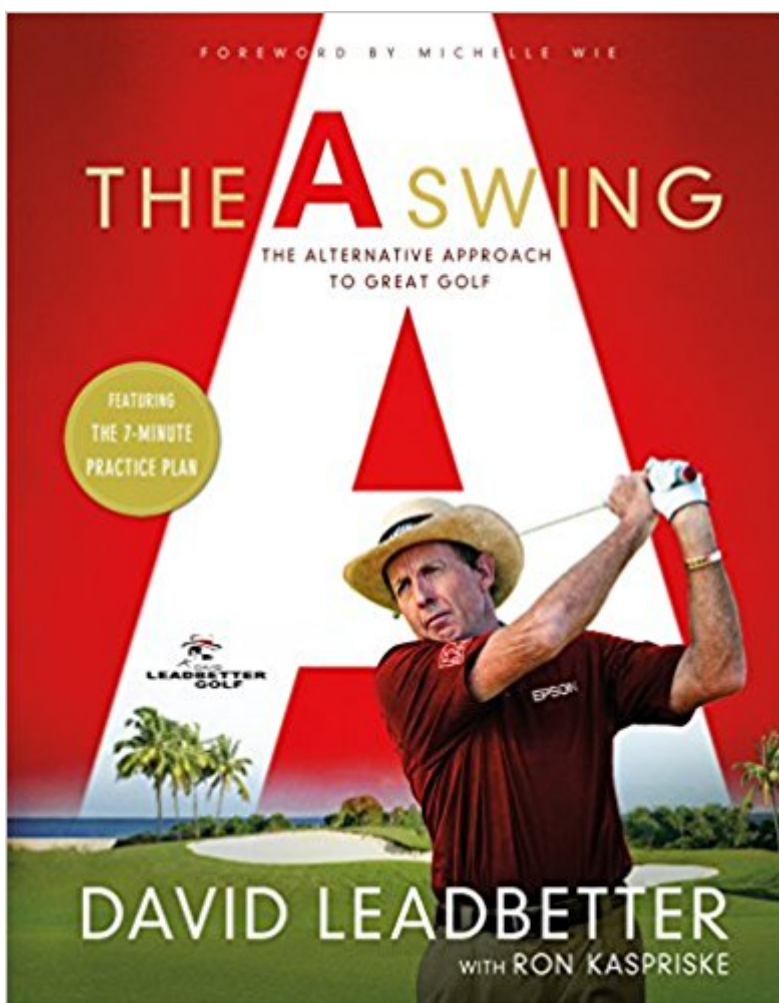


The book was found

The A Swing: The Alternative Approach To Great Golf



Synopsis

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.

Book Information

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Customer Reviews

“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)

“This A Swing is simple and efficient, easy to repeat, and has allowed me to play well despite my back issues. I don’t have to practice as much and my misses have been so much better. You need to try it!”

Ryan Blaum, Leading Money Winner, 2013 PGA Latin American Tour

“After many years of practicing and searching for the key to the swing, I believe this is it. The A Swing is awesome, simple, and easy to apply. Wish I knew about this 25 years ago!”

Denis Watson, Three-time PGA Tournament Winner and Winner of the 2007 PGA Senior Championship

“Trying the A Swing was an amazing transformation. My game was so inconsistent but in just a few shots of working with this different backswing I started hitting the ball out of the middle of the clubface and really striping it. My golf buddies were blown away by how much accuracy and distance I gained!”

Jackie Flynn (8 handicap) – Actor and Comedian

“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. The A Swing gave me a plan and within a few months I went from being an 80 shooter to shooting in the 60s. I just stick to the plan and don’t deviate. I know I am going to have a successful college career and hopefully someday compete on the PGA Tour.

• Kymer Li, Junior Golfer
 “As a 60+ year old golfer with a low handicap my performance had plateaued. I had taken many lessons over the years but nothing has been as logical and clear as the A Swing. The A Swing has renewed my interest in the game as it has enabled me to perform well in competition. I am hitting it longer and my shot dispersion has improved significantly. There is less stress on my body and golf is more fun. An anti-aging system if ever there was one!

• Dr. Joe Branconi, Senior Golfer

DAVID LEADBETTER is regarded as the world’s premier golf instructor. His players have won a combined 18 major championships and six of those golfers were ranked No. 1 in the world. He operates dozens of golf academies around the globe and has authored several bestselling instruction books and videos. His books include Leadbetter’s Quick Tips and David Leadbetter 100% Golf. David writes monthly articles for the game’s leading publication Golf Digest. He lives in Orlando, Florida. RON KASPRISKE is a longtime editor at Golf Digest and has written five books on the game.

Although I own more than a couple of golf books, I've never written a review of one. From each, I've drawn a little inspiration, but no real "game changers." I'm inclined to believe that this may be a game changer... for the good. Reading carefully, and more importantly, practicing carefully, the positions described in the book, the A swing has turned wildly inconsistent shot-making into modestly more powerful and unquestionably straighter irons and woods. The irons came first, shots dead on line, but long. The driver struggled to show improvement. Carefully remembering "exactly" what was described, I modified my hand position - the "prayer" position - and especially made my turn away from the ball just as it described, I boomed a drive straight as an arrow. Making the same turn away, I hit a solid fairway wood straight up the fairway to the green. I was pumped. Same story on the next tee, number 18, solid drive, up the middle with a hint of draw. Though I know it'll take me a while to "own" it, the A swing is actually easy to learn. I recommend giving it a try.

The a swing solves a mystery that has bothered me for the 25 years I have been playing golf. Why was it so hard to get the golf swing comfortable and balanced at the top? I never had a problem grabbing a bat to immediately assume a position that was balanced and natural feeling. But the vertical swing of the golf swing was so different. Imagine a baseball coach requiring players to keep their left arm perfectly straight to achieve power. With Ledbetter's new swing you easily find that comfortable position at the top without a long checklist. The shoulder turn is natural and almost inherent in the motion. Some issues still remain; alignment is important and not automatic as well as placement of the ball in your stance. Many of the fundamentals in Ledbetter's other books are repeated in this book and are still critical to the swing. On the range I found irons were immediately accurate but woods take a bit more work. It is too early to say the a swing will change my game, but as a weekend golfer I believe it better suits the time I have available to play. I thought the abbreviated swing would result in less distance but I didn't find that to be true. Practice felt more like batting practice with the natural follow through you get in swinging a bat.

I must confess, I gave a poor review of this book too early without following all he says about the backswing. Now I have done all the exercises on the book and practiced the A Swing for three weeks I am in a better position to comment. In two words "it works". But you have to follow it from A to Z to see the results. If you do the A Swing properly your back goes towards your target and automatically your arms fall into a slot to start the downswing. (David calls it V shape) From there the club comes down to the impact with the square face. Its very rare to have a mis hit. Please note,

that if you don't do the exercises on the back page to improve the strength of your glute muscles your stance may change resulting fat and thin shots. This happened to me so I advise anyone to follow it to the finish and enjoy the results. What is missing is talking about the Driver. Maybe David is thinking about writing another book just for the Driver.

I am a mid 20s handicap with aspirations of dropping a bunch of points this summer. I have been playing the game of golf for 25 years and I play about 2-3 times a week when the weather and daylight permit. I bought this book in search of the answer to my quest of how I can consistently hit the golf ball and save some money on the cost of lost balls. The A swing is wonderfully written and has a couple of different perspectives of why Leadbetter came up with the swing. I read the book through once already and just got to take the lessons to the course yesterday. The greatest benefit I found with the A swing is when I missed, I missed small. I use to miss with a duck hook that would fly 30-40 yards off line but my misses yesterday were only a few yards off line. When I finally got the rhythm and tempo down after 6 holes, I hit the remaining 3 greens and two of the three shots, the ball backed up 3-4 feet. I have never been able to do that before. The cool thing is that I could only remember about half of the ideas that were explained in the book. I really enjoy the pictures that are associated with the well written explanation for the visual learner like myself. I would recommend this book to almost all of my golfing excluding the ones with the most beautiful swings and single digit handicaps. The rest of us would greatly benefit from the ideas as well as the fitness program at the end of the book.

Coach Leadbetter has some good ideas. However, after about 4 months I have decided to let it go. It seems to work great for short periods on the driving range. Maybe a dozen or so shots are really good. Then it breaks down and, for the life of me, I cannot figure out why I'm shanking everything. I went back to my old swing using David's grip, stance, posture, and take-away. As of right now I'm hitting it better than I have in years. The A swing is not easy. As a matter of fact, I find it to be too complicated. If you do everything he asks you to do you are much, much more talented than I. It is a great read and coach Leadbetter makes it interesting. I am glad I bought the book and glad I went through the process. I think I'm a better golfer because of it.

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Stretching For Golfers - the complete 15 minute stretching and warm up routine that will help you

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