



Search for the Perfect Swing: The Proven Scientific Approach to Fundamentally Improving Your Game

Alastair Cochran, John Stobbs

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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.



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