



Nodin Press

530 N. Third Street, Suite 120, Minneapolis, MN 55401

Contact Norton Stillman (612) 333-6300 / Fax (612) 333-6303

Golfing the Les Bolstad Way

Robert Iver Hustrulid

In 1956, at the age of 14, Robert Hustrulid had the good fortune to receive some golfing tips from Les Bolstad, then the University of Minnesota's golf coach. He later played on the University team for Les, and continued to be impressed by the man's golfing principles and also his strength of character. After years of offering golfing tips to friends, it occurred to Hustrulid that Les's golfing principles ought to reach a wider audience, and he began to write this book.

Many golf books have been written over the years by excellent golf instructors. What sets Les's teaching technique apart is its reliance on a few simple principles of physics and physiology that he developed with the help of colleagues at the University. He taught in a way that made the golf swing understandable, so that his students knew what they were doing, and why. They also knew what had gone wrong when they hit a bad shot, and how to correct it. The book answers such questions as:

- How do you start your backswing? – What do you do with your head during the swing?
- What do you do with your legs during the swing? – What are your muscles doing during the swing? – What do you do with your hands during the swing?

The diagrams and photos make Les's guidelines and principles crystal clear, and the accompanying DVD provides live-action video images of the various techniques described in the book.

“This book teaches what Les taught me.”

*– Tom Lehman,
PGA Tour Champion*

Golfing the Les Bolstad Way

Robert Iver Hustrulid

\$17.95 (pb) / 978-1-935666-15-8

A portion of the proceeds from the sale of this book goes to the Les Bolstad fund for scholarship support for men's golf student-athletes.