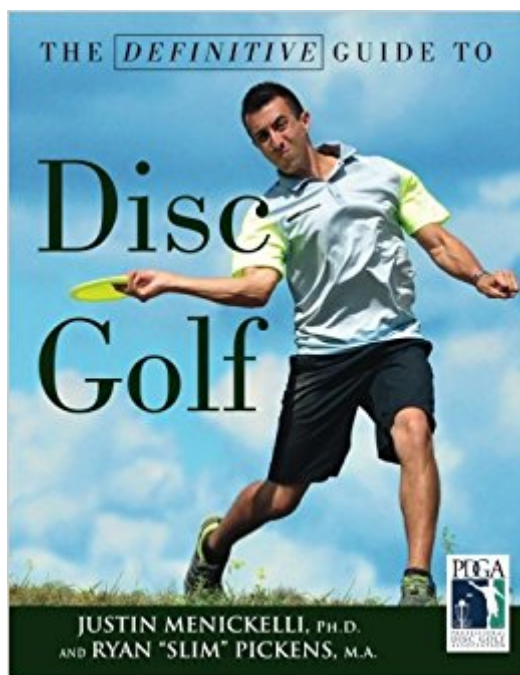


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# The Definitive Guide To Disc Golf



## Synopsis

For people just starting to play, disc golf can become an exciting and addictive sport to play for a lifetime. Avid disc golfers often find playing a challenging test of both physical skill and mental determination. Disc golf is a "greener" sport than most, and has fewer barriers to entry than traditional golf and other recreational sports. It is also one of the fastest growing sports in the United States. The Definitive Guide to Disc Golf provides readers all the essential information they need to get started playing disc golf, but it is much more than just a basic "how to" manual – it is a thoughtful, fascinating, and thoroughly enjoyable exploration into the history, nature, science, and skills of disc golf. Featuring more than 80 instructional photos, this is a comprehensive book about disc golf that would be enjoyed by all players, from beginners to aspiring professionals.

## Book Information

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## Customer Reviews

Justin Menickelli is an Associate Professor at Western Carolina University where he teaches courses in motor behavior, sport psychology, research methods and beginning disc golf. He earned a Ph.D. in Kinesiology from Louisiana State University, a MA.Ed. in Education from Western Carolina University, and a B.S. in Exercise Science from S.U.N.Y. Cortland. He has published numerous articles about disc golf, received several grants to fund disc golf workshops, and designed courses for college campuses and K-12 schools. He has a wife, Kristin, two sons, Aidan and Noah, and a daughter Addison. Ryan Pickens earned an M.A. in Organizational Development and Transformation from the California Institute of Integral Studies and a B.S. in Human and Organizational Development from Vanderbilt University. In 2012, he was one of the top-25

master's disc golfers in the world. Ryan has taught a disc golf course for academic credit at Mars Hill University for over a decade. He has published several articles about disc golf, created the Western North Carolina Intercollegiate Disc Golf League, and designed two permanent courses in Western North Carolina. Ryan lives in Asheville, North Carolina with his wife, Kelly, and daughter, Ellora Don.

A very well written book. Helpful whether just starting out, or for people who have been playing a long time like I have. It's the book that the disc golf world has been waiting for, and would make a great gift.

How much is there to know about disc golf? More than I thought. I've played for quite a few years, and have learned a lot from various websites and forums, so I wasn't expecting to find much new information in a book. I was pleasantly surprised. It covers the spectrum from history to throwing technique to course design, and all in significantly more depth than I expected. The chapters are so diverse that I find myself picking it up and reading different sections at different times depending on what I'm curious about, rather than reading it straight through. Like a well-designed disc golf course, it is approachable enough for beginners to learn from and enjoy, while simultaneously providing plenty of content to keep experienced players interested.

Awesome read! I've been waiting a long time for this book- it did not disappoint! The book is very well written with lots of great information. The pictures are a nice touch and help put meaning to the words. Can't wait to go out and play!

One of the greatest disc golf book written to date. First real book that I found that any beginner will get a great understanding of the history of the sport and what it takes to start playing. Would recommended this book to anyone just starting out in disc golf.

There is a lot of information in this book about Disc Golf, Technique, technique, form and the history. It's not just a "for beginners" book, (Although, it would be very beneficial to beginners) It really is a companion book for anyone who plays. It felt like a modernized version the Book "Frisbee; Frisbee: A Practitioner's Manual and Definitive Treatise" By Dr Stancil Johnson. It's also the kind of book you can pick up and consult any chapter at anytime.

A wide range of topics are covered well. BioMechnics, Step by step breakdown of motions, game psychology, mental issues and shot visualization all work together to get your mind focused on good execution. The only disappoint was the handling of stretching. The book uses basic yoga moves that are easier to follow in a video format than still images that can only capture a small portion of the action.

The most through guide to all your disc golfing questions. Just visualize and this book will help you immensely. Highly recommend!

Great book for beginners or players that have been playing for years without any instructions. Lots of great tips to help you bring down you score on the course.

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