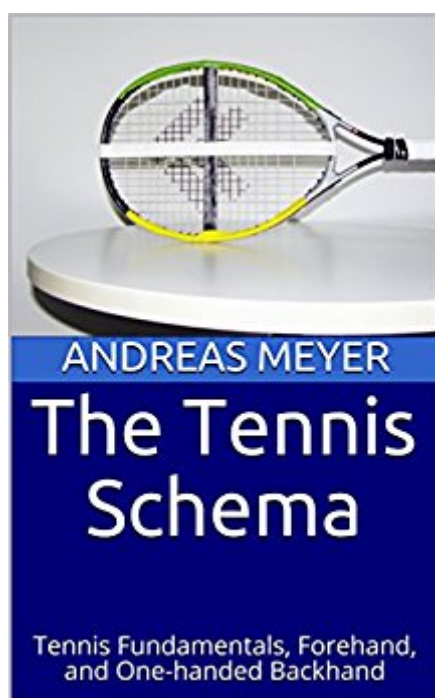




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The Tennis Schema: Tennis Fundamentals, Forehand, And One-handed Backhand



Synopsis

In "The Tennis Schema" the author discusses and explains the tennis forehand and the one-handed backhand from different angles and for different variants. The author builds on insights on biomechanics gleaned only after many years. He unveils the events that need to occur in a tennis groundstroke, which you will not find explained elsewhere. Covering forehand and backhand from many perspectives makes stroke production transparent, which helps you improve on the court. For someone who loves tennis, this book is an adventure. On August 30, 2017 I added a subchapter (4.3.1) of about two to three printed pages. If you downloaded before you may want to re-download.

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