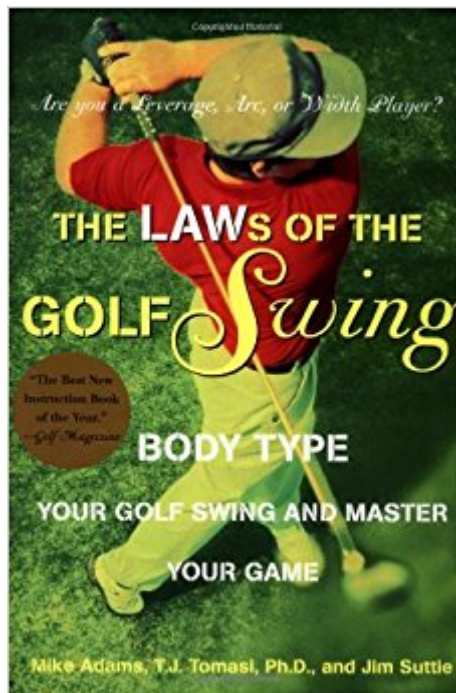




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The LAWs Of The Golf Swing: Body-Type Your Golf Swing And Master Your Game



Synopsis

"Swing doctor" Mike Adams and two the top golf instructors present a revolutionary teaching model that shows players how they can match their swings to their body type to dramatically improve their game. Are you a Leverage, Arc , or Width Player? The authors of The Laws of the Golf Swing provide five straightforward tests' accompanied by step-by-step photos' that golfers can use to identify their own body type. Everyone falls into one of the three basic types: Leverage players, such as Jim Colbert, Nick Price, and Annika Sorenstam, have average build and flexibility; Arc players, such as Tiger Woods, David Love III, and Michelle McGann, are long-limbed and have extra flexibility; and Width players, such as Arnold Palmer, Craig Stadler, and Meg Mallon are less flexible but have more upper body strength. A person's golf swing is highly dependent of physique, personal strengths, and natural tendencies. By taking these five simple tests, readers can identify their own body type, discover their true swing, and then perfect it.

Book Information

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Customer Reviews

Three of America's top-rated golf instructors have come up with a technique that customizes body type to swing type. The "LAWs" of the title The LAWs of the Golf Swing reflect those types: "L" for leverage (average build with average flexibility--think David Frost or Annika Sorensam); "A" for arc (tall with maximum flexibility--think Davis Love or Michelle McGann); and "W" for width (thicker torso and minimum flexibility--think Tom Lehman or Meg Mallon). Mike Adams, T.J. Tomasi, and Jim Suttie first help you identify which group you belong to, then offer a series of lessons and drills to help you construct the appropriate swing to minimize your natural deficiencies. In other words, they

build on what you can do while at the same time assist you in getting out of your own way. --Jeff Silverman

The Best New Instruction Book of the Year -- GOLF Magazine

This is a classic book and I've learned a lot from it. I heard about the book in an XM radio interview with Mike Adams. The core idea is that there are different optimal swings for different body types. Like Einstein's Theory of Relativity, it is one of those ideas that seems perfectly logical when you hear about it. Many may have seen this idea in Golf magazines a few years back. This book is where the idea was presented, and the book takes you through the theory and how to measure yourself to determine which body type you are, then provide lots of detail about how to implement your swing and customize it to fit some of the most common variations. I bought it used on with it being supplied by the Friends of the Phoenix Library. My copy of the book is in excellent condition and has obviously been well cared for and protected by the Phoenix Library for a few years.

The title sounds reasonable enough to seriously considering purchasing this book. Being almost 8 years old, it was well worth the price that I paid through one of the resellers. It is still timely in that no two golfers are exactly alike. You won't see Craig Stadler trying a Vijay Singh or Tiger Woods swing. The imagery of a person with particular body type trying to swing a club that doesn't fit their shape is clear - it won't work very efficiently. The latest craze, due to an influx of infomercials, is the "Plane Truth" as outlined by Mr. Hardy. This book, "The Laws of the Golf Swing", is complementary to what is described in the Hardy book, in my opinion. It does give me a sigh of relief that there is so much overlap regarding the fundamentals of the golf swing. It makes sense that given a particular body type, a swing will be more powerful and natural if the two can be matched. The first chapter has a short introduction explaining the background of 'research'. You then determine your body type based upon physical and morphological characteristics, strength and flexibility. Based upon that set, you fit into one of 3 categories: Leverage, Width, and Arc swing. Hybrid swings exists also which combine the 3 major Swing categories. A chapter is devoted to the major swing styles, independently, and how to maximize performance. The book is better organized than the "Plane Truth" since Hardy's book covers set up and various aspects in separate chapters to parallel the differences. This book, "The LAWS" has each swing in its respective chapter, which is easier to read. A chapter covering drills to reinforce the swings, as well as pitfalls. Each section is well written and illustrations are good. My main criticism is not showing the swing in the two different planes of

photography (from behind and from the front, as most books now show). The analysis, drills and excellent descriptions of their methods are very helpful for both beginners and seasoned hackers, alike. I highly recommend this book.

Shaved a few stroke off of my game. Swing for your body type is the motto, and it made a difference in my game.

The one book I hope the guys in my foursome never discover. I love them, except on the golf course. There is no one correct golf swing for every player. Just check out what three different books tell you about the grip. None of them agree. With this book you match your body type to a basic swing type. Arc for the tall heavier player, width for the broad chested player and leverage for the tall skinner player. Book covers it all grip, setup, alignment, take away and downswing keys. As no one is a perfect body type gives you a map on what to add to your swing to achieve your goal. Now if I can just find a book to do for my putting what this one has done for my swing.

The "Laws of the Golf Swing" provides an excellent explanation of the golf swing that has immeasurably helped me understand and correct important flaws. The authors recognize that the "classic" golf swing is highly individualistic, depending on one's physical traits. What works well for a tall lanky player is not likely to work well for someone with a more stocky build. In short, one swing does not fit all. To set the reader on the right path, the authors provide a self-test to determine one's dominant physical traits and thus the most appropriate of three major swing types: leverage, arc, and width (LAW). Using simple text and excellent photographs, the authors then detail everything a player needs to know from the moment one approaches the ball until he or she watches the finished shot soar towards the target. The icing on the cake is a description of useful exercises to master key aspects of the swing and then to tailor it to complement other physical traits. This is a great book!

I am still having difficulty applying the concepts in the book to my width swing. I guess I've been swinging the "classically taught" way too long.

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