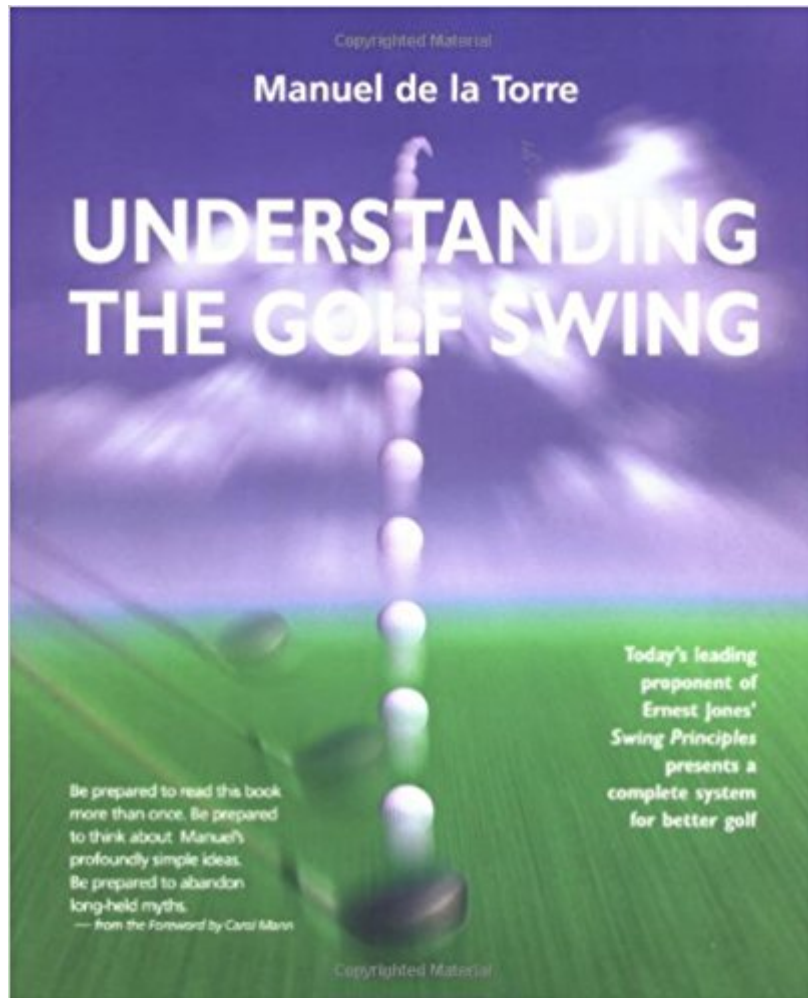




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# Understanding The Golf Swing



## Synopsis

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's 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.

## Book Information

Hardcover: 254 pages

Publisher: Warde Publishers (July 25, 2001)

Language: English

ISBN-10: 1886346518

ISBN-13: 978-1886346512

Product Dimensions: 9.6 x 7.6 x 0.9 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.5 out of 5 stars 131 customer reviews

Best Sellers Rank: #602,849 in Books (See Top 100 in Books) #33 in Books > Sports & Outdoors > Coaching > Golf

## Customer Reviews

"Be prepared to read this book more than once. Be prepared to think about Manuel's profoundly simple ideas." -- From the book's Foreword by Carol Mann  
"I knew the book was going to be good... destined to become a classic in golf instruction." -- Gary D'Amato, Golf Columnist, Milwaukee Journal-Sentinel, June 27, 2001

Manuel de la Torre has twice been recognized by Golf Magazine as one of the top 100 golf professionals in America. He is typically described as today's leading authority on the 'Swing Principles' method of instruction developed by the legendary golf instructor Ernest Jones. Manuel de la Torre has been celebrated throughout his 50 year career as a passionate keeper of the golf instructional wisdom presented and made popular in the 1930s and 1940s by Ernest Jones. In fact, Manuel's father, Angel de la Torre, himself the two-time Spanish Open golf champion, had met Ernest Jones at a tournament in England. When the two families settled in America Ernest Jones and Angel de la Torre became lifetime friends. Manuel literally grew up discussing the golf swing with his father and one of the games most celebrated instructors. These historical elements are presented in several meaningful appendices, including Manuel's moving essay on the experience of leaving his homeland Spain as civil war broke out in 1936. Manuel de la Torre was head golf profesional at the Milwaukee Country Club from 1951 to 1996. Manuel continues to conduct seminars for teaching professionals at the local, state and national levels. He lives in Milwaukee, Wisconsin.

This book is perfect for an amateur who wants to learn the game or improve and transform their game. Golf instruction today, because of how the pros are taught, has become more complicated for the amateur who is trying to learn on their own or can't afford a lot of lessons. Modern instruction has broken a simple golf swing into multiple positions requiring intense instruction and a huge amount of practice to learn and maintain. Manuel De La Torre teaches a basic method that is easy to learn and easy to perform. If you stick with it you will play better golf. You may not hit the ball 300 yards or spin the ball back 10 feet but you'll enjoy your golf more. I have gone from a 20 handicap to a 10.

This is an excellent book, but not a 'quick read'. While the premise seems simple, it's not that easy to apply. It was difficult to keep years of other instruction ("Drive with this", "Twist with that", "Tilt something else" etc etc). The best way to apply these teachings it to read a section then go to the range - or hit wiffle balls - to internalize the feel. The writing is excellent. In the early parts it seems like he's repeating himself a lot, but the point is deceptively subtle. Also, I feel like the illustrations could have been better. Admittedly I'm not the sharpest knife in the drawer, but it took me a little while to digest the schematics of swing arcs, etc. I've been reading mixed messages about an accompanying video but I think it would help to visualize several parts. Many years ago I read Ernest Jones' "Swing The Clubhead" and it was excellent and effective. But over the years I strayed. While

recuperating with my new hip I discovered I'd misplaced it (the book, not the hip). However, DeLaTorre's book is a very worthwhile replacement.

Great book! One of my favorites. Helped me understand the sport and made me a better golfer. I have past this book down to my children who are currently reading it. Very easy to understand and has step by step instructions. Great book highly recommend.

This book is an invaluable aid in helping to eradicate the clutter of swing thoughts that often accompany other teaching philosophies and methods. Manuel de la Torre's approach simplifies golf by encouraging a relaxed, natural swinging motion devoid of the tension created by too many swing thoughts. The simplistic de la Torre approach really struck home when I had the pleasure of playing a round with one of his former students, who happens to be my sister. While I was struggling with where my elbow should be, my swing plane and a multitude of other thoughts, she made one fluid swing after another. After reading the book and spending a week trying to eliminate all my old swing thoughts, I think I'm finally developing a more natural swing that has made golf fun again.

I consider myself a student of golf, someone that studies the golf swing. I have over 60 golf books and countless DVD's and tapes. I don't necessarily read all this to change my swing but I enjoy reading about the golf swing. I can tell you there are many ways to swing the golf club. The more I know the more I realize how confusing it is and why people have so much problems with the swing. What I have learned through all this is that there are some swings more suited to one person and not to another. I spent 10 months of hard work trying to learn a flatter one plane swing. Even though I shot 78 with that swing I know it just wasn't suited to me. I am a more upright swinger, a two planer as Jim Hardy would call it. It feels more natural for me. It was really by accident that I got a hold of Manuel De La Torre's book. It caught my attention since he is basically a two planer, a more upright swinger. When I first read through the book skimming as I was going along I completely missed on how to swing the club. I had to go back again and look through the chapter index to find where it was. The whole section on the mechanics of the swing is very short, so short you might miss it like I did. Having been use to reading detailed descriptions on how to swing a golf club I was rather struck by how little he had to say. My first feeling was this book was a waste of my time. He spends, it seems, more time on grip than he does on how to swing the club. So I went back and read that little section on swinging the club. Made some practice swings and within a very short time felt for the first time what I felt was the way a golf swing should feel like. It was too simple. The genius behind

this swing is just that. It is so simple that for most people the simplicity will be very difficult to deal with. They will try and throw all kinds of previous ideas or make their body work differently because the swing really can't be that simple. The remarkable thing about how he gets you to swing is the swing adapts to you, you don't adapt to the swing. So every person will have a different swing but that swing is his or her swing and that is why it is so magical. I probably spent about 15 minutes practicing the swing in my living room and then read his entire book without skimming this time. It is a simple read and goes by pretty quickly since he doesn't have a lot of detail you have to memorize. I went out to the golf range the next day but really not expecting a great deal. I often read a book and practice the swing in front of a mirror but find when you go and actually try and hit a ball it doesn't always translate like it should. My expectations were somewhat low but I made my first swing. It was a pull not bad but it was solid. My next one was also a pull then I remembered that section of faults but really it was just adhering to what little rules he had. My next shot was dead straight. I went from a 7 iron hitting all the way up to a driver. I was impressed, not by the way I was hitting but because it happened so fast. I felt confidence within a very short period and the swing felt like it was mine. My last swing change took 10 months of dedicated work and this one took one day most of it just reading the book. Now I know some and maybe quite a few are going to try this and feel it is worthless. After reading 60 books and having over a dozen golf instructors in my golfing career I can only tell you this is the simplest and easiest swing I have ever tried. It may be difficult to get that feel. I found it almost instantly but once you feel that swing you won't need another book or another golf instructor again.

I bought this book because my friend Tommy Aaron, 1973 Masters Champion, had told me frequently about Manuel De La Torre's teaching methods, and how Manuel's system had helped sustain Tommy's longtime PGA TOUR career. Because Tommy swings the golf club with an elegant ease displayed by only a few top golfers, I wanted to learn what was behind his success. I welcomed Manuel's easy-to-understand and easy-to-apply approach. Too much golf instruction leads to "paralysis by analysis." This book avoids complexity. Like all golf theories, Manuel's instruction will help some and frustrate others. I think it's worth a try. *The Complete Communicator: Change Your Communication-change Your Life!* *The Complete Communicator: Change Your Communication-change Your Life!*

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