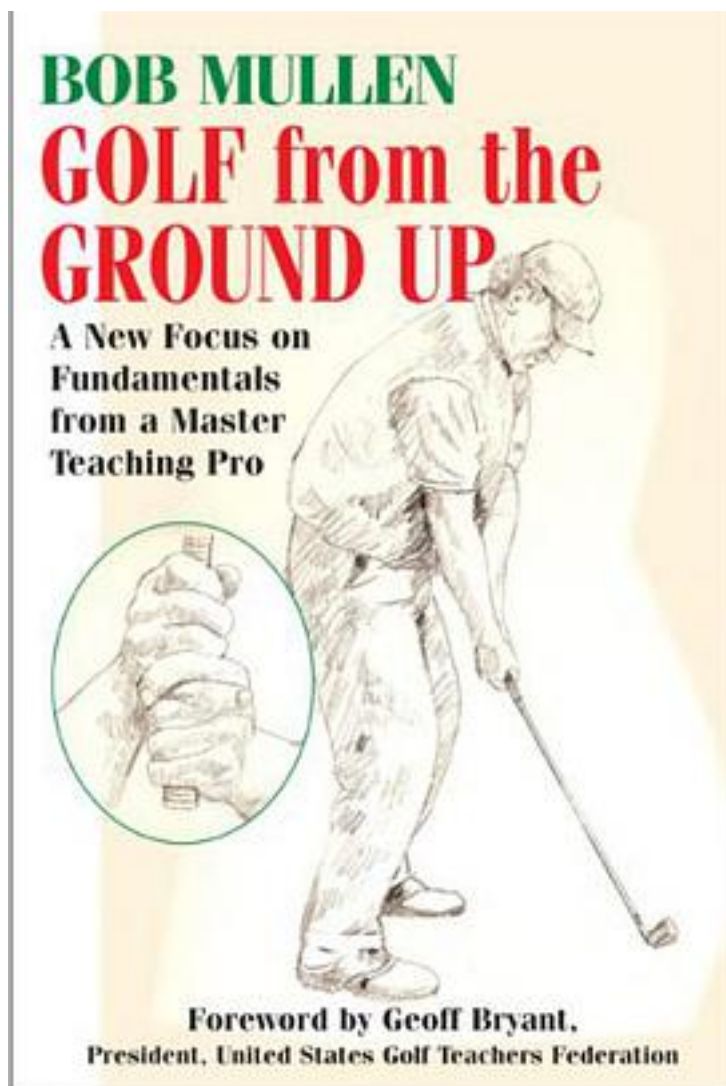


Golf from the Ground Up



[Golf from the Ground Up_ 下载链接1](#)

著者:Mullen, Bob

出版者:

出版时间:2009-6

装帧:

isbn:9781580801546

Golf 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.

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."

With clear, detailed explanations of skills golfers need to know, and drills and exercises to make them permanent, this book will help all struggling golfers take their games to a higher level.

作者介绍:

目录:

[Golf from the Ground Up_ 下载链接1](#)

标签

评论

[Golf from the Ground Up_ 下载链接1](#)

书评

[Golf from the Ground Up_ 下载链接1](#)