



Understanding the Golf Swing

Manuel de la Torre

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Understanding the Golf Swing will show you a different, simpler approach to the golf swing. Manuel de la Torre, twice named by Golf Magazine as one of the top 100 golf instructors in America is the leading modern day proponent of Ernest Jones' Swing Principles method of golf instruction. The book includes a passionate Foreword by Carol Mann, Member LPGA, Hall of Fame.

The de la Torre (and Jones) system presents a simpler approach to the golf swing, the emphasis being on the development of a true swinging motion, devoid of energy robbing leverage. In this view, "if the club is used properly the body movements take care of themselves." This simple statement has the power to bring about profound improvements in your game.

While presenting a simpler approach to the golf swing, the book is also a comprehensive resource for all levels of golfer, from the beginner to the professional. It includes:

- The most thorough analysis of ball flights found in any golf instructional book.
- Detailed discussion of special shot play, including sand play, pitching, chipping, putting, and playing unusual shots.
- Coverage of the mental side of golf, effective course management, and a formula for taking your best practice tee shots to the golf course.

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