



Slow Practice Will Get You There Faster: Link between Ben Hogan's mirror practice and his slow motion drill

By Ernest Dras

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In this breakthrough manual, you will learn the way that many great masters and teachers in various disciplines recommend we learn things, the way they developed their amazing skill. It is astounding to discover that, at root, they all eventually excelled in their art using the same approach, and this has been used for centuries in martial arts, in fencing, and, in the post-modern era, in a variety of sports. It is known as the slow motion practice method, and we find it used by virtually all great performers in the world of pianists, violinists, guitarists, and other musicians. In golf, Ben Hogan exemplified an outstanding example of this method, but he kept it hidden from almost everyone until recently, when some very rare footage of him appeared on the INTERNET. However, it is difficult for a serious golfer to take advantage of this method unless he or she has it properly explained. This is what my book and invention provide to the international golfing public for the first time.

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