



# Authentic Tennis

*Bill Lefko, Daniel Baird*

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Authentic Tennis uses a holistic feel based approach to tennis. This Authentic approach makes the feel of the swing primary, while the mechanical method tends to make body mechanics primary. The mechanical method to the tennis swing emphasizes the form of the swing over the feel of the swing. "Feel" is something that cannot be seen. Each person's "feel" is completely unique and personal and the mechanical method does not recognize its immeasurable value.

For Authentic Tennis, "feel" is its cornerstone and serves as the foundation of swing mastery. "Feel" is an individual process that makes it un-teachable through a mechanical system which separates the mind from the body. However, through mindfulness and awareness centered consciousness, "feel" becomes an integrating process that allows for natural mind/body.

Authentic Tennis was written to help the millions of coaches, instructors, and tennis players unlock their unlimited potential and to tap into one's natural state of learning.

No matter what your skill level, this revolutionary approach to tennis is perfect for anyone who strives to reach their personal best on and off the court.

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