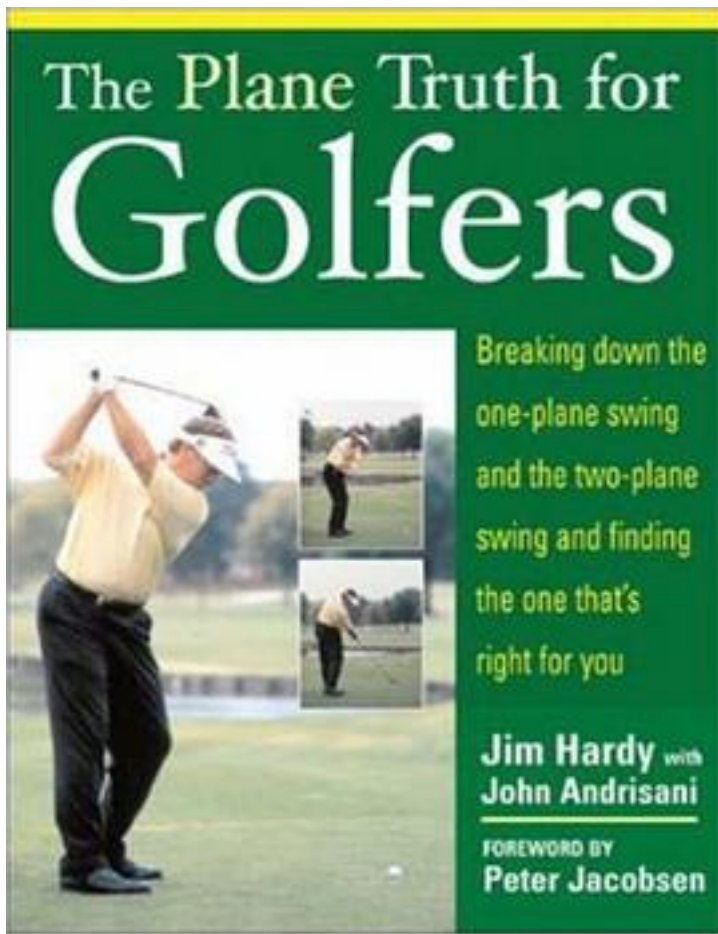


# The Plane Truth for Golfers



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著者:Jim Hardy

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"Jim Hardy is the most knowledgeable teacher in golf. No other instructor has his understanding of golf swing techniques and what makes them work. Any golfer, regardless of ability, who has the opportunity to listen and work with Jim will benefit

and improve." - Peter Jacobsen, Champions Tour player and winner of seven PGA Tour championships. Voted one of "America's 50 Greatest Teachers" by "Golf Digest" and ranked among the "Top 100 Teachers" list by "Golf" magazine, Jim Hardy has been fixing the swings of professional and amateur golfers since 1977. In "The Plane Truth for Golfers", he makes his groundbreaking concepts available to you for the first time. Hardy's earth-shattering philosophy is quite simple: everything you've learned about swing fundamentals is wrong. 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. Every player falls neatly into one of these two categories and one of them is guaranteed to work for you. In this easy-to-follow handbook, complete with dozens of instructional photographs, Hardy breaks down the two methods into simple steps you're sure to learn in no time. Once you get a grip on Hardy's plan, you'll be able to: determine whether you're a one-plane or two-plane swinger and how to avoid the dangerous mixture of having elements of both in your swing; step into the proper starting position for both swings; understand the real truth about the backswing; master a whole new technique for the downswing and defeat the competition; plus you'll also get plenty of exercises and drills to help you perfect the proper on-plane movements and correct common faults. Like no other how-to book, "The Plane Truth for Golfers" exposes the flaws of current golf instruction and reveals the secret to playing good golf.

作者介绍:

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