectrum*, and *Nature* and the golf world in *American Golf Pro* and *Golf Week*.

the single plane golf swing: *The Crimson Gods* Chris M. Christian, 2021-10-18 When powerful siblings discover a terrifying truth, will they embrace a new destiny or turn to darkness? Ashaya Blacksun has had a weight lifted from her shoulders. Freed by her father's abdication of his crown, the former princess's delight over choosing her own path is barely dimmed by her strange and haunting dreams. But when her beloved twin brother doesn't return home from a ranging expedition, the unconventional young woman fears something has gone terribly wrong. Born into royalty, Sirich Blacksun quietly seethes that he's no longer heir to the throne. Still determined to maintain a position of leadership, he sets out to investigate the disturbing news of carnage in the south. But when he crosses paths with a powerful figure straight out of lore, the temptation to ignore his beloved father's bold vision in favor of his own ambition becomes increasingly difficult to resist. Defying tradition by sneaking off to find her missing twin, Ashaya's travels over deadly terrain are plagued by intensifying visions that point to a dark fate. And as Sirich's strange new companion shows him a new way forward, the frustrated would-be king faces a frightening choice. As these scions of nobility grapple with a new reality, will their quest for truth end in tragedy? *The Crimson Gods* is the first book in the sweeping *Crimson Gods* medieval fantasy series. If you like fierce characters, ancient fables, and stunning twists, then you'll love Chris M. Christian's breathtaking epic. Buy *The Crimson Gods* to taste the blood of deities today!

the single plane golf swing: *Power Golf* Ben Hogan, 2010-11-02 Master golfer Ben Hogan (1912-1997) is widely acknowledged as one of the greatest players in the history of the sport, most notably for his legendary ball-striking ability. There are numerous theories as to what made Hogan's swing so effective and in *Power Golf*, now available in a trade paperback format, he shares a lifetime of championship secrets for improving every phase of the game. Regardless of their level of golfing expertise, readers are guaranteed to see a difference the next time they pick up their club!

the single plane golf swing: *The Four Magic Moves to Winning Golf* Joe Dante, 2009-03-25 The legendary golf instructional, available again. This is, along with Harvey Penick's *Little Red Book*, THE book Golf professionals turn to. Thirty years ago I was recommending Joe Dante's book *The Four Magic Moves To Winning Golf* as a must read for aspiring PGA professionals. What Dante said

in '62 has influenced many of the game's finest teachers. Dante was a visionary.--Gary Wren, author of *New Golf Mind* When published, *The Four Magic Moves To Winning Golf* radically changed the way many players thought about the golf swing. Dante's system showed how simple it was to improve one's game, and at the same time gave the golfer one of the most comprehensive analyses of swing mechanics ever published. Now, thirty-three years after its original publication, Main Street is proud to reissue this classic instructional. Dante begins by sweeping out all the misconceptions of the game. If good golf is to be learned and the poor player is to improve, a purging must take place, painful as it may be. Dante discusses a few basics of grip and stance, and then he gets to the heart of his book, the four magic moves. As he reveals each of the moves, Dante focuses on the physical checkpoints so that any golfer can make sure that his or her swing is on the right track. *The Four Magic Moves To Winning Golf* is straightforward and easy to understand, yet unlike other golf books it is irreverent and audacious in its approach to mastering the game. The publication of this rediscovered classic is sure to establish Joe Dante's reputation as one of golf's greatest teachers.

the single plane golf swing: *The Eight Step Swing* Jim McLean, 1995-02-03 Written by a respected PGA coach with 20 years of experience, this indispensable instruction manual shows how any player can learn the revolutionary swing method that helped Tom Kite become a top tournament winner.

the single plane golf swing: *The Impact Zone* Bobby Clampett, Andy Brumer, 2007-04-03 Every golfer can improve their game using the instructions in *The Impact Zone* by Bobby Clampett one of the most knowledgeable golfing minds in the game. —Tom Lehman, British Open Champion Impact has long been called golf's moment of truth, and great golfers have spent countless hours working on their swings trying to upgrade their impact dynamics as the golf club approaches, contacts, then swings through the ball. For the first time, with *The Impact Zone*, golfers will have a book that focuses their attention on the very same region of the swing on which professional golfers have always concentrated. The Impact Zone is a unique instructional guide in that everything in it either focuses on or applies to improving a golfer's understanding and execution of impact. Here, acclaimed professional golfer Bobby Clampett concludes that the overwhelming bias and convention of today's contemporary teaching environment is to value swing styles over swing dynamics, and in so doing, the overwhelming majority of golf teachers miss the boat in terms of teaching the game effectively. Ultimately this emphasis on swing style comes at the expense of helping golfers to develop sound swing dynamics, which are the real keys to consistent ball striking and better golf. With the help of CBS's Swing Vision high-speed camera—using images from many of the game's greatest contemporary players (including Tiger Woods, Phil Mickelson, John Daly, Vijay Singh, Sergio Garcia, and more)—*The Impact Zone* takes an unprecedented look at the most important six inches in golf, those that immediately precede, contain, and follow impact. To further demonstrate these principles, Clampett presents photos and drills that convey the five essential dynamics golfers need to produce and reproduce solid impact. Throughout these instructional pages, Bobby Clampett—teamed with veteran golf writer Andy Brumer—relays his own personal story of straying from swing dynamics and how he found his way back. He recalls memorable stories from the Tour, blending innovative instruction with his colorful, engaging anecdotes. Clampett and Brumer create an essential instructional guide with clear, concise advice—on creating great swing dynamics through the impact zone—the universally acknowledged key to more consistent and better golf.

the single plane golf swing: *The Timeless Swing* Tom Watson, 2012-12-25 Tom Watson's stunning performance in the 2009 British Open was the story of the year in golf - if not in all sports. Nearing his 60th birthday, he led the world's oldest major championship with one hole to play and came within an unlucky bounce of winning his sixth Open championship, losing in a playoff. Known at the highest levels of the game as a shotmaker's shotmaker, a master of any shot under any conditions, and the finest foul-weather golfer of all time, Watson relied on a swing that has lasted as an unmatched model of good mechanics, rhythm and repeatability. Jack Nicklaus and other peers believe Watson is swinging better today than when he was a dominant player on the regular PGA Tour 30-plus years ago. In *THE TIMELESS SWING*, Watson offers a lifetime's worth of wisdom and

insight into the game of golf, showing how to become a better player at any age. In Watson's plain-spoken voice, the book will distil the most important lessons for how to improve your swing and score and will be laced with the anecdotal stories and bits of wisdom that have been accumulated by Watson during his forty year professional career. With a foreword by Jack Nicklaus and 4-color photographs by award-winning Golf Digest photographer Dom Furore illustrating Watson's method throughout.

the single plane golf swing: Natural Golf Peter Fox, 1998-07-02 Showing you why Natural Golf is a valid way to consider golfing was my duty as a responsible golf professional. -- John Elliott Golf Digest Schools Staff Natural Golf first made news when Paul Azinger used the company's Thing putter to win the PGA Tour Championship in 1992. -- GolfWeek The Natural Palm Grip greatly simplifies the entire golf swing and especially increases the power in the stroke at ball impact. -- Golfest magazine . . . it was only a matter of time until the golf swing itself was scrutinized scientifically. The PGA allows eight continuing education hours for PGA professionals who attend day-long Natural Golf seminars. -- PGA Magazine A stroke of genius. -- Wall Street Journal After an hour of instruction, moments of magic ensued. Using the Natural grip, set up, and swing, I hit a half dozen shots higher, straighter and longer than usual. The sense of controlling a wood felt great. -- Bruce Selcraig Men's Journal

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