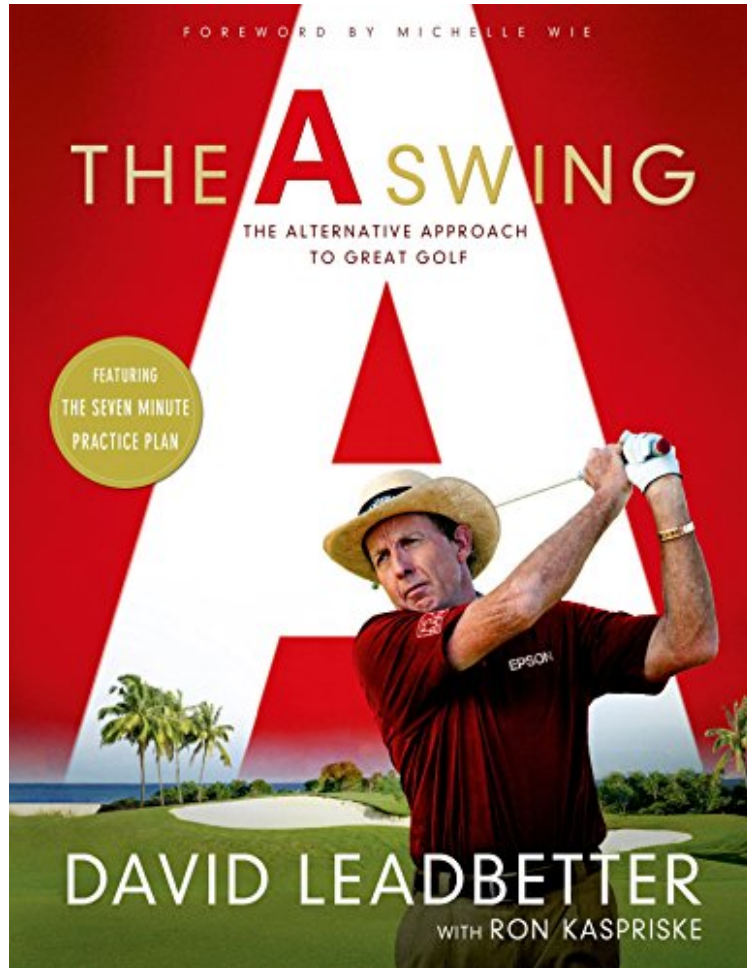


[Download free pdf] The A Swing: The Alternative Approach to Great Golf

## The A Swing: The Alternative Approach to Great Golf

Von David Leadbetter, Ron Kaspriske  
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Produktinformation -Verkaufsrang: #159864 in eBooksVerffentlicht am: 2015-05-12Erscheinungsdatum: 2015-05-12File Name: B000O10WWMThe 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.A Swing Approved | File size: 20.Mb

**Von David Leadbetter, Ron Kaspriske : The A Swing: The Alternative Approach to Great Golf** before purchasing it in order to gage whether or not it would be worth my time, and all praised The A Swing: The Alternative Approach to Great Golf:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Das beste Golfbuch fr alle NiveausVon NassauerErst einmal zu mir als ich mir das Buch vor 6 Monaten gekauft habe hatte ich Hc 26 und kmpfte immer mit einem starken Slice. Ich kam immer von auen nach innen mein Schlger kippte einfach raus und ich konnte machen was ich wollte es half nichts.Dann habe ich das Buch gekauft, den Griff umgestellt den Schwung auch und nichts mehr getroffen, aber das Buch hat mir erst mal geholfen zu verstehen was ich

alles falsch mache, da David die häufigsten Fehler sehr gut beschreibt. Also ben, trainieren und Schritt für Schritt. Zuerst wurden meine Schläge zum Fade und endlich zu einem leichten Draw ich fange sogar an Hooks zu schlagen. Letzte Woche habe ich 12 Ber gespielt, aber mir fehlt noch die Konstanz aber es kommt so langsam. Das Buch ist sehr gut aufgebaut mit sehr vielen anschaulichen Zeichnungen aus verschiedenen Perspektiven. Es behandelt anschaulich häufigsten Fehler, die Basics (Griff, Ausrichten, Ansprechen, Routine); Schwungablauf in einzelnen Abschnitten (Stand, Einleiten, Drehen, hoch, runter); das Gefühl in den einzelnen Phasen (wo und wie spre ich meine Arme am Körper, was spre ich beim Einleiten). Die Bungen erstmal ohne Schläger um leichter die Körperdrehung zu erlernen. Er spricht auch etwas über die mentale Seite und beschreibt am Schluss das Pitchen, Schlagen mit dem Driver, Draws und Fades und bietet noch Fitness- sowie gute Aufwärmübungen an. Dieses Buch ist absolut empfehlenswert für Anfänger aber auch für Fortgeschrittene. Ich lese darin fast jeden Tag 2-3 Seiten. Thank you David what a great book. 3 von 3 Kunden fanden die folgende Rezension hilfreich. Unglaublich Von Kunde Zuerst einmal muss ich sagen, dass ich sehr selten eine Rezension bei schreiben. Aber da es sich hier um meine Leidenschaft, das Golfspiel, handelt, musste ich einfach. Zuerst einmal zu mir: Ich bin Mitte dreißig, Spiele Handicap 7 und bin nicht sonderlich groß (1,70 m). Ich hatte nie den schönsten Schwung, immer eine leichte Schleife (kommt vom Hockey), und die habe ich auch nicht wegbekommen. Warum habe ich mir das Buch gekauft? Ich hatte schon immer Schwierigkeiten mit konstanten Eisenschlägen. Mein Schwung ist relativ flach, ich komme stark von innen an den Ball, und das führt gerade bei den kurzen Eisen oft mal zu einem fetten oder dünnen, gepushten oder gepulltem Eisen. Ein echter Score Killer. Ich hatte mir bei Youtube den A Swing angesehen und fand die Idee dahinter interessant, weil ich mir davon erhofft habe, mit den kurzen Eisen steiler an den Ball zu kommen. Zum Buch und dem A Swing: Ich habe es gelesen, die Bungen durchgeführt, mich auf die Griff und Standänderung eingelassen und nach einigen trockenen Bungen zuhause dann auf die Range gestellt. Und es fühlte sich komisch an. Und die Ergebnisse waren komischerweise genial. Ich habe Ball nach Ball glatt getroffen, Druck drauf, hohe Kurve weil steiler Eintreffwinkel, leichter Draw. Ich bin damit auf die Runde und habe direkt meine beste Runde jemals gespielt, 3 Ber, alle Eisen glatt. Ich probiere jeden Tag ein bisschen neues von dem Schwung zu integrieren. Das ist das Schöne an dem A Swing: man muss / kann nicht alles auf einmal machen, kleine Teile reifen und bringen trotzdem ein besseres Ergebnis. Ich bin wirklich beeindruckt. Das Buch ist gut aufgebaut, und erklärt das Wichtigste in Text als auch mit Bildern sehr deutlich (das war mir wichtig, weil ich Bilder brauche um Dinge zu visualisieren). Glaube ich das der A Swing für jeden was ist? Nein. Wer jetzt schon einen super konstanten klassischen Schwung hat braucht das hier sicher nicht. Aber vielen, vielen Golfern, gerade die, die wenig Zeit zum Ben haben, wird er helfen, schnelle und ohne viel Aufwand bessere Ergebnisse zu erzielen. Und zwar mit wirklich wenig Aufwand, auch weil der Schwung selber so einfach ist. Ich kann wirklich nur empfehlen, das Buch auszuprobieren und dazu vielleicht noch das ein oder andere Video auf YouTube anzusehen. Auch weil der A Swing extrem viel Wert auf die Wichtigkeit der Synchronisation der Teilbewegungen legt, ein Faktor der essentiell für gute Wiederholbarkeit ist. Sieht der A Swing aus wie der Schwung von Adam Scott? Definitiv nein. Ironischer Weise steckt da eher was von Jim Furyk drin. Wem das allerdings, wie mir, egal ist, solange die kleine weiße Kugel hoch, weit und gerade fliegt, der sollte sich auf den A Swing einlassen und es zumindest probieren. Hier wird wirklich gerade der so schwere Backswing in den Fokus gestellt und vereinfacht. Und wiederholbar gemacht. Einfacher geht es meiner Meinung nach nicht. Wer jeden Tag 2 bis 3 Stunden Zeit hat, seinen Schwung zu Ben und mit einem Trainer an den Feinheiten feilen kann braucht den A Swing sicher nicht. Aber vielleicht die Mehrheit der Golfer da draußen. Mein Fazit: Kaufen, ausprobieren! 10 von 0 Kunden fanden die folgende Rezension hilfreich. Hilfreich Von Kunde Das Buch hat mir einen neuen Blickwinkel auf die Möglichkeiten diverser Schwung- / Schlagtechniken gegeben und mich vom Slice zum Draw gebracht.

**Kurzbeschreibung** A National Bestseller! David Leadbetter is the most recognized golf instructor in the history of the game. His new book, *The A Swing*, is his first for a decade and 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. Pressestimmen "It has been fun working with David. I have learnt so many new things about swing fundamentals and how the body and muscles work. I'm excited about what lies ahead, and so will you be, if you try David's A Swing - it could really help your game." - Lydia Ko, World's #1 Female Golfer, 5-time winner on the LPGA tour, and Rookie of the Year 2014 "The A Swing represents a genuine breakthrough in the realm of golf instruction. Uncomplicated in its philosophy, and with scientific proof of its effectiveness, the A Swing has the potential to make a significant difference to the way in which the game is taught and played - and, indeed, the speed at which regular golfers can begin to enjoy hitting consistently solid shots. With characteristically astute observation, the world's most innovative teaching professional has delivered a major contribution to the game of golf." - Richard Simmons - Editor, "Golf International Magazine" (UK) "The A Swing I have worked on with David is so easy to do and repeat, and when it goes off I have a clear picture of what to do to get back on track." - Alex Levy (France), Two-time European Tour Winner "My technique since working with David has improved amazingly. The A Swing is very natural, I don't have to overthink it, and the world's greatest golfer incorporated parts of it. I feel I can now reach my true potential as a player." - Rafael Cabrera-Bello (Spain), Two-time European Tour Winner "I struggled towards the end of my junior golf career, but since working on the A Swing with David things have really turned around. I feel my swing is so manageable now that I only have to see David for a few minutes periodically to keep it on track. I am looking forward to a successful LPGA career." - Simin Feng (China), Newly Turned Professional Golfer, Winner SEC College Championship 2014 "I have been a passionate, competitive senior golfer for many years, winning tournaments all over the world. When David introduced me to the A Swing with a few tournaments to go to reach the 200 mark, it made all the difference. It is so understandable and answered all my questions. My consistency has improved immensely and it makes practicing more productive. The A Swing has given me a new lease on life and I know I can still improve and hopefully win many more tournaments." - Arlene Mckitrick, Senior Lady Golfer, Winner of Over 200 Tournaments "There is a wonderful simplicity and logic to the A Swing which produced instant results in my game, making range time meaningful and, gave my confidence a huge boost on the course in competition. One of the keys to playing better golf is 'trusting your swing', entertaining no self doubt and with a firm conviction that it will work as required especially under pressure. The A Swing does what it says on the tin! The scientifically proven biomechanical advantage of this swing speaks for itself, and I can say without doubt it has made the single greatest positive on my game in 40 years." - Robin Sieger, Peak Performance Coach, and Author of the best selling Silent Mind Golf "I am a new golfer who didn't play a lot of ball sports growing up and I started with the A Swing. After only a few months of playing, I am part of the game, and the people I play with cannot believe how I hit the ball. The A Swing is easy to understand and the 7 minute practice plan gave me the feel for it, and being a mechanical engineer, it all makes absolute sense. All amateurs should try it." - Pete Simonson, Novice Golfer "I am a junior golfer who was not making much headway in the game. 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