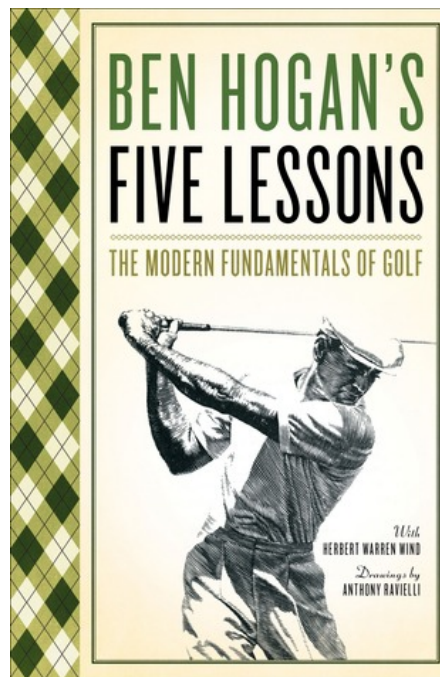




Ben Hogan's Five Lessons: The Modern Fundamentals of Golf

Ben Hogan

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A timeless classic with nearly one million copies in print, *Ben Hogan's Five Lessons* outlines the building blocks of winning golf from one of the all-time masters of the sport—fully illustrated with drawings and diagrams to improve your game instantly.

Ben Hogan, one of the greatest golfers in the history of the sport, believed that any golfer with average coordination can learn to break eighty—if one applies oneself patiently and intelligently. With the techniques revealed in this classic 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 experience-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. Whether you're a novice player or an experienced pro, *Ben Hogan's Five Lessons* is a must-have reference for anyone who knows that fundamentals are where champions begin.

Ben Hogan's Five Lessons: The Modern Fundamentals of Golf Details

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Author : Ben Hogan

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From Reader Review Ben Hogan's Five Lessons: The Modern Fundamentals of Golf for online ebook

T.J. Beitelman says

The normal human body — e.g., Ben Hogan, arguably the most consistently pure striker of a golf ball who ever picked up sticks, was no taller than 5'9" and weighed 150 pounds soaking wet — can be trained with utter precision to perform a series of intricate, interconnected movements time and time again, under enormous pressure. How? The big muscles lead the small ones. It's easier to coordinate the movements of your hips, back, and shoulders in a consistent, repeatable motion than it is to do the same with your wrists and hands. That's a parable. Start with the big things, the little things will fall in line.

Mike says

The techniques used in this book are almost universal. The first half to 2/3's of this 1957 book are in every golf instruction book. I've been playing golf for 30 years and I've been doing, or trying to do, almost everything in this book. Consequently, I easily adapted to a couple of Ben's moves and now I am ready for the Senior Tour.

Jared says

I'm a terrible golfer, but this book made me feel like I don't have to be terrible. It turns out that I didn't know the fundamentals of the sport. I took a class in high school where we went to the driving range a couple times and got some instruction, I thought that was enough and all I needed to do now was practice. Turns out that was wrong. This book tells you how to golf. It's not going to tell you everything but it will get you started in a direction where you can get better.

Joseph Naus says

listen to me and hear me now!

this is not just any golf book. this is THE golf book. ben hogan dedicated his life to golf and so this is as much a memoir as a mini-treaty on the swing. the artwork is masterful. the analysis of the golf swing is what the science of the full swing is based on sixty years later. it's a must have for so many reasons! it's short, concise and hogan writes the way he swings ... with absolute clarity and purpose.

and, if you think it's out of date google mr. jason dufner.

i love this book so much!!!!

Corey says

Much more interesting than I had envisioned an instructional on golf to be...

I bought and read this to be a helpful and supportive wife as my husband learns a new sport. I wanted a bit of instruction for myself as well in the unlikely event that I ever went with him.

The end result was that I am very interested in learning myself now. The instruction and illustrations in this book were excellent. It was all well organized and detailed without being complicated.

It also makes the sport sound so much more interesting, fun and inclusive of grace and choreography of movement than I had imagined.

Clinton says

Ben Hogan's Five Lessons is an illustrative book that teaches the fundamentals of the golf swing including: the waggle, the address position, the grip, the stance, the backswing and forward swing, and the position of the ball at address. Although many philosophies of the golf swing exist, Ben Hogan's swing is still praised as the most elegant and aesthetically perfect and copied still today by tour players. Ben Hogan is considered the father of the modern golf swing. Hogan's Five Lessons is an excellent starting point for improving anyone's golf swing. The only problem with reading an illustrative book is knowing any nuances in the swing that only a club professional can teach in an one on one lesson.

NATHANIEL EHRLICH says

The only complete catalog of fundamentals

Other, later writers have attempted to re-interpret what Hogan wrote. Ignore them! Just do what Hogan said and you can play golf well.

Trent says

I don't play golf, i don't intend to play golf. I have no idea why it's in my to read list but I read it. I liked it. I still don't intend to play golf. That's all.

Ryan Gallagher says

Great instructional book on golf. Only loses a star due to writing style (too much emphasis using all caps, etc.) but still an easy read and very informative. I've previously read several golf books by famous players and coaches but recommend this as the first book to pick up when learning golf as it clearly lays out many important fundamentals. That said, I've been working on breaking 80 for the last few months and have found a solid fix for my falling towards the target line after my swing in this book that I had never heard previously. Imagining sitting on the edge of a high stool during setup has fixed my off balance swing thus making my irons significantly more consistent. (Now, if I could just putt...) So this book can benefit more

than just novices and is a must-read for all golfers who are serious about improving their game.

Lisa says

This book helped me a LOT in learning to swing correctly. A perfect supplement to having a lesson from a golf pro (well, a few lessons!). Even helped my husband who has been golfing for years. There's always room for improvement.

David Longo says

Ben Hogan is the Ted Williams of the golf swing. His "Five Lessons" is a superior instructional book with tremendous illustrations serving as a companion that help one to better understand the art of the swing. I've read it once, just recently, and it has dropped a few strokes off of my rather pedestrian game. Hogan has created an understandable and fluid read. I know I'll look at it again. In fact, I should probably read it right before each spring season. Furthermore, Hogan, who was prickly at best in his prime, shows his softer side in this book. It was written well after his famous car accident in the late 1940's which transcended the golfing great and made him appreciate both life and the PGA fans more. If you're a fan of the game and know some Hogan history, you can actually see that transformation within his helpful words, even if it is not mentioned in the reading nor does it have anything to do with "Five Lessons" itself.

Eric says

The best golf advice I've ever received was, "read this book." Hogan's lessons are timeless. They are delivered easily enough for any rookie or old-timer to utilize on every stroke. Each lesson builds on the previous one so that on each approach, you'll find yourself quickly going through each one. Read this book...it's way better than listening to "you lifted your head" for the rest of your life.

Jerry Gause says

Excellent book on fundamentals of finding the ever allusive perfect golf swing (a new project for 2016). Details on the "Hogan" grip, stance and posture and the swing itself with over 50 well crafted drawings and diagrams. I expected instant gratification but now realize I will need time to fully incorporate this into my game (or not). So I've set some goals for this year - even if I fail I will be enjoy being outdoors. It's like learning to play the piano - takes dedication and regular practice. Hogan gives practice exercises to help adjust and get the feel for his technique. Also YouTube videos of Hogan in action is a nice supplement to see it all put together.

Jim says

In my list of gurus, Ben Hogan appears this year for the thoughts he has captured in this book. This book is a collection of five articles Hogan wrote on the "modern fundamentals" of golf for Sports Illustrated in the

Fifties. In a way, you're glad he wrote it down, because you'd hate him to be a personal teacher. He comes across as not only a purist, but an absolute obsessive over the game. Control freak? Absolutely. Suffer (golf) fools gladly? Not for a second. Hogan admits this often as he writes. You're going to do it his way, and you're going to commit to it through practice, practice and practice. Otherwise you are a waster, a loser, not even half a man. Could you write three pages on "The Waggle" that you make as you address the ball? Would you classify "The Waggle" as intrinsic to your game? Have you even ever thought about it? If he can write three pages on this, what is he going to manage on the downswing?

As I read, I became somewhat fascinated by the guy as he seemed borderline eccentric, if not borderline lunatic. I may seek out his biography or autobiography. Sportsmen can be boring because they do little else than play their sport, but maybe it's because of that that Hogan might be interesting. When he states that he literally can't stand watching most golfers hacking away at the driving range because it drives him into a mental rage at their inadequacy, it comes across as quite amusing, although Hogan isn't trying to be funny. As for the tuition offered in this small book, I really believe if you can commit to every sentence written (there are not many words wasted) your golf will improve beyond measure (i.e. for me, that would be breaking ninety). Hogan would still hate me for not committing my life to his every word, but I'll just have to live with that. What he has told me and taught me in this book is good enough for me.

Drew says

Tim Ferriss recommended this as a book showing someone who is really skilled at teaching. Very good example of breaking things down, giving the why, and going into minute detail while still giving just a few concrete principles to practice. If I take up golf, I'd read it again.
