



Tour Tempo: Golf's Last Secret Finally Revealed (Book & CD-ROM)

By John Novosel, John Garrity

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The original *Tour Tempo*'s subtitle proclaimed: ***Golf's Last Secret Finally Revealed***. At the time, it was a pretty bold claim.

Today, however, *Tour Tempo*'s premises have been backed up and validated by an independent scientific study performed by the Departments of Physics and Biomechanics at Yale University. To test the provocative thesis of *Tour Tempo*, Yale professors Robert Grober and Jacek Cholewicki had enlisted the cooperation (and students) of three prominent golf instructors: Bill Greenleaf, PGA Master Professional; Michael Hebron, PGA Master Professional and former National PGA Teacher of the Year; and David Leadbetter, founder and chief instructor of the worldwide David Leadbetter Golf Academy network. The students ranged in golfing ability from "tour professionals" and "teaching professionals" to "average weekend golfers," and their swings were timed with "motion sensing accelerometers and wireless communications electronics mounted in the shaft" with sampling rates "of order 250 Hz, yielding eight times more detail than that obtained from conventional video."

Armed with this new data from the study, the Yale professors found that the data for playing professionals was consistent with the data that was reported in *Tour Tempo*. Additionally, Tour Pros exhibited very small values of standard deviation relative to all other golfers, meaning that their swings are very reproducible. They also concluded that the standard deviations measured for the other groups - "teaching professionals" to "average weekend golfers" - were "much larger" than that of tour professionals. "Additionally," continued the authors, "*the golf swings of professional golfers are universally faster than that of the average golfer.*"

The Titleist Performance Institute's 3D research data, culled from the analysis of tour-pro swings, also confirms the results of the Yale University study. TPI's researchers concluded that "Tour Tempo is the only golf training aid that has been validated by an independent scientific study."

Published in 2004 by Doubleday and written by John Novosel and Sports Illustrated senior writer John Garrity, *Tour Tempo* challenged the myths

surrounding golf's most elusive fundamental and explained how amateur golfers could dramatically improve their ball striking--instantly, in most cases--by copying the swing rhythm of the pros. Its main premise--that tempo, the most important fundamental of the golf swing, can be learned quickly and easily without expensive lessons or exhaustive practice--is now accepted by swing coaches at every level of the game. And, now PGA tour pros including Major Championship Winners work Tour Tempo training into their practice routines.

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Editorial Review

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Most hackers have met the tee-box philosopher who, perhaps with a Taoist tract in hand, advises them to swing more slowly. Novosel, who is here to squelch that theory of swing speed, maintains the opposite is true. More audaciously, Novosel, with the help of coauthor Garrity, argues that his swing-harder idea is tantamount to a panacea for all swing ailments. Well, as astronomer Carl Sagan said of belief in UFOs, extraordinary claims require extraordinary evidence. Novosel's chief proof is his observation, derived from frame-by-frame analysis of video, that the backswing-to-downswing elapsed-time ratio of professional golfers is 3:1. So Novosel recorded tones in that ratio (a CD of sounds accompanies his book), had amateurs of various skill levels listen while they swing, speeding up their tempo until they were grooving to the 3:1 ratio. Thus retooled, their clubhead speeds on Novosel's charts are indeed faster and translate into more distance. In a fickle sport that mandates springtime optimism, Novosel gives his readers hope by offering an empirical grip on the ever-elusive perfect swing. *Gilbert Taylor*

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Review

"I have been playing golf for 50 years and during that span of time I have had over 200 private lessons and attended four national golf schools, but I have not found anything that gets results like the Tour Tempo system. I had a 20-year problem of 'coming over the top' and pulling my shots. With John Novosel's system, I cured that 20-year problem and am finally hitting the ball consistently straight!"

Dr. Lynn Ketchum, surgeon

"After working with John Novosel for only one hour, my swing speed went from 84 mph to 104 mph. My drives on the course started going 40 yards farther; my dad couldn't believe it, I was out-driving him by 20 yards!"

Shawna Bajich, accountant

"I started John Novosel's Tour Tempo system a year ago as a 17 handicapper: today I shot a 33-38 for a 71, the first time I've ever beaten par on 9 holes and 18 holes. Wow!"

John Ross, businessman

"Before I met John Novosel, everything I did just added more thoughts to my swing -- and the more thoughts I added, the worse the results I got. What I like about his program is that it reduces the swing thoughts while increasing the results. Within one week after starting with John, I increased my clubhead speed by 20 mph and started hitting the best shots of my life. It's just made a monstrous difference in my game!"

Rob Jonas, chief financial officer

"I have never hit the ball as solidly as I did after 15 minutes of training with John Novosel's Tour Tempo System. It increased my swing speed with a 5 iron from 79 mph to 99 mph, adding an average of 35 to 40 yards with every club!"

Bruce Provo, businessman

From the Inside Flap

What swing secret is shared by nearly "all golf greats - from Ben Hogan to Tiger Woods?

John Novosel's revolutionary breakthrough has cracked the "genetic code" of the golf swing - Tour Tempo.

Tiger Woods...Greg Norman...Ben Hogan. What secret do these and nearly "all golf legends share?

"Identical swing tempo. John Novosel has cracked the "genetic code" of the golf swing - and has derived a simple and effective system to teach it to golfers of all levels, from tour players to weekend warriors.

This book includes a revolutionary instructional CD, featuring videos that illustrate exactly how to learn the tempo secrets of the tour pros, and a calibrated soundtrack that you can use while practicing at a driving range or in your living room.

As an avid golfer and inventor, John Novosel studied film footage of the PGA greats, searching, along with countless others over the last century, for the key to what made certain golfers' swings so effortless and powerful. Novosel made a startling discovery. Nearly every champion demonstrated "identical time proportion in his or her swing, a common ratio between takeaway and downswing. Regardless of style or form, the winning tempo was always the same - Tour Tempo.

In this breakthrough book, Novosel and "Sports Illustrated senior writer John Garrity explain exactly how to achieve Tour Tempo. Through clear, step-by-step instruction, golfers are taught how to master two basic drills to synchronize their swings. Novosel's technique has yielded rapid and tremendous improvement for players of every level -adding distance, automatically correcting typical swing problems, and noticeably shaving strokes off one's game.

TOUR TEMPO is a remarkable breakthrough - truly golf's last secret finally revealed.

Users Review

From reader reviews:

Barbera Champ:

Here thing why this particular Tour Tempo: Golf's Last Secret Finally Revealed (Book & CD-ROM) are different and trustworthy to be yours. First of all studying a book is good but it depends in the content of the usb ports which is the content is as delicious as food or not. Tour Tempo: Golf's Last Secret Finally Revealed (Book & CD-ROM) giving you information deeper and different ways, you can find any guide out there but there is no guide that similar with Tour Tempo: Golf's Last Secret Finally Revealed (Book & CD-ROM). It gives you thrill reading journey, its open up your current eyes about the thing that will happened in the world which is possibly can be happened around you. You can easily bring everywhere like in recreation area, café, or even in your approach home by train. If you are having difficulties in bringing the branded book maybe the form of Tour Tempo: Golf's Last Secret Finally Revealed (Book & CD-ROM) in e-book can be your alternative.

Kay Davidson:

Reading a guide tends to be new life style in this era globalization. With looking at you can get a lot of information that could give you benefit in your life. Together with book everyone in this world can easily share their idea. Publications can also inspire a lot of people. A great deal of author can inspire their own reader with their story as well as their experience. Not only situation that share in the guides. But also they write about the ability about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors these days always try to improve their skill in writing, they also doing some research before they write with their book. One of them

is this Tour Tempo: Golf's Last Secret Finally Revealed (Book & CD-ROM).

Jon Watson:

Typically the book Tour Tempo: Golf's Last Secret Finally Revealed (Book & CD-ROM) has a lot of information on it. So when you check out this book you can get a lot of profit. The book was compiled by the very famous author. Tom makes some research before write this book. This book very easy to read you will get the point easily after perusing this book.

Jasper Parsons:

Your reading 6th sense will not betray a person, why because this Tour Tempo: Golf's Last Secret Finally Revealed (Book & CD-ROM) book written by well-known writer who really knows well how to make book that may be understand by anyone who else read the book. Written with good manner for you, still dripping wet every ideas and composing skill only for eliminate your hunger then you still hesitation Tour Tempo: Golf's Last Secret Finally Revealed (Book & CD-ROM) as good book not merely by the cover but also with the content. This is one publication that can break don't determine book by its cover, so do you still needing one more sixth sense to pick that!? Oh come on your looking at sixth sense already alerted you so why you have to listening to yet another sixth sense.

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