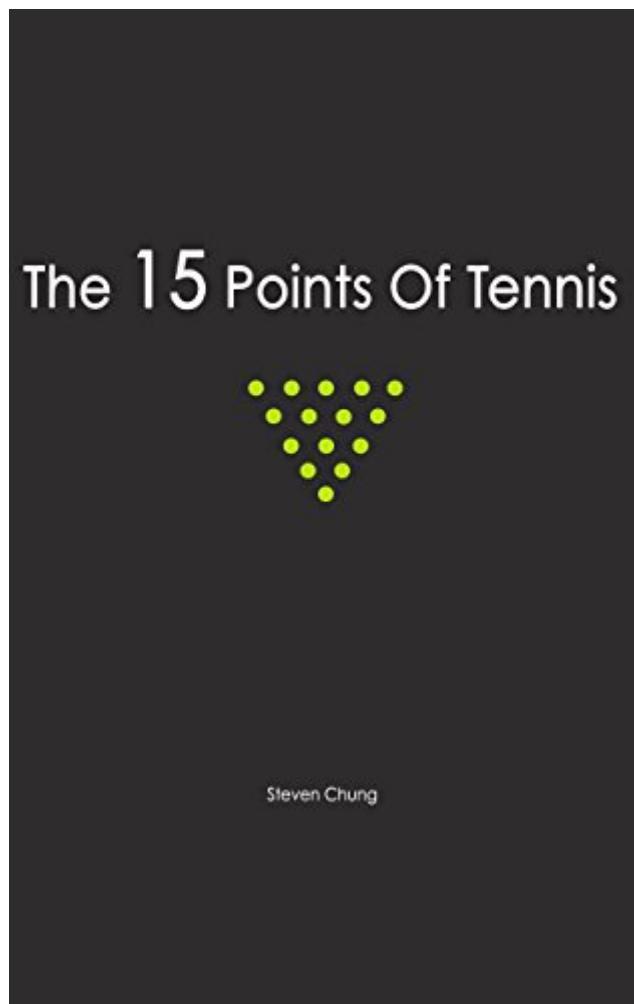


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The 15 Points Of Tennis



Synopsis

The 15 Point System allows you to diagnose any player or play style and improve the limiting factors holding your tennis game back. Many players waste years trying to re-invent the wheel on their own and fail to take advantage of the modern day technology available and the accumulated knowledge that came before them. In this book: Each of the 15 points including physical, mental, and technical aspects covered in-depth. Techniques and philosophies engineered for sustained success. The multiplier rule and how everything integrates together. Bonus content including how to train your mind for optimal performance. Here's to over a decade of information perfectly packaged for you to digest in a matter of hours.

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