



# Swing Like a Pro: The Breakthrough Scientific Method of Perfecting Your Golf Swing

*By Ralph Mann, Fred Griffin*

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## Swing Like a Pro: The Breakthrough Scientific Method of Perfecting Your Golf Swing By Ralph Mann, Fred Griffin

### A Composite of Over 100 of the World's Top Golfers

In a labor of love, novice golfers and professionals alike take to the practice tee to pursue the most coveted element of the game: the perfect swing. But even with a wealth of pros to model your swing after, the secret of the swing remains elusive. Should you grasp the club with a neutral grip like Jack Nicklaus, or use a traditional Vardon grip like Nick Faldo? If only someone would compile the best elements of the pros' swings to show you how to master the techniques for yourself. Dr. Ralph Mann and Fred Griffin did, and now they're sharing the secrets in this groundbreaking book.

Joined by premier golf instructor Fred Griffin, Dr. Ralph Mann captures the essence of the skills of golf's greatest champions in **Swing Like a Pro**. For seventeen years, CompuSport International's biomechanics expert Dr. Ralph Mann devoted himself to studying the swings of more than 100 PGA and LPGA Tour players to uncover the keys to a better game and a lower handicap. The results: a breakthrough learning tool, the computer-generated composite Pro.

Drawing on CompuSport's extensive research, the Pro embodies the mechanical elements of the holy grail of the golf swing--efficient, effective, and now achievable. Illustrated with 175 animated 3-D stills of the Pro that pinpoint the exact motions of a body executing the perfect swing, **Swing Like a Pro** provides accurate, consistent information about how to play the game properly. Dr. Ralph Mann and Fred Griffin break down the exact steps you can take to develop and refine your skills at performing every aspect of the shot. They examine and explain the setup, how to grip the club properly, the seven characteristics of a great backswing, how to impart energy to the club via a powerful transition move, and achieving distance and accuracy through a perfect downswing and timing following the Pro's example.

With its unique cutting-edge, scientific approach and the expertise of its authors, **Swing Like a Pro** promises to be the best golf Pro you ever consulted to help

you improve your swing and shave strokes off your handicap.

Swing Like a Pro ushers in a new era of sports instruction that combines the traits of every golfer's unique, individual swing with the subtle, techniques all great golfers have in common. Featuring CompuSport's computer-generated "Pro," who shoots a 50 every time, Swing Like a Pro embodies the best tactics known to golfers today. Readers match the Pro's scientifically proven tips with their own movements to create a swing mirroring golf's most talented players. Topics include: The Pro Setup, with the secrets of body balance and club alignment The backswing's seven essential elements, with drills for improvement The downswing for distance and accuracy, and how you can have both Timing and tempo, when the Pro puts it all together *Swing Like a Pro's* dynamic 3-D images far surpass traditional sports photography, making this an unrivaled approach to golf instruction and proving there is such a thing as a perfect swing. -->

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### Editorial Review

#### Amazon.com Review

Golfers, as a breed, are willing to pry their unwilling bodies into any ungodly position if they think it will help their game, even more so if that position mirrors the languid power of, say, Sam Snead's, Fred Couples's, Payne Stewart's, or Tiger Woods's. *Swing like a Pro* tees up a new model, a computer-generated composite of more than 100 swings of the world's best golfers. The theory behind it is to isolate and emphasize those parts of the swings that all good swings have in common--the parts that every golfer, regardless of the entirety of motion, can adapt to his or her own. While the theory may be sound, the presentation is technically complex, as dry as a pot bunker on an August afternoon. If you already play the game, this may help shave a few strokes. If you're just starting out, head back to the range for a lesson. --*Jeff Silverman*

#### From Library Journal

This book is the result of 17 years of research on the mechanics of the golf swing. The objective was to determine how the professionals make the swing look so simple, when in reality, according to the authors, it is a complex series of motions: the setup, the grip, the backswing, the downswing. Mann, an expert in biomechanics and founder of CompuSport, and golf pro Griffin have developed a composite of over 100 of the world's top golfers, creating a computer-generated image?a virtual golf pro?that is featured throughout the book. Easy to read and with an assortment of photos, *Swing Like a Pro* is a useful reference source golfers will enjoy.?Larry Little, Penticton P.L., BC  
Copyright 1998 Reed Business Information, Inc.

#### Review

Praise for CompuSport's breakthrough system:

"The information that Fred and Ralph have discovered has helped me in the past. I highly recommend it for any golfer who truly wants to improve [his or her] game."

--Ben Crenshaw, PGA Professional

"My father and I spent many productive hours working with the information provided by Dr. Mann. I'm glad that golfers of all levels will now be able to benefit from this work."

--Davis Love III, PGA Professional

### Users Review

#### From reader reviews:

#### Samantha Campbell:

Book is to be different per grade. Book for children until eventually adult are different content. To be sure that book is very important usually. The book *Swing Like a Pro: The Breakthrough Scientific Method of Perfecting Your Golf Swing* ended up being making you to know about other know-how and of course you can take more information. It is rather advantages for you. The guide *Swing Like a Pro: The Breakthrough Scientific Method of Perfecting Your Golf Swing* is not only giving you much more new information but also being your friend when you truly feel bored. You can spend your own personal spend time to read your

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**Kristin Todd:**

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**Ronda Caesar:**

A lot of people always spent their own free time to vacation as well as go to the outside with them family members or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book you read you can spent all day long to reading a reserve. The book *Swing Like a Pro: The Breakthrough Scientific Method of Perfecting Your Golf Swing* it doesn't matter what good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. Should you did not have enough space bringing this book you can buy often the e-book. You can m0ore easily to read this book from your smart phone. The price is not to fund but this book possesses high quality.

**Micheal McDonough:**

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