ben hogan swing analysis

ben hogan swing analysis offers an in-depth look at one of golf's most iconic and technically refined swings. Ben Hogan's golf swing is widely regarded as a model of precision, power, and consistency, making it a subject of study for golfers and instructors worldwide. This article explores the key components of Hogan's swing mechanics, breaking down each phase to provide a comprehensive understanding of what made his technique so effective. By examining the grip, stance, backswing, downswing, and follow-through, readers can appreciate the biomechanical principles that underpin his success. Additionally, the article discusses the influence of Hogan's swing on modern golf instruction and how his principles remain relevant today. The analysis includes detailed insights into swing plane, body rotation, and clubface control, offering valuable lessons for players seeking to improve their own game. Following this introduction, the article presents a clear table of contents to guide readers through the various aspects of Ben Hogan's legendary swing.

- Understanding Ben Hogan's Grip and Setup
- The Mechanics of Hogan's Backswing
- Key Elements of the Downswing
- Follow-Through and Finish Position
- Impact of Ben Hogan's Swing on Modern Golf

Understanding Ben Hogan's Grip and Setup

The foundation of Ben Hogan's swing begins with his distinctive grip and setup, which contribute significantly to his control and power. Hogan employed a strong grip, characterized by the placement of his hands in a way that promotes a square clubface at impact. His setup was meticulously balanced, with feet shoulder-width apart, knees slightly flexed, and weight evenly distributed. This posture allowed for a stable base throughout the swing and facilitated efficient body rotation.

Grip Characteristics

Hogan's grip is often described as a "strong" grip, where the hands are rotated slightly to the right (for a right-handed golfer). This positioning helps maintain clubface control and encourages a natural draw ball flight. His left hand grip was firm but relaxed, while the right hand provided support without tension, promoting a harmonious connection between the hands and club.

Setup and Posture

Hogan's setup involved a slight forward tilt from the hips, creating an athletic stance that positioned the clubhead behind the ball. His spine angle was maintained consistently, which is critical for preserving swing plane throughout the motion. This setup enabled Hogan to generate power while maintaining precision in ball striking.

The Mechanics of Hogan's Backswing

The backswing is a crucial part of the ben hogan swing analysis, revealing the controlled coil and weight shift that set the stage for a powerful downswing. Hogan's backswing is noted for its compactness, with minimal excess movement, allowing for better timing and consistency. His shoulder turn was deep and full, while his lower body remained stable, creating a torque effect essential for generating clubhead speed.

Rotation and Weight Shift

During the backswing, Hogan emphasized a full shoulder turn of approximately 90 degrees, while his hips rotated less, around 45 degrees. This differential created a powerful coil between the upper and lower body. Weight shifted predominantly to the right foot, loading the rear side and preparing for an explosive transition.

Club Position at the Top

At the top of his backswing, Hogan's club was positioned parallel to the ground, pointing slightly downward, which is indicative of a proper swing plane. His left arm remained straight but not rigid, promoting a wide arc that maximized clubhead path and potential energy storage.

Key Elements of the Downswing

The downswing in ben hogan swing analysis showcases a masterful sequence of movements that generate power while maintaining accuracy. Hogan's transition from backswing to downswing was smooth but decisive, involving precise timing of body rotation, weight transfer, and wrist release. This phase is critical for delivering the clubhead squarely to the ball.

Initiation and Sequencing

Hogan initiated the downswing by shifting his weight to the left foot while beginning to rotate the hips toward the target. This lower body movement preceded the upper body and arms, ensuring efficient energy transfer. The sequencing of hips, torso, arms, and hands followed a kinetic chain that maximized clubhead speed and control.

Maintaining Swing Plane and Lag

Throughout the downswing, Hogan maintained his club on a consistent swing plane, preventing common faults such as casting or over-the-top moves. He also preserved wrist lag—the angle between the left arm and the club shaft—until just before impact, which contributed to increased power and clubhead acceleration.

Follow-Through and Finish Position

Ben Hogan's follow-through and finish position demonstrate the natural result of a well-executed swing. His finish was balanced and controlled, reflecting the efficiency of his mechanics throughout the swing. This phase not only completes the motion but also indicates the quality of the strike and swing rhythm.

Extension and Rotation

After impact, Hogan extended his arms fully toward the target while continuing his body rotation. His torso and hips faced the target squarely, and his weight was firmly on the left foot. This full rotation and extension ensured maximum distance and accuracy.

Balanced Finish

Hogan's finish position was stable and poised, with his right foot on its toe and his body upright. This balance is a hallmark of excellent technique, signifying that the swing forces were well managed and that the player maintained control throughout the motion.

Impact of Ben Hogan's Swing on Modern Golf

The ben hogan swing analysis reveals techniques and principles that continue to influence modern golf instruction and player development. Hogan's approach to swing mechanics is often cited in teaching methodologies due to its emphasis on fundamentals, precision, and biomechanical efficiency.

Legacy in Instruction

Many contemporary golf instructors incorporate Hogan's swing principles into their teaching, emphasizing grip, stance, and the sequencing of body movements. His swing serves as a blueprint for players seeking to develop consistency and power.

Technological and Analytical Insights

Advancements in video analysis and biomechanics have allowed modern analysts to validate Hogan's techniques scientifically. The application of technology has demonstrated how his swing optimizes energy transfer and minimizes injury risk, reinforcing his status as a swing model.

Lessons for Golfers

Golfers studying ben hogan swing analysis can benefit from focusing on:

- Maintaining a strong but relaxed grip
- · Establishing a balanced and athletic setup
- Executing a controlled backswing with proper rotation
- Sequencing the downswing to maximize power and accuracy

• Finishing with balance and full extension

Frequently Asked Questions

What makes Ben Hogan's swing unique in golf history?

Ben Hogan's swing is renowned for its precision, balance, and repeatability. His technique emphasized a strong grip, a powerful and controlled backswing, and a perfect hip rotation that maximized power while maintaining accuracy.

How can analyzing Ben Hogan's swing improve my golf game?

Studying Ben Hogan's swing can help golfers understand the importance of fundamentals such as grip, stance, and swing plane. Emulating his mechanics can lead to better ball striking, improved consistency, and enhanced control over shots.

What are the key components to focus on in Ben Hogan swing analysis?

Key components include Hogan's takeaway, his famous 'lag' in the downswing, his hip and shoulder rotation, the position of his hands at impact, and his follow-through. Attention to these details can reveal insights into an efficient and powerful golf swing.

Are there any modern tools or technology used to analyze Ben Hogan's swing?

Yes, modern tools like high-speed video analysis, 3D motion capture, and swing analysis software are used to study Hogan's swing in detail. These technologies allow golfers and instructors to break down his mechanics frame-by-frame for deeper understanding.

What lessons did Ben Hogan himself emphasize about the golf swing?

Ben Hogan emphasized the importance of practice, muscle memory, and understanding the mechanics of the swing. He believed in the 'secret' of the swing being the correct sequencing of body movements, particularly the hips leading the downswing to create power and accuracy.

Additional Resources

1. Five Lessons: The Modern Fundamentals of Golf

This classic book by Ben Hogan himself breaks down the essential components of the golf swing into five clear lessons. Hogan shares his insights on grip, stance, posture, and the mechanics of the swing. It's a foundational text for anyone interested in understanding Hogan's approach to perfecting the golf swing.

2. Ben Hogan's Power Golf

In this book, Hogan delves into the technical aspects of generating power and control in the golf swing. It offers detailed analysis and illustrations that highlight how Hogan achieved his legendary ball-striking ability. The book is both instructional and motivational for golfers aiming to improve their swing dynamics.

3. The Hogan Way: Ben Hogan's Principles and Drills

This instructional guide focuses on applying Hogan's swing principles through practical drills and exercises. It emphasizes body mechanics and timing, helping golfers develop consistency and precision. The book is ideal for players seeking a structured approach to replicating Hogan's swing.

4. Ben Hogan's Five Lessons: The Modern Fundamentals of Golf – Illustrated Edition

An enhanced version of Hogan's original work, this edition includes detailed photographs and diagrams that visually explain his swing techniques. The visual aids help readers grasp complex motions and positions more effectively. It's a valuable resource for visual learners and serious students of the golf swing.

5. Unraveling the Hogan Swing

This book provides an in-depth biomechanical analysis of Ben Hogan's swing, breaking down each phase with scientific explanation. It compares Hogan's method with other swing models to highlight what made his technique unique. Readers interested in the physics and mechanics behind Hogan's swing will find this book insightful.

6. Hogan's Swing: The Path to Perfection

Focusing on the mental and physical discipline behind Hogan's swing, this book explores how mindset and practice routines contributed to his success. It also covers swing plane, hand positioning, and follow-through in detail. The narrative blends technical advice with inspirational stories from Hogan's career.

7. Mastering the Hogan Swing: Step-by-Step Analysis

This step-by-step guide breaks down Hogan's swing into manageable segments for practice and improvement. It uses slow-motion photographs and expert commentary to dissect the positions and movements that define the Hogan swing. Golfers looking for a methodical approach to swing analysis will benefit from this book.

8. Ben Hogan's Swing Secrets Revealed

Offering insider tips and lesser-known techniques, this book uncovers the subtle nuances of Hogan's swing mechanics. It covers grip variations, weight transfer, and timing with a focus on practical application. The book is suited for intermediate to advanced golfers aiming to refine their technique.

9. The Anatomy of the Hogan Swing

This comprehensive study examines the physical and technical aspects of Hogan's swing with detailed illustrations and expert insights. It discusses muscle engagement, joint movement, and balance throughout the swing cycle. The book is a valuable tool for coaches and players dedicated to mastering Hogan's method.

Ben Hogan Swing Analysis

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ben hogan swing analysis: Ben Hogan's Five Lessons Ben Hogan, Herbert Warren Wind, 1990 You can shoot in the 70's!

ben hogan swing analysis: Ben Hogan's Secret Fundamental Larry Miller, 2017-03-15 Ben Hogan is legendary, intriguing, and mysterious. It's a combination that has contributed to Hogan being the most interesting golfer of all time. Aside from his amazing competitive record, his secretive and solitary personality provoke wonder and devotion among thousands of golfers worldwide who attempt to unlock Hogan's secret code of how to swing a golf club and strike a golf ball. Hogan himself has fueled this intrigue, mainly because he openly declared that he had a secret, one that he never publicly revealed. Many top professionals have speculated on what they thought Hogan's secret might be, but until now those speculations were not supported by any revelations from Hogan himself. Now, author Larry Miller, who was mentored by Tommy Bolt, who in turn was one of Hogan's protÉgÉs, shares Hogan's secret as he learned it. This secret fundamental, which Miller breaks down into two aspects and explains with the aid of full-color photography and illustrations, will help the average golfer implement Hogan's teachings to benefit his or her game.

ben hogan swing analysis: Ben Hogan's Magical Device Ted Hunt, 2009-05-26 In 1954, Ben Hogan stated in the serialized lessons he wrote for Life magazine that he had "a secret." He challenged the world to find it by stating It is easy to see if I tell you where to look. He then wrote his legendary instructional book, Five Lessons, and created a remarkable golf swing puzzle, but somehow one important piece of information was missing. Golf expert after golf expert have attempted to define this secret over the years, serving to compile a rather lengthy list of what they think the secret is but never quite explaining how it's done. Enter Ben Hogan's Magical Device, a revealing book which intends to finally explain, in universally understandable terms, that long-lost secret to Hogan's swing. As a lifelong golfer with 50+ years of experience, two degrees in Physical Education and a Doctorate in History, author Ted Hunt became determined to track down Hogan's secret himself. He reviewed most of the literature concerning Hogan and interviewed many

professionals (including Jack Nicklaus) and the result of his research produced a clearer understanding of the source of the confusion concerning Hogan's secret. An hypothesis was conceived and tested, and Hunt was pleased to discover that his analysis stood up to critical examination. But perhaps more importantly, his golf responded with more accuracy and lower scores, which included shooting his age (79) several times within weeks of embracing the secret. Complete with 100 photos/illustrations and a foreword by movie star Sean Connery, Ben Hogan's Magical Device gives an easy-to-follow explanation of Hogan's secret, where it comes from, and the foundations which support its successful execution. Interspersed throughout the text are stories from professional acquaintances who spoke with Hunt about their times with Mr. Hogan.

ben hogan swing analysis: The Secret of Hogan's Swing Tom Bertrand, Printer Bowler, 2010-12-13 Praise for The Secret of Hogan's Swing The Secret of Hogan's Swing goes beyond pure instruction, offering insightful shot-making and strategy tips passed on to former tour pro John Schlee from Ben Hogan and interpreted wonderfully by Tom Bertrand and Printer Bowler. -- John Andrisani, author of Tiger's New Swing and Heaven Can Wait Like finding the Rosetta stone of golf. . . . Tom Bertrand and Printer Bowler's The Secret of Hogan's Swing gives us a pipeline to the Master's wisdom that we thought had been lost forever. Secret is an instruction book like no other. It's the Hogan book Hogan himself never wrote, packed with the insights the great champion passed on to John Schlee (in a fascinating mentor-disciple relationship) and that Schlee, in turn, bequeathed to Tom Bertrand. We'll probably never have anything like this again. Hogan's gone, Schlee's gone, but thank goodness we've got Tom Bertrand to preserve the nuggets of pure golfing gold that the Master dug up 'out of the dirt' of ten thousand practice tees and a thousand tournaments. The Secret of Hogan's Swing demonstrates that the vein of wisdom left by the peerless champion still yields up precious ore, not just in the technical aspects of the golf swing (Hogan's concepts are not only absolutely modern but even quite radical) but in his insights into the psychological and mental aspects of the game. His concept of the 'moving wall' is worth the price of the book alone. A must-read for every serious student of the game. -- Steven Pressfield, author of The Legend of Bagger Vance

ben hogan swing analysis: Ben Hogan's Short Game Simplified Ted Hunt, 2010-10-27 This edition serves as the companion to Hunt's successful Ben Hogan's Magical Devices.

ben hogan swing analysis: Ben Hogan Tim Scott, 2015-04-01 Ben Hogan's accomplishments on the golf course are the stuff of legends, but his life off it was exceedingly private. In this biography, author Tim Scott demonstrates why such public perception was not representative of Hogan's personality, offering a firsthand glimpse into the famous golfer's humor and sensitivity. Hogan wasn't perfect, and many of his fine qualities were never made public until now, as Tim Scott shares his personal experience with Hogan as well as Hogan's friends, family, and acquaintances. Along the way, a clearer picture emerges of Hogan as a man, a golfer, a friend, and a husband.

ben hogan swing analysis: Tiger's New Swing John Andrisani, 2010-04-01 The first book on Tiger's revamped swing--and an essential tool to help golfers of all levels increase their driving distances and improve their game Tiger Woods, the world's greatest golfer, switched teachers and everybody is talking about his new swing. There have been numerous changes to his technique since renowned author and golf instructor John Andrisani's bestselling The Tiger Woods Way hit the shelves in 1997. And the overall improvement in Woods' game has everyone asking the same question: what is he doing differently since switching to teaching guru Hank Haney and how can I use these lessons to improve my own game? Drawing from interviews with golf instructors familiar with Tiger's swing, professional golfers who have played with Tiger, television golf analysts, and his own independent study and analysis of Tiger's game, Andrisani offers detailed, easy-to-follow instructions on Woods' new swing in short, simple chapters for the first time anywhere. With numerous photos--clearly showing the differenced between Tiger's new and old swing--this book is a must-have for Tiger fans and golfers everywhere.

ben hogan swing analysis: *The Michelle Wie Way* John Andrisani, 2009-10-31 When Michelle Wie became the youngest player to qualify for the LPGA at age 12, she turned heads with her ability

to drive the ball with startling distance and accuracy. The buzz about the female Tiger Woods reached a fever pitch upon her decision to turn pro at the age of 16. Dissecting one of the most envied swings in golf today, John Andrisani demonstrates the five keys to mastering Wie's power swing: the grip and setup, powering your backswing, creating a flat spot, improving tempo, and shifting balance to change the dominant side. With detailed, stepby- step photographs from renowned golf photographer Yasuhiro Tanabe, Andrisani breaks down Wie's swing into easy-to-follow instructions.

ben hogan swing analysis: The Psychology of Golf Performance under Pressure Denise Hill, Jamie Barker, Karl Steptoe, 2023-10-13 The Psychology of Golf Performance under Pressure offers contemporary, research-informed information regarding the key psychological factors affecting golf development and performance under pressure. Through the authors' substantive expertise - all of whom are notable scholars and/or practitioners in the field of golf psychology - the text provides a highly accessible "real world" application of theory to practice, through the provision of evidence-based guidance regarding how to maximise golf performance under pressure. Golf is a sport that has embraced sport psychology, with many of the highest ranked players in the world (male and female) openly working with a sport psychologist and advocating their importance. As a result, an increasing number of high-profile practitioners are working full-time within the sport around the world, encouraging trainee sport psychology practitioners to pursue their career within golf. Accordingly, there is an ever-increasing demand for high-quality information pertaining to the psychological demands of golf; the key psychological variables that affect golfing development and performance; and evidence-based strategies which enable effective golf performance under pressure. This novel text provides a comprehensive portraval of the psychological factors which enable effective golfing development and optimal performance under pressure. A theoretical review of the pertinent psychological factors followed by the practical application of theory for the provision of "take home messages" will ensure that this book is of value, interest, and benefit for golfers, coaches, golf organisations, and even the parents of golfers, alongside sport psychology scholars, students, practitioners, and researchers alike.

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ben hogan swing analysis: Ben Hogan's Five Lessons Ben Hogan, 2024-11-21 Over the past sixty-five years, millions of golfers have studied Ben Hogan's Five Lessons, making it the bestselling golf book of all time. Now, Hogan's masterpiece has received the definitive edition it deserves, complete with never-before-seen archival gems and brand-new material for today's golfers. Widely regarded as one of the greatest golfers in the history of the sport, Hogan is especially known for his mastery of the golf swing. At the start of his career, he played with a hook that threatened to ruin his game, until he dedicated himself to correcting it – and in doing so, he gained a rare and hard-fought understanding of the fundamentals. He went on to become one of only five players to win all four professional championships, claiming nine major championships in total. In 1957, Hogan partnered with Herbert Warren Wind, 'the dean of American golf writers' (New York Times), and illustrator Anthony Ravielli to capture his expertise from the peak of his career in a series of lessons. He

believed that any golfer with average coordination can learn to break eighty. With the groundbreaking techniques Hogan reveals in this essential book, you can learn how to make your game work from tee to green, step by step and stroke by stroke. In each chapter, a different tested fundamental is explained and demonstrated with clear illustrations, as though Hogan were giving you a personal lesson with the same skill and precision that made him a legend. Now expanded with a major new introduction, expert commentary on the book's legacy, unpublished photos of the publicity-shy Hogan and more, this definitive edition offers greater context and fresh insight into an icon of the game.

ben hogan swing analysis: Play Like Sergio Garcia John Andrisani, 2006 Utilizes the championship skills of PGA superstar Sergio Garcia to demonstrate how golfers can improve their own golfing techniques, using detailed instruction, practical advice, and black-and-white photographs to follow Garcia's tee-to-green game and reveal the basics of his swing, setup, and putting shots. Reprint.

ben hogan swing analysis: *Building of a Champion* Avis Brown-Riley, 2018-01-29 It is not the adversity that you face, but how you face the adversity, that defines you as a person and builds character. I think what Avis Brown and her family have done throughout their careers in the Golf world is nothing short of amazing. Avis is a wonderful player and teacher, and readily offers her experience to helping others learn this game. That passion is so important to the growth of golf and we need more golf professionals like her going into the future. Byron Casper International PGA (lifetime member) (Son of Hall of Fame Golf Legend, Billy Casper) An extraordinary journey by an ordinary person, it will bring tears to eyes and laughter to your soul. Our society place tremendous emphasis on Winning and Losing, so much so that we often forget to celebrate the valuable life experiences that are gained. In the pages of this fascinating journey, Avis shares her trademark 3D's (Determination, Dedication and Desire) that empowered her to become a Golf Champion. Little did she know that the lessons learned would one day save her life and help to reach the inter-personal rewards that life has to offer.

ben hogan swing analysis: Secrets Of Owning Your Swing Edward A Tischler, 2011-07-25 Secrets Of Owning Your Swing - The Revolutionary Power-of-3 Golf Approach introduces you to EA Tischler system for understanding how your golf machine works. EA believes that we all have unique body types and structures, and if we understand the structure of our body mechanics we can develop a swing that we can own for a lifetime. The book also overviews the basic concepts that provide the foundations for EA's system of coaching - The New Horizons Golf Approach. As part of that approach the Power-of-3 Golf biomechanics introduce 12 biomechanical features that all golf strokes possess. Each of the 12 features has 3 options and only one of those options fit your body mechanics. Identify the 12 feature/options that make-up your body mechanics, employ them in your swing technique and you will be able to truly own your swing. Within its pages you will discover the reality of how body mechanics affect your swing and you will gain the type of perspective that will bring clarity into your game. On the other hand, fight your body mechanics and your game will always seem like a battle.

ben hogan swing analysis: I Remember Ben Hogan Mike Towle, 2000 I Remember Ben Hogan, by Mike Towle, is filled with personal recollections of golf's most famous legend by the people who knew him best. Dozens of Hogan's confidents, peers, partners, and apprentices candidly reveal their memories of and insights into the Hawk. Included are more than one hundred original stories and observations.

ben hogan swing analysis: The Shape of Actions Harry Collins, Martin Kusch, 1999-01-05 What can humans do? What can machines do? How do humans delegate actions to machines? In this book, Harry Collins and Martin Kusch combine insights from sociology and philosophy to provide a novel answer to these increasingly important questions. The authors begin by distinguishing between two basic types of intentional behavior, which they call polimorphic actions and mimeomorphic actions. Polimorphic actions (such as writing a love letter) are ones that community members expect to vary with social context. Mimeomorphic actions (such a swinging a golf club) do not vary. Although machines cannot act, they can mimic mimeomorphic actions. Mimeomorphic actions are

thus the crucial link between what humans can do and what machines can do. Following a presentation of their detailed categorization of actions, the authors apply their approach to a broad range of human-machine interactions and to learning. Key examples include bicycle riding and the many varieties of writing machines. They also show how their theory can be used to explain the operation of organizations such as restaurants and armies. Finally, they look at a historical case—the technological development of the air pump—applying their categorization of actions to the processes of mechanization and automation. Automation, they argue, can occur only where what we want to bring about can be brought about through mimeomorphic action.

ben hogan swing analysis: Hogan on the Green John Andrisani, 2013-05-14 Putting is golf's great equalizer, a seemingly simple aspect of the game whose surprising complexity has vexed both amateurs and pros for centuries. But now, for the first time ever, you can learn to putt like the legendary Ben Hogan, the winner of 9 major championships. Recognized by many as the greatest ball-striker and on-target tee-to-green player of all time, Hogan's prowess with the flat stick has often gone unnoticed. But Hogan's proficiency on the greens was like none other when it came to sinking difficult putts under high-stakes tournament conditions. Hogan on the Green by John Andrisani presents readers with a comprehensive, illustrated analysis of Hogan's revolutionary system for sinking short-, medium-, and long-range putts on a variety of surfaces. Complete with easy-to-follow instructions for setup and stroke techniques, as well as tips on putting strategy, practice, and mastering the mental game, this book is a unique and invaluable resource for those looking to perfect their putting. With anecdotal recollections and instructional commentary from those who knew Hogan best, including 1964 US Open champion Ken Venturi and Herbert Warren Wind, Hogan's collaborator on his classic 1957 bestseller, Five Lessons, Hogan on the Green also includes a host of practice drills and a special section of putting lessons from renowned golf coach Claude Butch Harmon Jr.

ben hogan swing analysis: The Tiger Woods Way John Andrisani, 2007-12-18 Tiger Woods' swing mechanics--superefficient and fundamentally sound--enable him to consistently drive the ball well over 300 yards, farther than anyone currently on the Tour. In The Tiger Woods Way, GOLF Magazine's former senior editor of instruction, John Andrisani, shares his analysis of Tiger's flawless swing technique to help golfers of all levels learn how to increase their driving distances and improve their games. Drawing from his independent study and analysis of Tiger's game, John Andrisani offers detailed, easy-to-follow instructions on Tiger Woods' swing in four simple chapters: Getting Ready for Action Explains Tiger's unique setup position, which borrows key elements from Jack Nicklaus' and Ben Hogan's own techniques. Building Power Shows you how to increase the resistance between your upper and lower body to help you make Tiger's powerful takeaway action your own. Unleashing Power Outlines Tiger's ideal impact body-and-club position to enable you to hit solid shots consistently. Iron Power Reveals the fundamentals of Tiger's iron swing to allow you to hit the ball stiff to the flag.

ben hogan swing analysis: *Breakthrough in Golf* Curtis Elliott, 2005-03-01 All golfers want to improve their swings. Yet, the sheer complexity of golf instruction is a huge barrier to learning. But you can learn the Secret! Breakthrough In Golf is based upon the timeless swing wisdom of the greatest ball striker in history, Ben Hogan. But the book introduces a fresh way of thinking about the Secret. Once you learn it, using a method we call Hip to Hip, you will see your swing improve in a very steady way. For the first time in your life, you will actually know what your golf swing is doing! And you will be able to figure out your golf swing all by yourself! We guarantee it!

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