

"Use my hands

← "trust my hands"

- Albert Pujols swing frame-by-frame
- Tiger Woods swing frame-by-frame
- Circular Hand Path - Top Hand Torque
- Baseball Rotational Hitting
- Albert Pujols swing analysis
- Albert Pujols swing video
- Tiger Woods starts downswing_1
- Tiger Woods starts downswing_2
- Tiger Woods swing video (slow-motion)

I'm trying to slow my body down and slow my swing down, use my hands and trust my hands," he says. I just try to trust my hands and leave it nice and quiet.

- Albert Pujols

The Symphony Begins