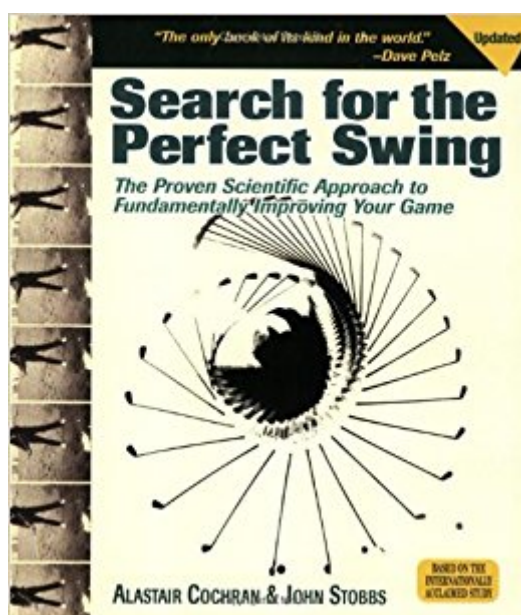


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# Search For The Perfect Swing: The Proven Scientific Approach To Fundamentally Improving Your Game



## Synopsis

Internationally renowned scientists in physics, ballistics, anatomy and human biomechanics and cybernetics conducted this groundbreaking, intensive, six-year study of the golf swing. By analyzing the swings of the world's best golfers and basic human mechanics of movement, these scientists have uncovered ways to build the ideal golf swing. Long considered an instructional classic, *Search for the Perfect Swing* presents the scientific results in a framework that's easy to understand and apply. It couples traditional golf instruction with the physical science behind the perfect swing, explaining why you need to keep your left arm straight, your head down and your weight shifted. With a new, updated Introduction that addresses the latest technological advances in golf, this book will help golfers at any level fundamentally improve their swing—and their game.

## Book Information

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## Customer Reviews

"The most influential instructional golf book in history." —Dr. Gary Wren "Cochran and Stubbs have provided the golfing world with the first valid golf book based on scientific research that can be utilized by the public. *Search for the Perfect Swing* may be the most influential instructional golf book in history." —Dr. Gary Wren, PGA master professional and editor of *The PGA Manual of Golf* "The only book of its kind in the world. *Search for the Perfect Swing* provides ground-breaking information and insights that will help golfers understand the inner workings of the game, improve their swing and lower their scores." —Dave Pelz, president of Independent Golf Research, Inc., and former NASA physicist

This book is a real gem, an encyclopedia of deep research into the golf swing. I spent many a happy hour perusing through the copy in my high school library when I was a teen on my school golf team, so I leaped at the chance to have my own copy finally many years later. Although this was written decades ago, you might be surprised at the depth and variety of articles to be found in here. It is a very scientific approach that the authors took, with detailed high-speed analysis, deeply detailed discussions, and it is lavishly illustrated. I would not claim that this will help your game more than books by modern swing 'gurus', but there is info here that you cannot easily find anywhere else. If you have a scientific bent or just want to learn as much about the swing as you can, this is a great addition to your golf library.

I came across the previous edition of this book many years ago in a local library and always wondered since if it had ever been updated. I was pleasantly surprised to discover that it had been. What makes this book unique is that it was about a project supported by several scientists, some of whom were not even golfers, but who thought the project was interesting. These scientists analyze many aspects of the game of golf and debunk several myths surrounding the game. This was one of about thirty books about golf that I read at that time and the one I found most interesting.

While this book was written quite a few years ago, the basic science behind it is solid. Using high speed cameras, the authors analyze every aspect of the golf swing dispelling many myths behind the swing. It looks at what makes up swing speed, how certain ball flight is achieved, and much more. If you're a Dave Pelz fan, you'll love this book. I find Pelz and the authors here to be of similar mind and approach. This book really isn't for teaching your golf swing, however. There really aren't any drills for you to do, but it explains what you want to achieve, just not HOW to do it. The science behind this book personally helped me drop from a 6 to a 4 index, and improve my driving accuracy from about 45% to 60%, IN ONE YEAR. The reason? My instructor was wrong in talking about ball flight and what causes the ball to do certain things. This caused me to try to adjust things in my swing that didn't need adjusting.

First, I should state that I enjoy physics, so it will come as no surprise that I sought to find a book that would deal with the physics of golf. I hesitated for a moment, since the book was initially written some 40 years ago! After weighing the argument, however, that "it's STILL physics, regardless of the era!", I decided to purchase the book (which was updated to address the newer generation of golfers). I certainly do NOT regret the purchase, and find myself reading and re-reading various

chapters. Being one who practices the PPGS style of golf swing, used in the 60s & 70s, I wanted to know exactly WHY the ball reacts as it does. I am more than pleased with the author's explanations, which are well within reach of the average person's knowledge of the principles of physics.

While this book has been in print since about 1968, there has never been a better one for understanding golf....in my opinion.Modern test equipment and modern golf equipment have served to verify what these men found about hitting the ball.They produce detailed analysis of set-up, swing and equipment and yet they always yield to what works.For example, in their section on putting they state "Once a player has adopted any of the many possible simple methods, putting is largely a matter of confidences."If you really want to improve your swing and your shots, then read and practice this book above all others.Bill Fontaine

Very good book. Shows details for each phase of the swing.

When I was learning to ski I found a book describing the mechanics of the ski and its interaction with the snow surface (best point - keep those knees bent)which helped me to become a very good skier. I was hoping to duplicate that for golf (with professional instruction in addition, of course). But, while the book is a very excellent engineering study, it is unreadable and not conducive to being finished (I did not). The information I needed may be in there but it is not easily found or explained. It is more like a grad student's doctoral thesis that was then greatly expanded by the entire engineering department.

good but no substitute for a video.

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