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Swing Tips You Should Forget

Michael Jacobs, Shaun Webb

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In Swing Tips You Should Forget, you'll learn how eight “classic” pieces of golf instruction you've heard over the years—like keeping your head down or creating more lag—are actually hurting your game, not helping it.

Backed by years of scientific research and thousands of hours of real-world lessons, Michael Jacobs and Shaun Webb—two of the game's cutting edge teachers—will show you how to replace old-fashioned advice like freezing your wrists and taking your arms out of the swing with modern, dynamic guidance based on sound biomechanical science and proven on the PGA Tour.

The images in the book come from the GEARS system—the Golf Evaluation and Research System, which is a combination of powerful software, eight high-speed cameras and motion-capture suit fitted with 26 markers. The system, which was developed for the aerospace industry, tracks the body and club and analyzes the data from more than 600 images per swing, and is accurate within 0.2 millimeters. Used in conjunction with force plates on the ground, it measures exactly what the body and club do during the swing.

In this book, you're seeing the lesson of the future, today.

A handful of the very best players in the world are using this system to get an edge in their training. It takes the guesswork and estimates out and replaces them with facts. With this guide from Michael Jacobs and Shaun Webb, you'll see the same benefits. You'll get better faster.

Get ready to change how you think about golf instruction.

"In Swing Tips You Should Forget, Mike and Shaun will use cutting-edge research and technology to actually simplify how you approach your own game. Instead of trying to focus on dozens of different tips that may or may not apply to you—and might even be obsolete—you're getting a clear guide to making an efficient, modern swing. This kind of teaching is the future of our game, both on the Tour and for the regular player." —David Toms, winner of multiple PGA Tour events and the 2001 PGA Championship

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