



# Elements of a Powerful Tennis Stroke: Obvious to Some but Never Taught

*Shmuel Goldberg*

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## **Elements of a Powerful Tennis Stroke: Obvious to Some but Never Taught** Shmuel Goldberg

This book shares my personal knowledge of tennis. I am an amateur player. I started late, at the age of fifty-four. Sometimes I win, sometimes I lose, but I always understand the game. It was impossible without knowledge. Years ago my frustration in skiing came to an end due to a picture that compared skiing to bicycle riding\* It was all I needed for skiing technique to become natural to me and to become an advanced skier in a matter of days. The necessity to find the "bicycle" of tennis to really start playing was obvious to me. My background made it possible. Actually, it was two "bicycles": two elements that constitute a powerful tennis stroke. Once found, my game changed from end to end. Implementing these two elements in a stroke and practicing them, rather than chasing a ball, became a major part of my training. Hitting the ball became a result of a well-designed tennis stroke. Identifying and understanding elements of a tennis stroke require knowledge in physics. Sharing this knowledge in a simple language is all this book is about: illustration of two elements that constitute every powerful tennis stroke and then presenting the forehand, backhand, and service as a combination of these two. \*The Anatomy of Skiing by R. J. Sanders, MD

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#### **Jeffrey Brown:**

The reason? Because this Elements of a Powerful Tennis Stroke: Obvious to Some but Never Taught is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will surprise you with the secret the item inside. Reading this book alongside it was fantastic author who have write the book in such wonderful way makes the content inside easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any more or you going to regret it. This book will give you a lot of benefits than the other book get such as help improving your talent and your critical thinking approach. So , still want to hesitate having that book? If I have been you I will go to the publication store hurriedly.

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