



Build the Swing of a Lifetime: The Four-Step Approach to a More Efficient Swing by Bender, Mike, Johnson, Zach (2012) Hardcover

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Unlike other teachers, Bender takes a biomechanical approach to the golf swing. In every era, golf instruction is usually based on having students emulate the best players of the day. Bender, however, says physics provides a better model for a swing that's as efficient, as repeatable and as timeless as that of Iron Byron, the PGA robot that tests clubs and balls. As he puts it perfectly: would you rather fly in an airplane that was built by engineers who understood the principles of lift and acceleration, or would you rather fly in one built by people who simply went out to the airport and watched them taking off and landing"--

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