

A photograph of Tom Seaver, a former Major League Baseball pitcher, in his New York Mets uniform. He is captured in the middle of a pitching motion, with his right arm raised and holding the baseball. He is wearing a white home jersey with "NEW YORK" and the number "41" in blue. The background is a blurred baseball field.

Dominant and Durable
Tom Seaver

by Chris O'Leary

Legal Stuff

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My family and I thank you.

Chris O'Leary
September 2015

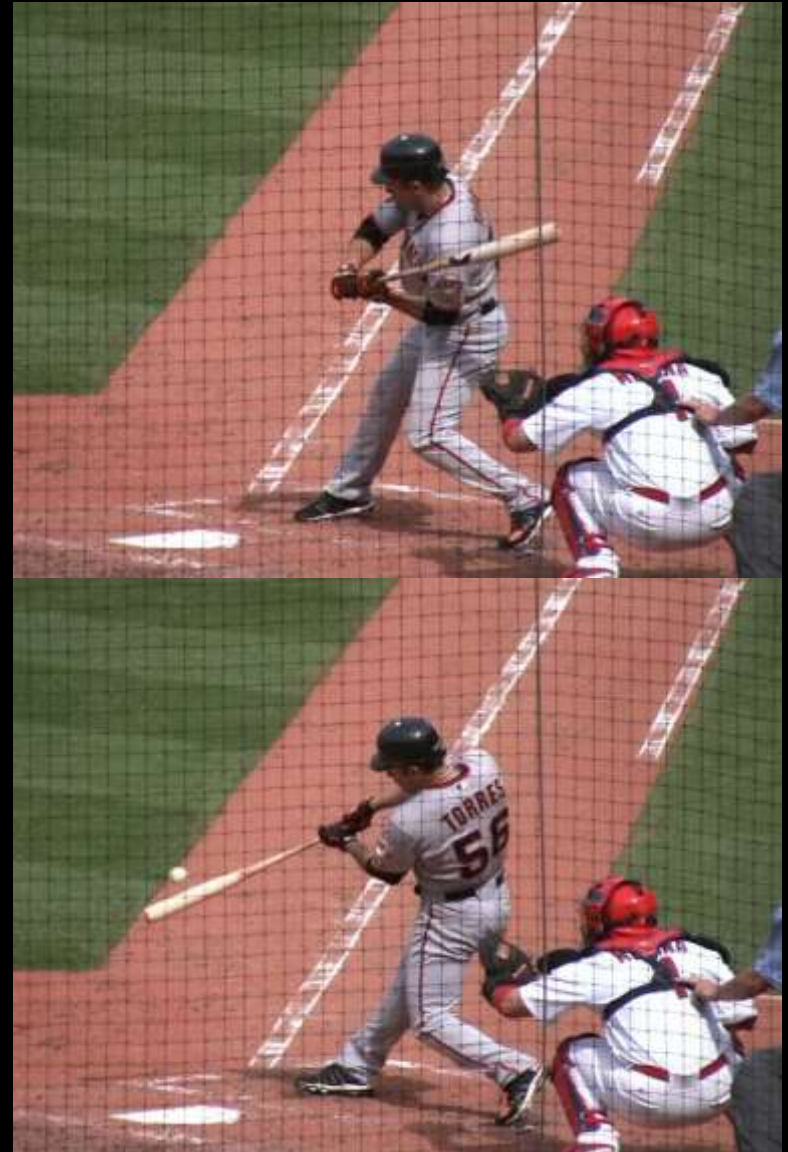
Version Beta1

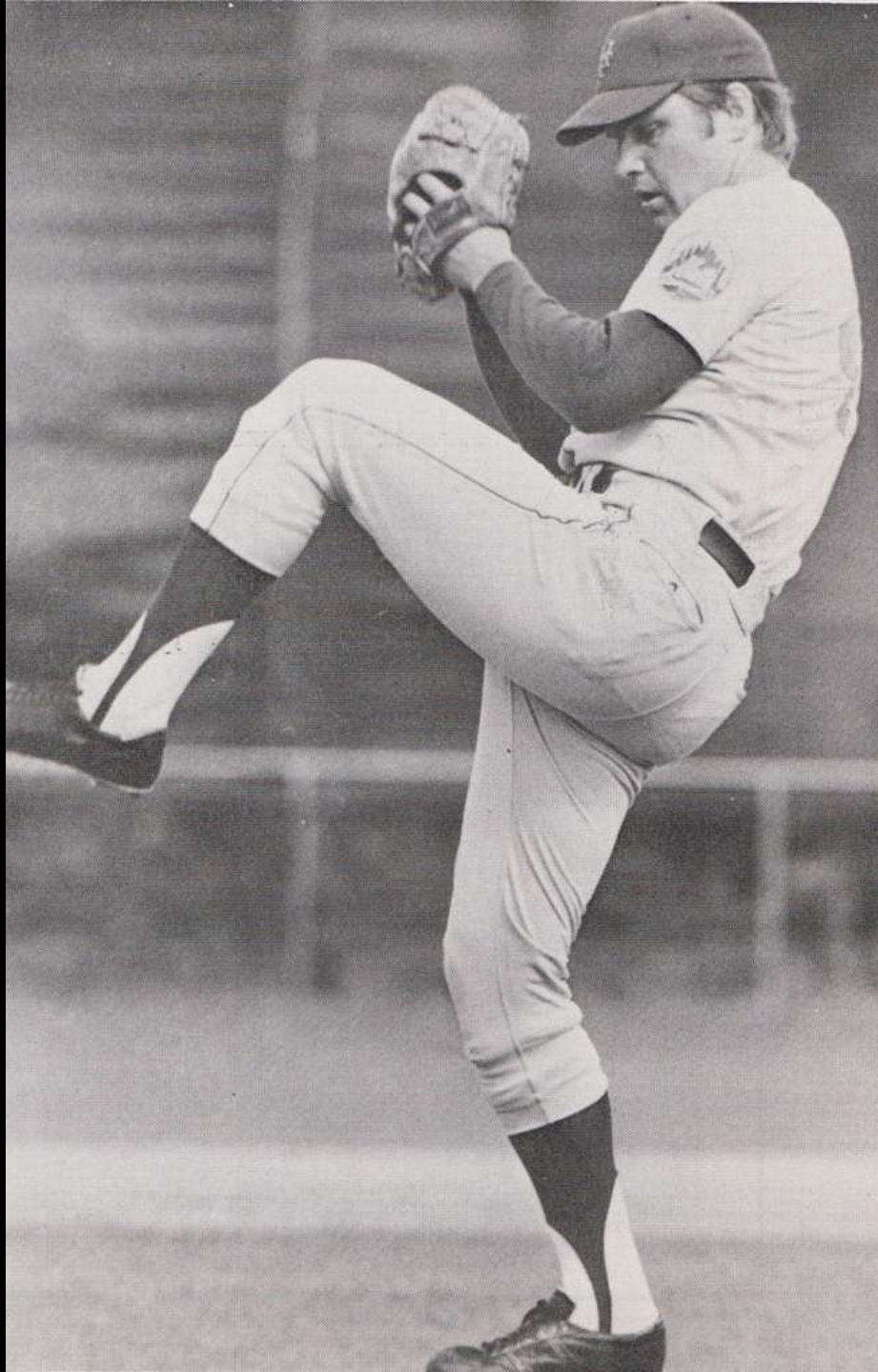
How to Use This Flipbook

When I use this flipbook in front of an audience, you will notice that I am constantly rolling backwards and forwards through the slides, pointing out not just the positions and shapes but also the movements. If you want to get the maximum value out of this eBook, you should do the same; **you should set this eBook up so that only one page occupies the screen and then page back and forth from page to page, watching the movements.**

The easiest way is to download this PDF to your computer and open it using [Adobe Reader](#) or some other application that can display PDFs one page at a time. **In Acrobat select View > Read Mode or View > Page Display > Single Page View.**

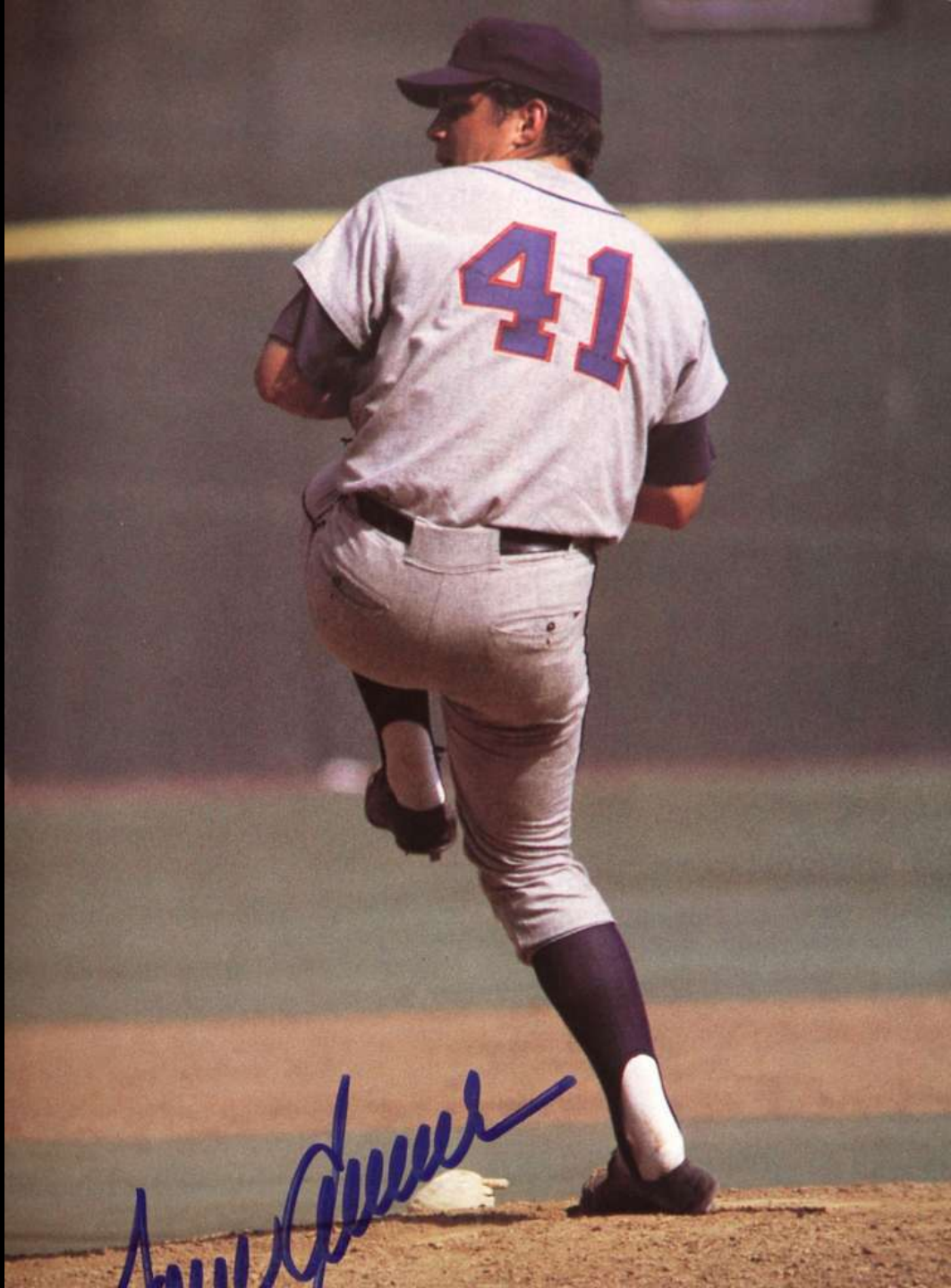
You can then use the right and left – or up and down – arrows on the keyboard to go through the frames of each clip and get a sense of how each movement looks and works.













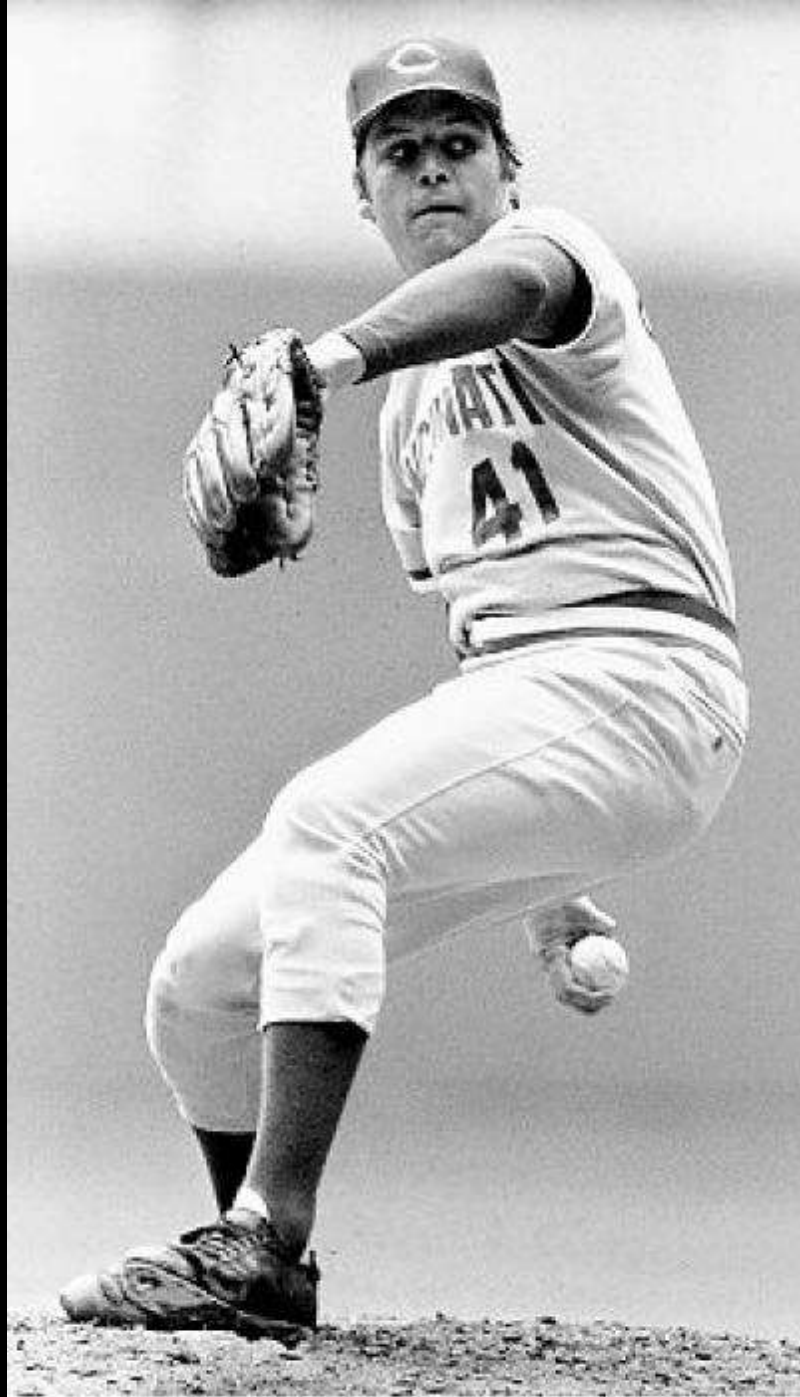












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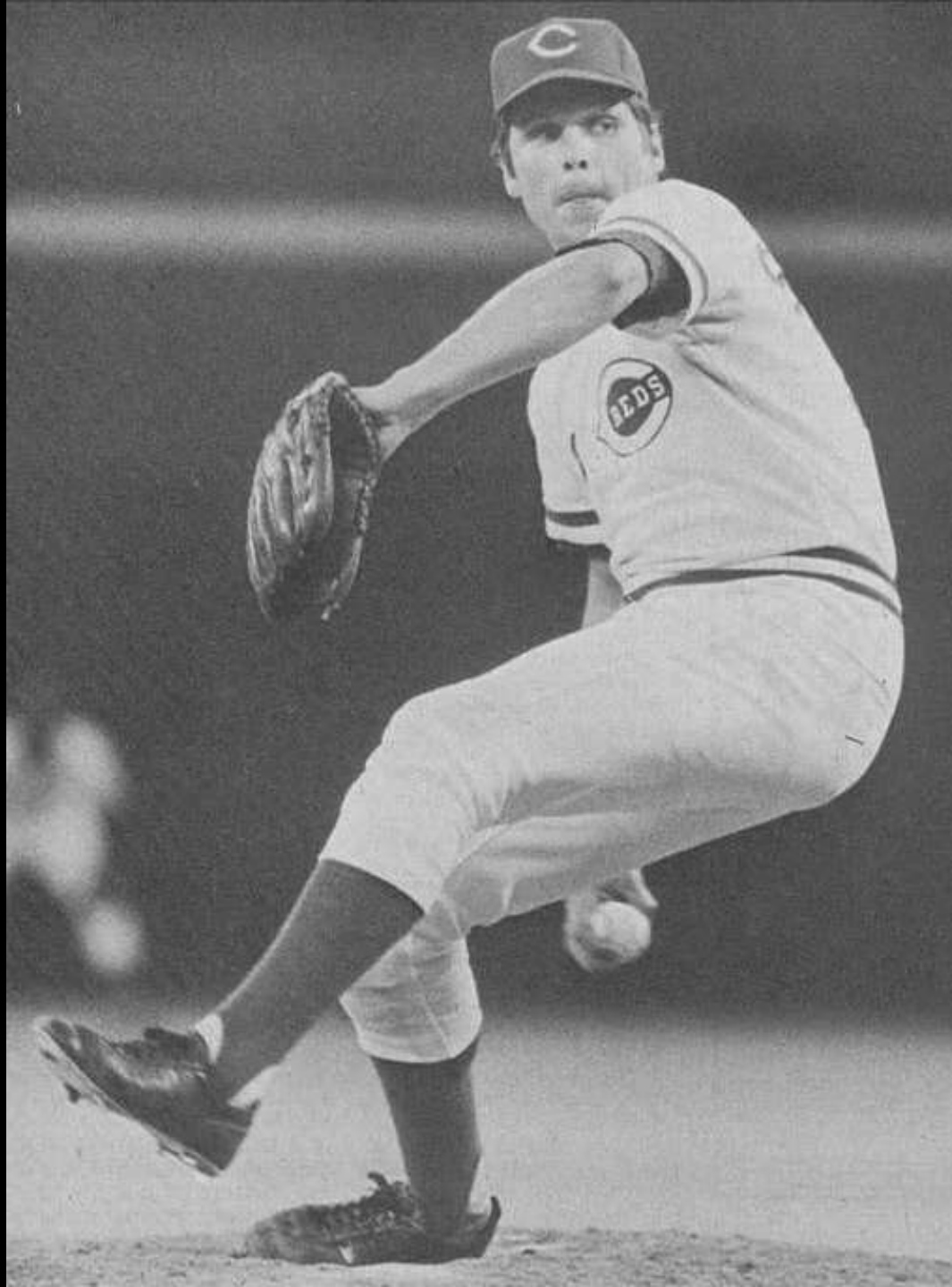


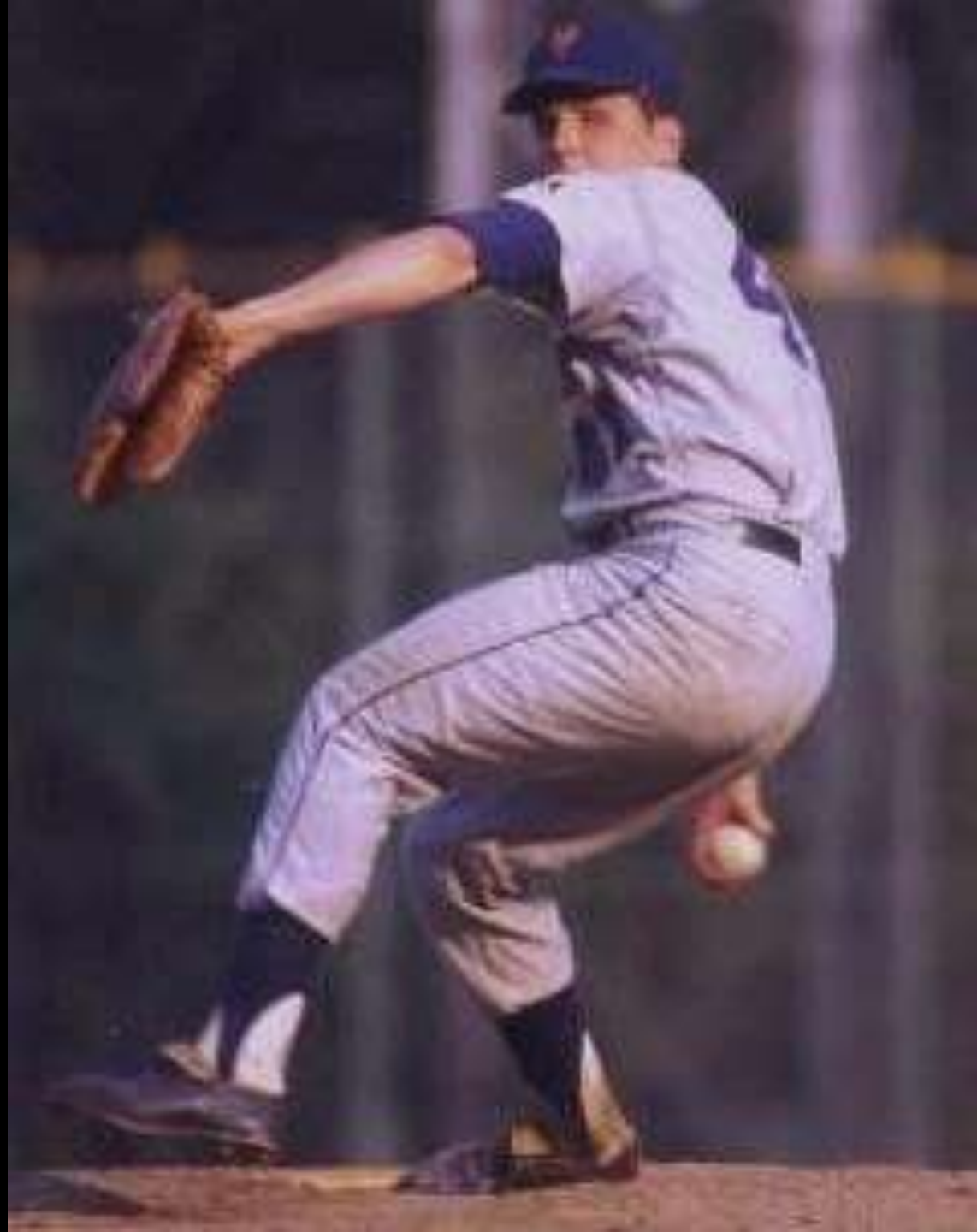


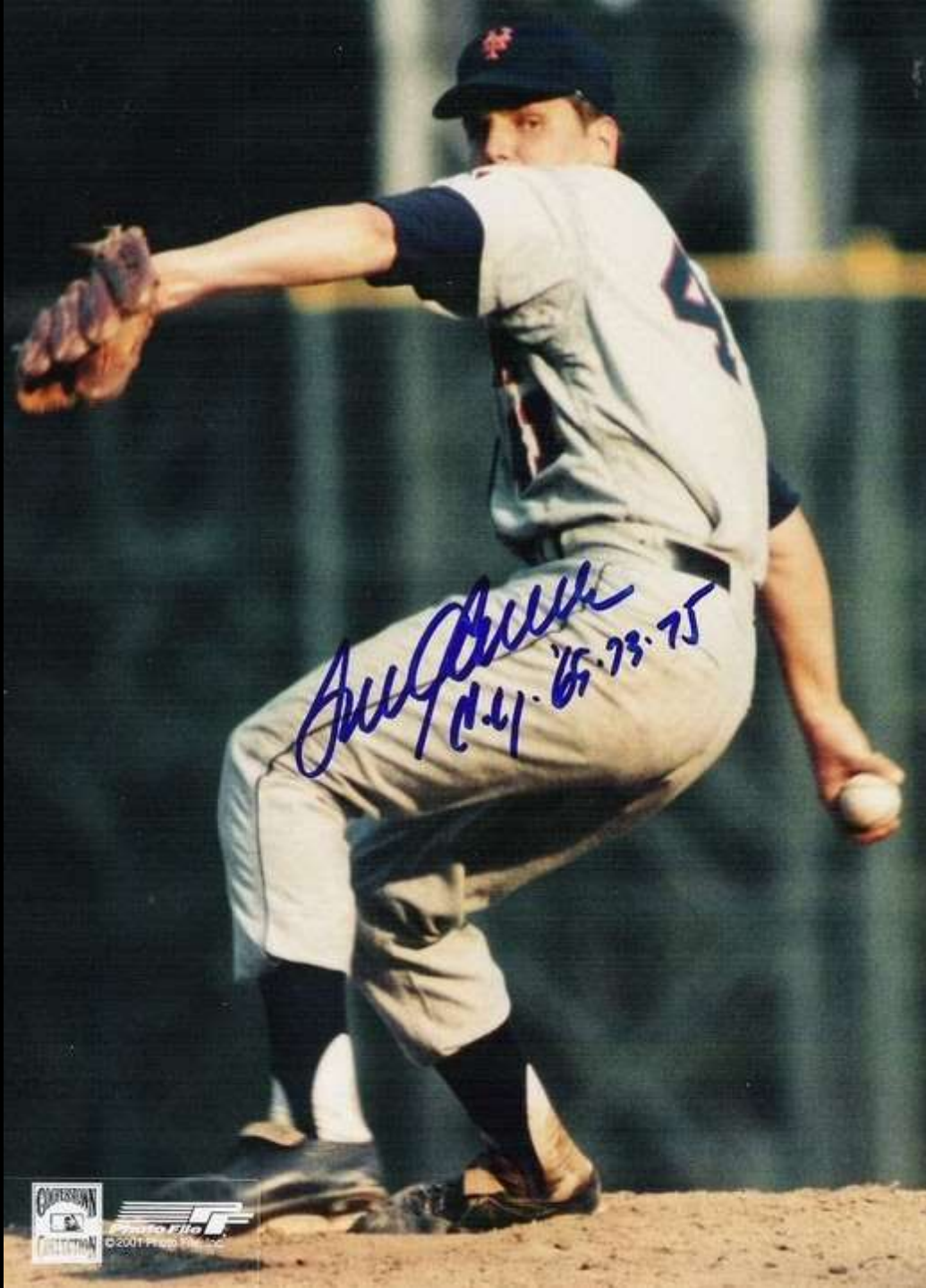












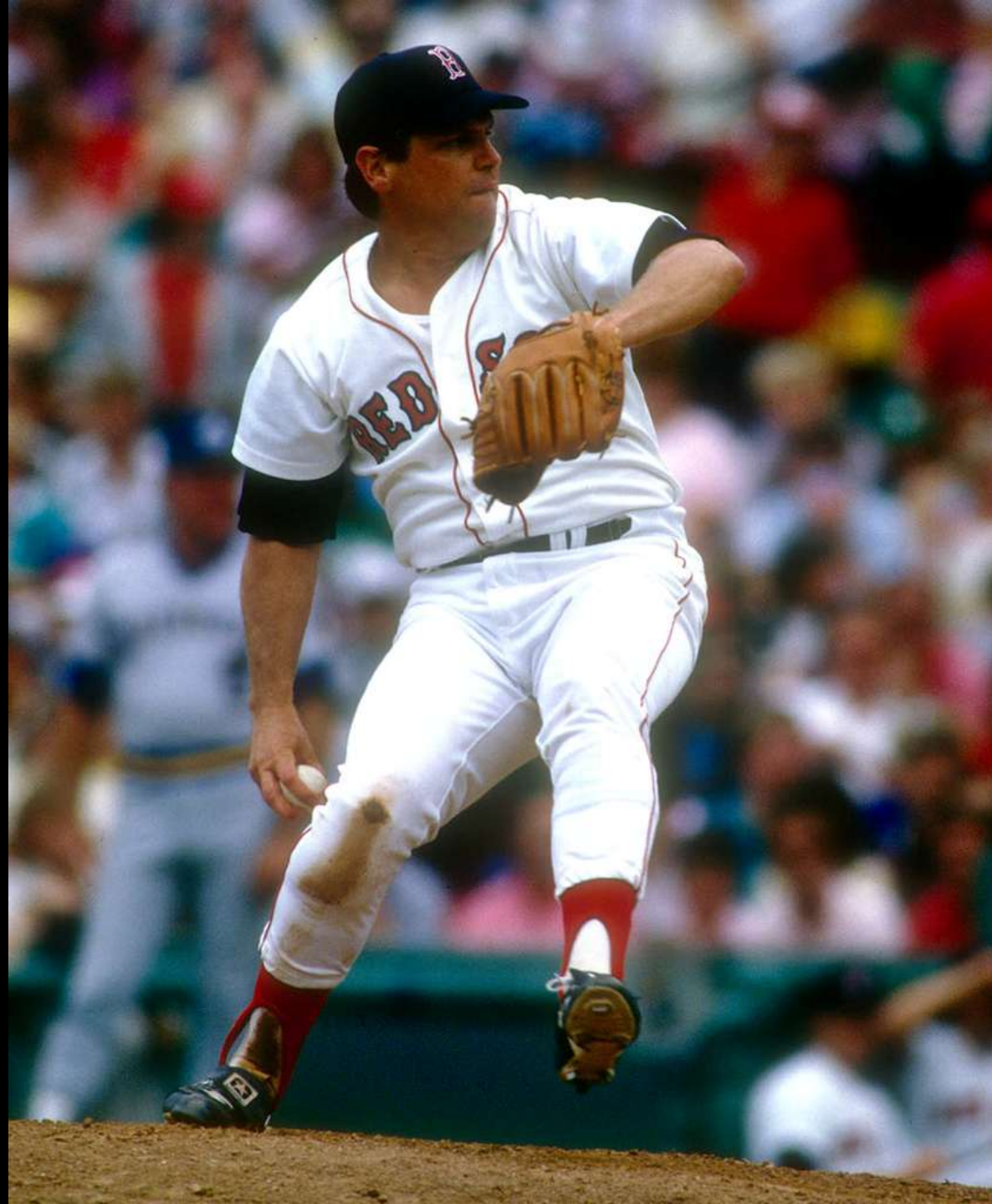
Steve Carlton
1961-75-79-75



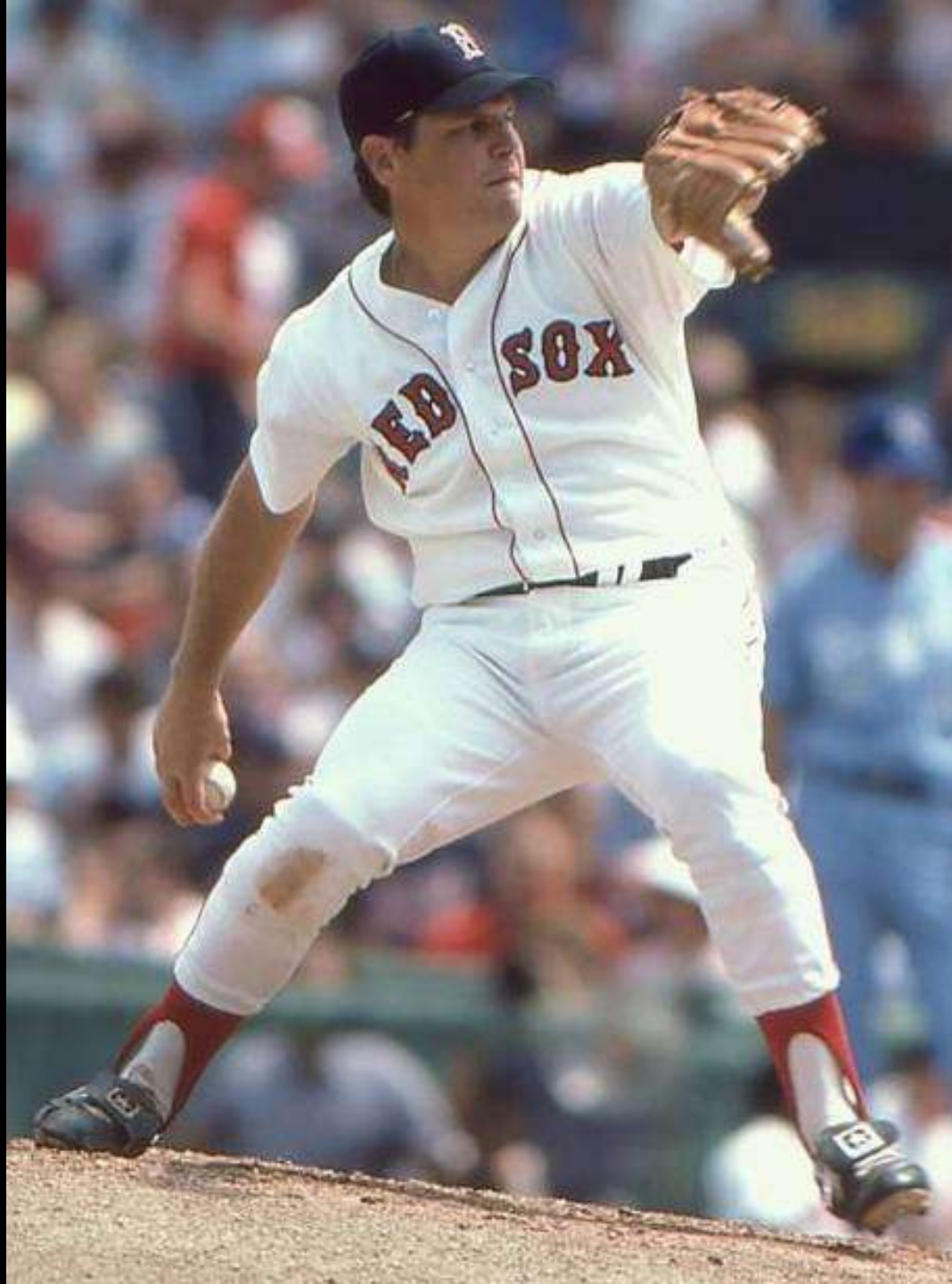
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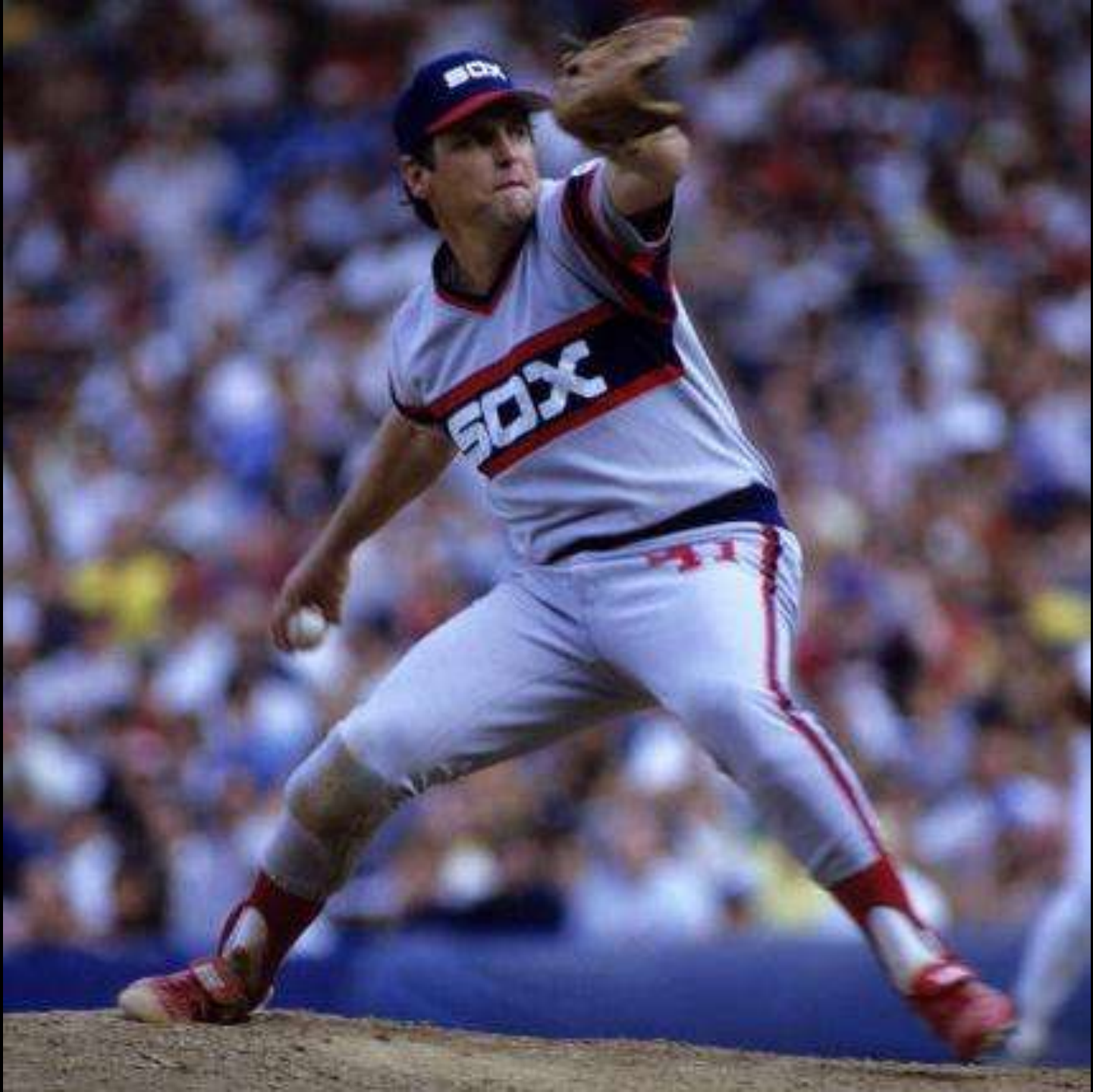








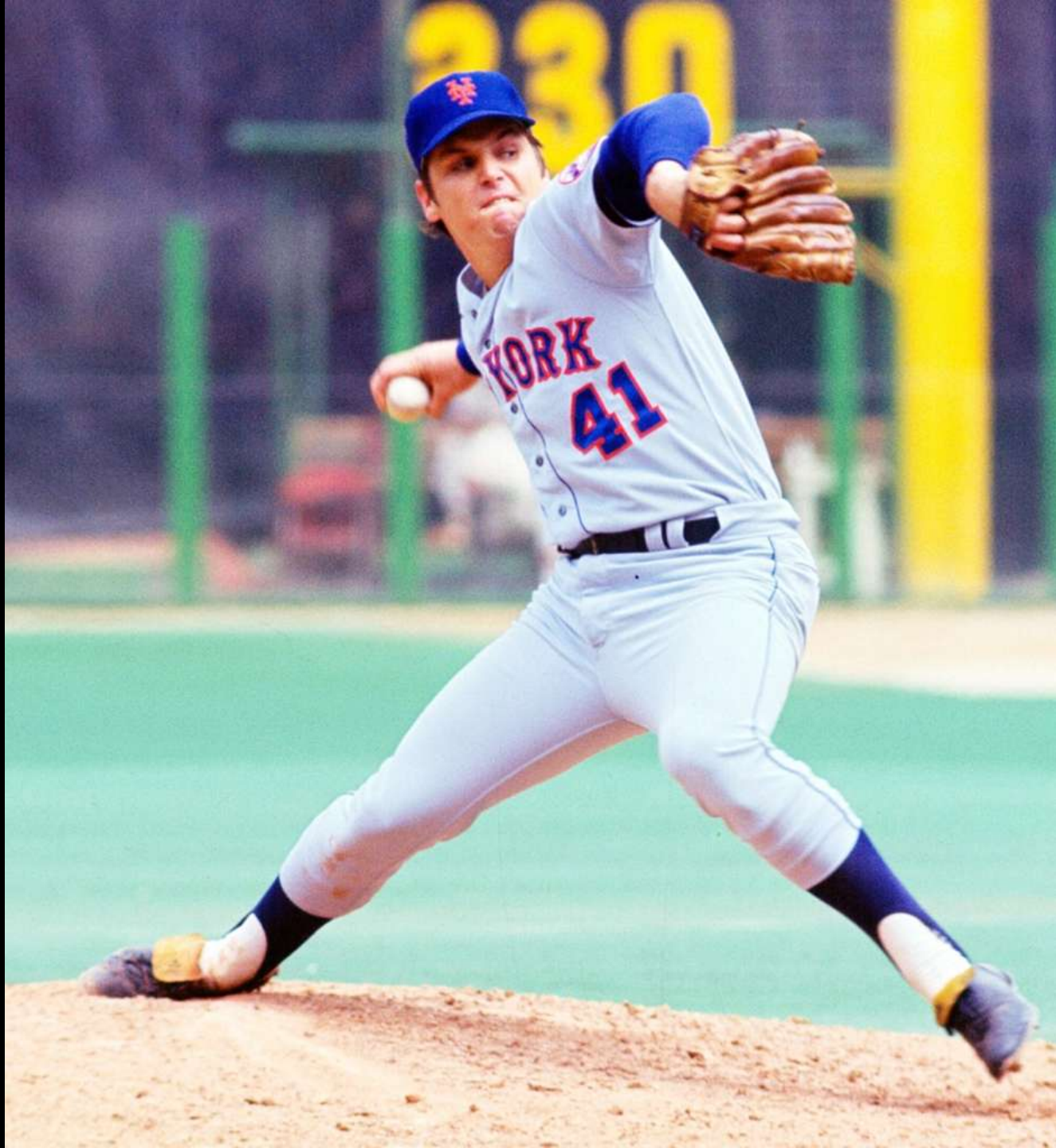


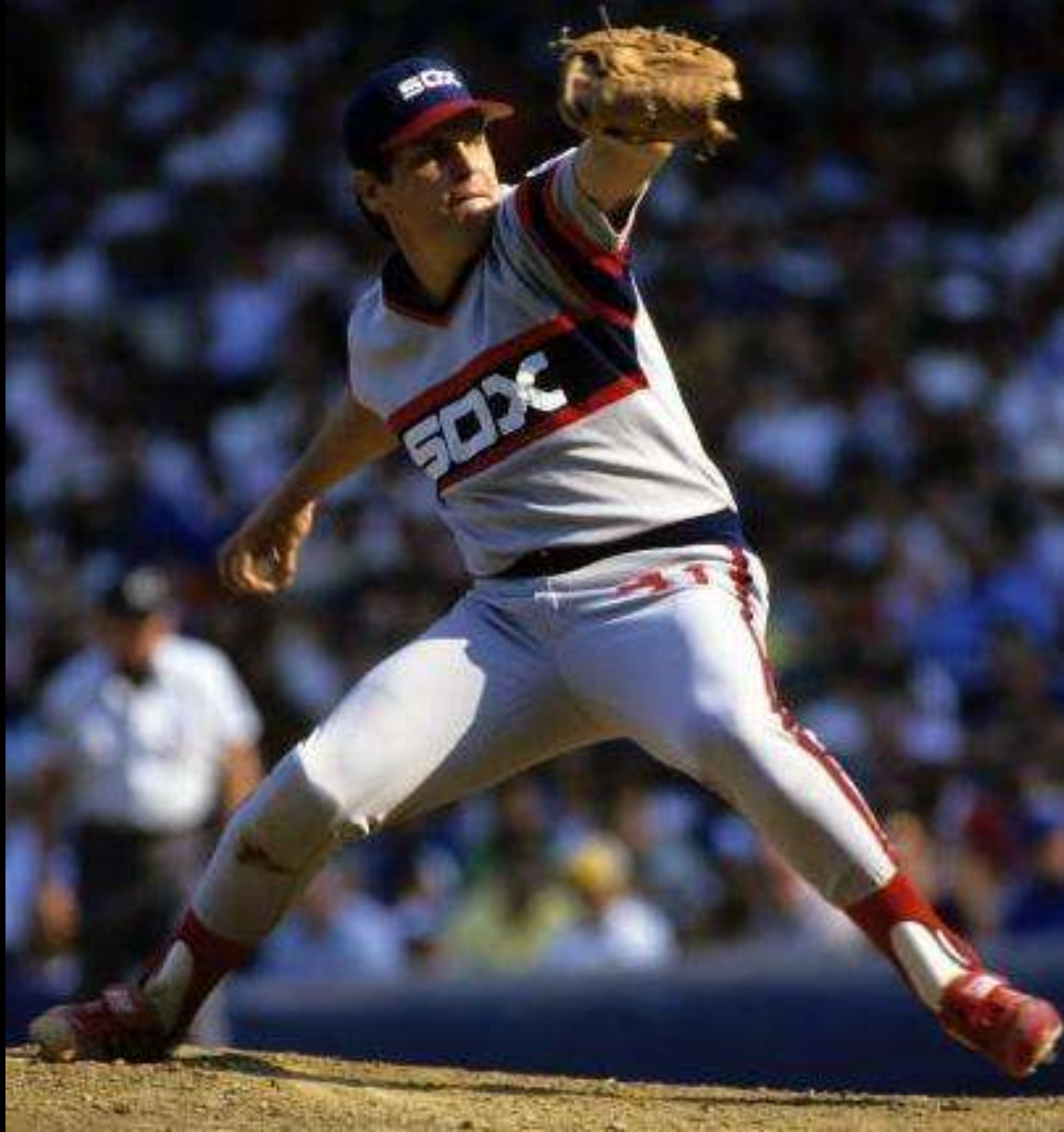












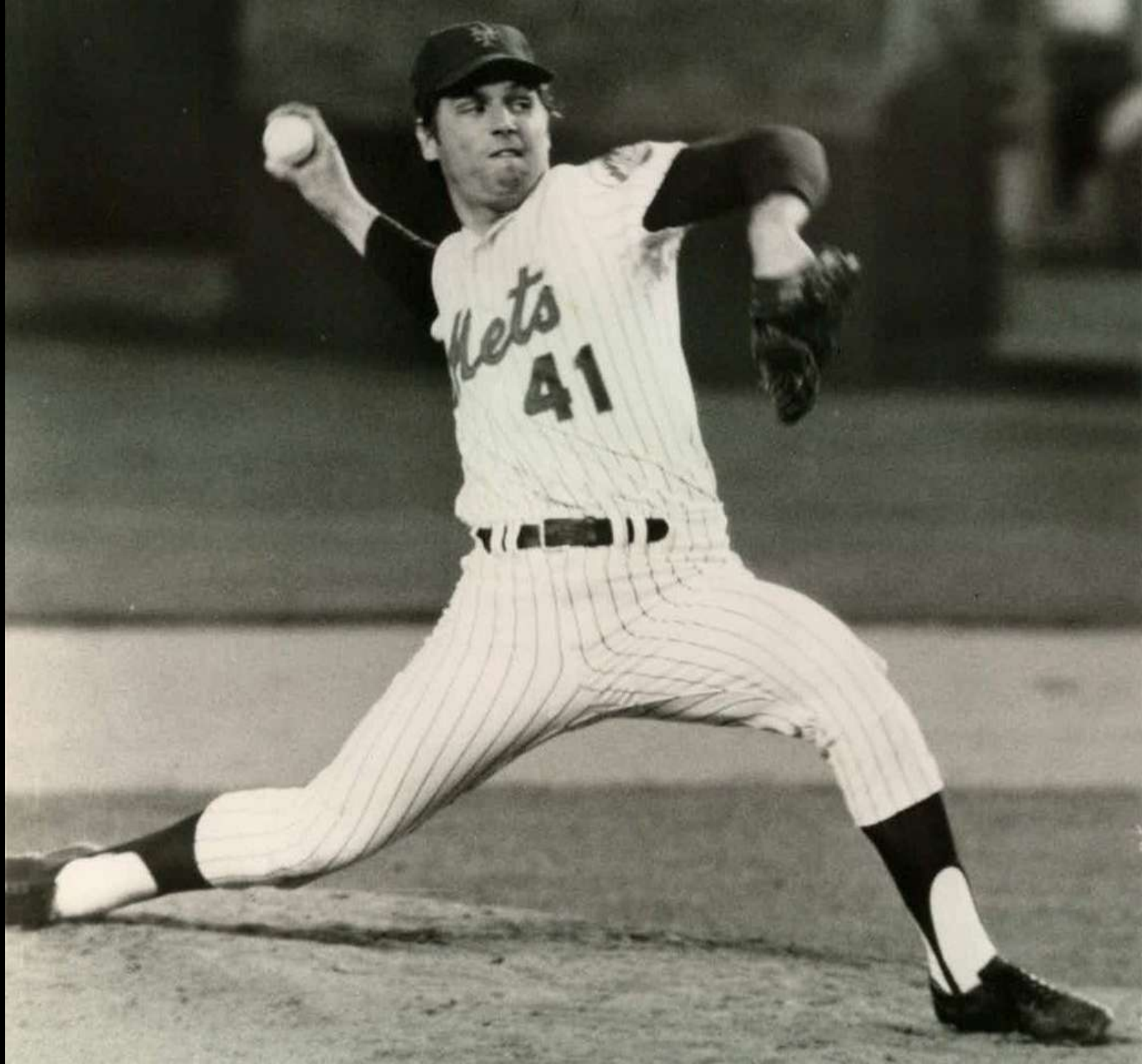


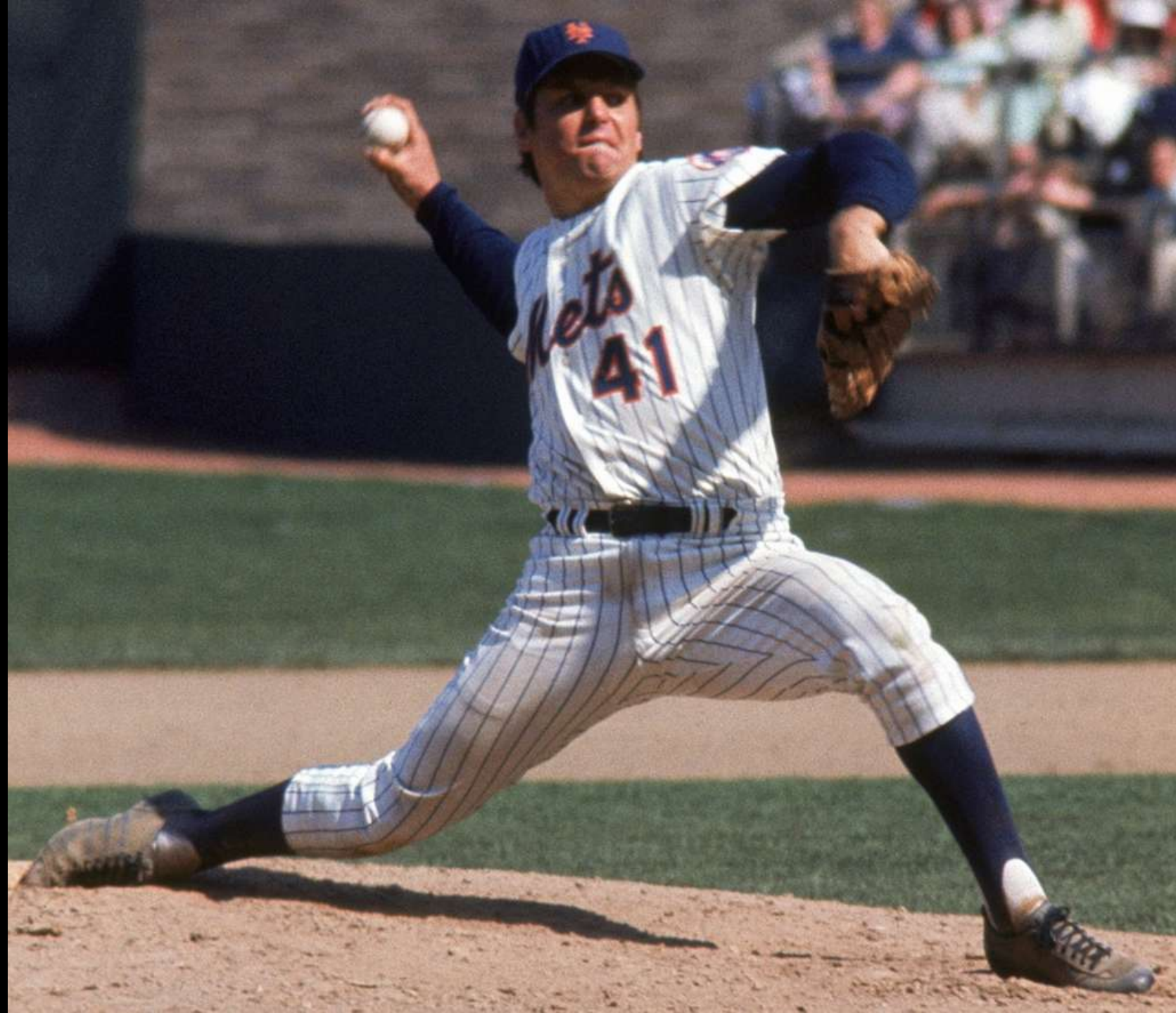


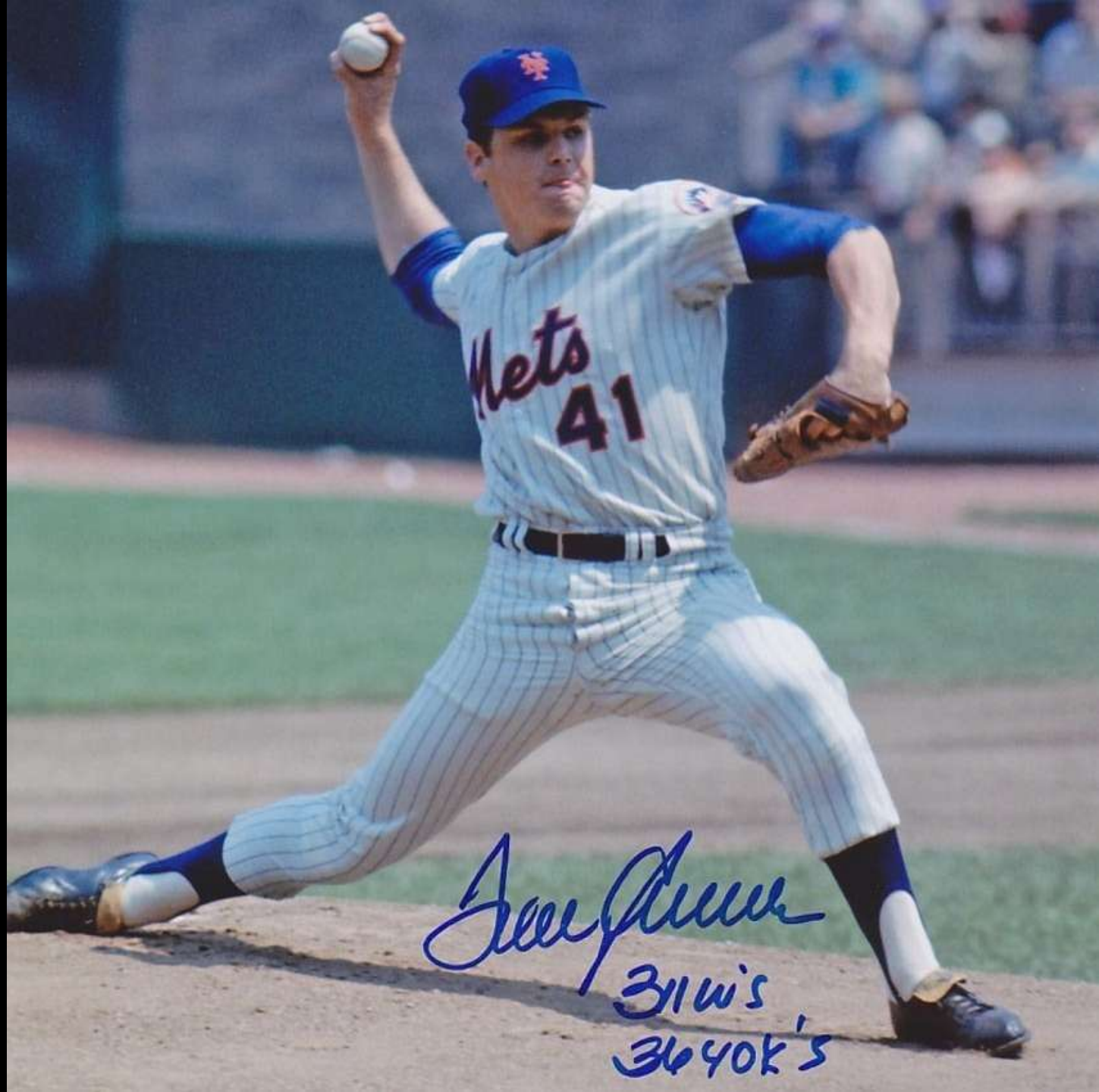








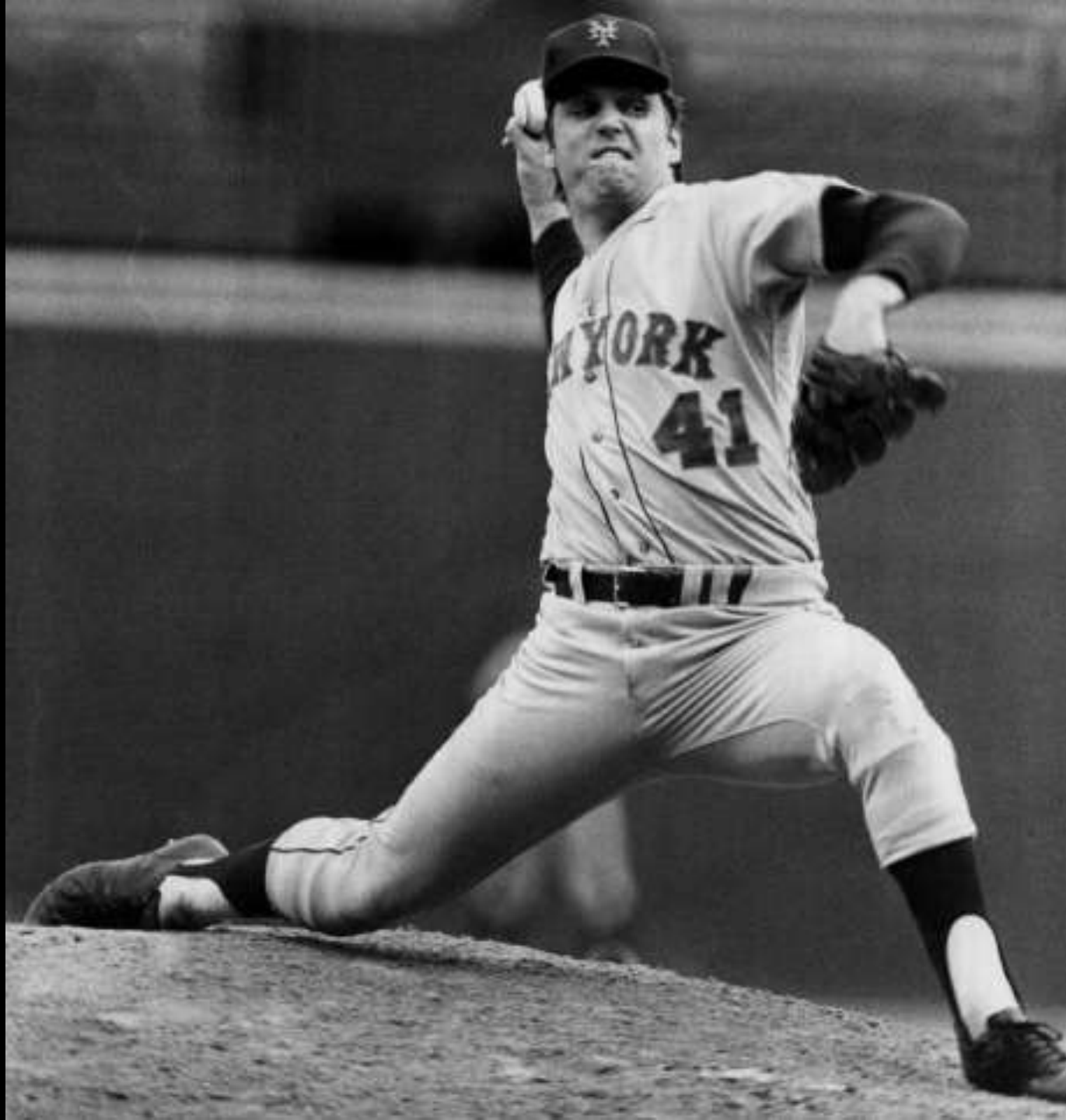




Jerry Reuss
311 W's
3640 K's

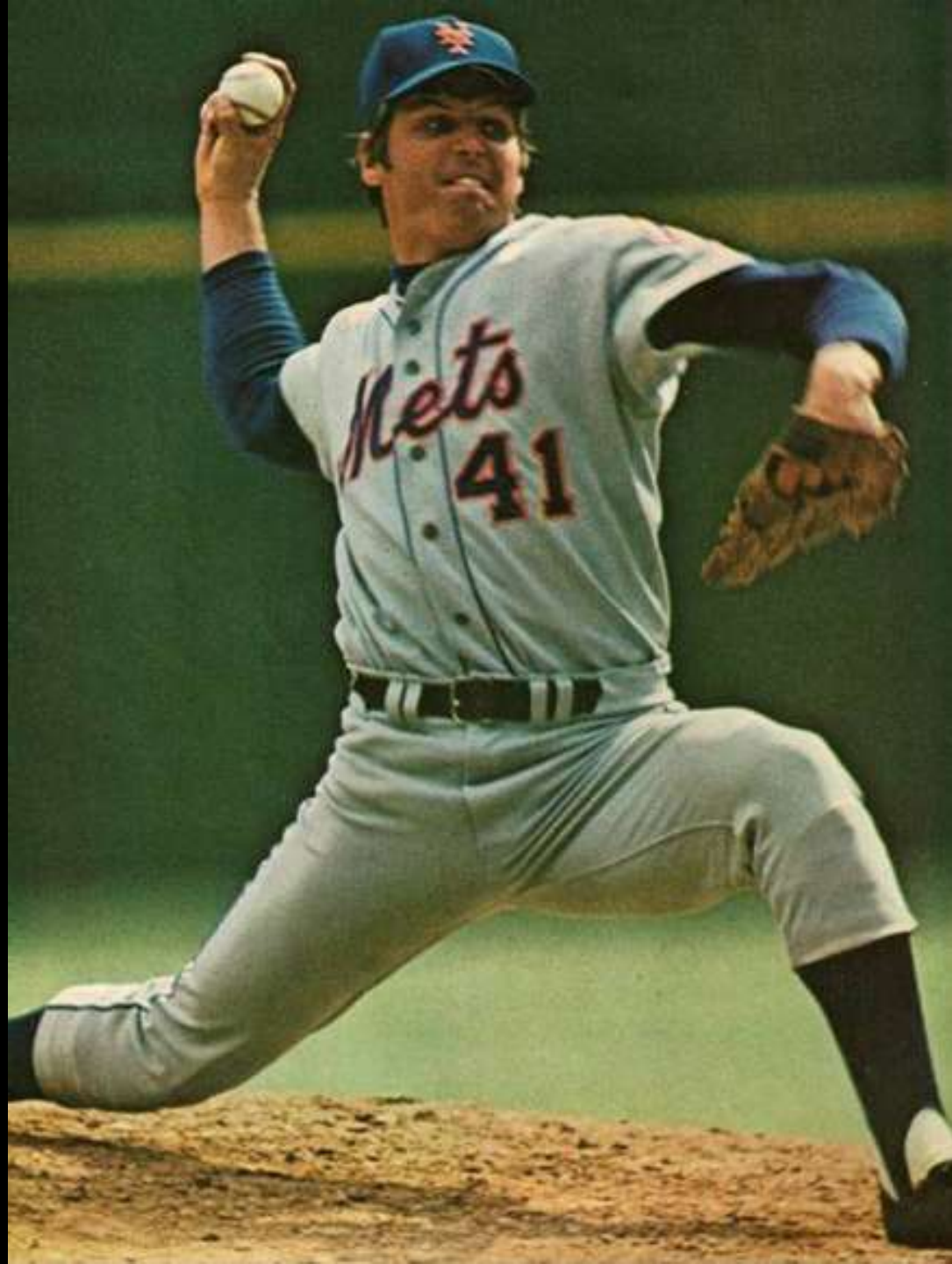
























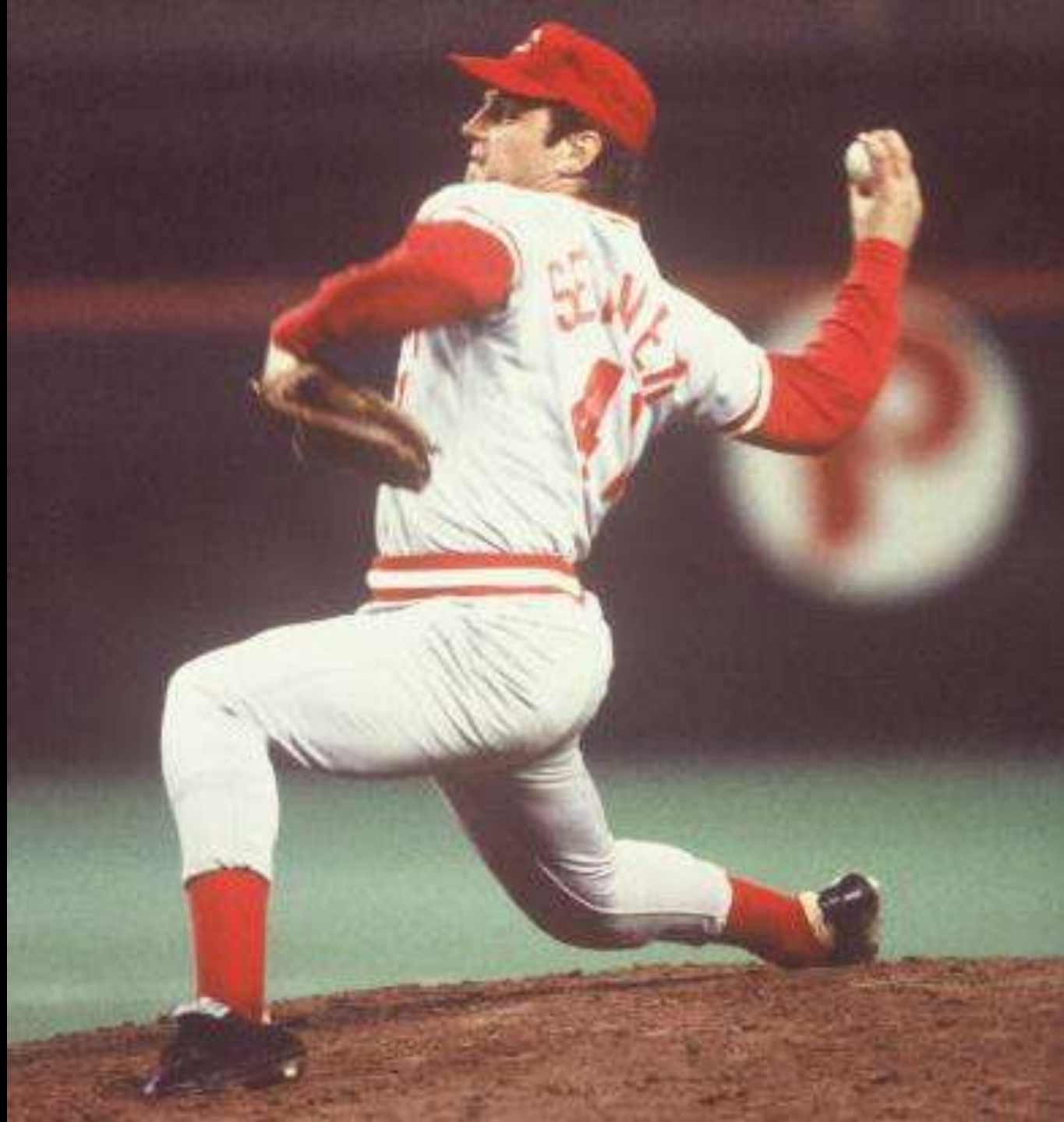


















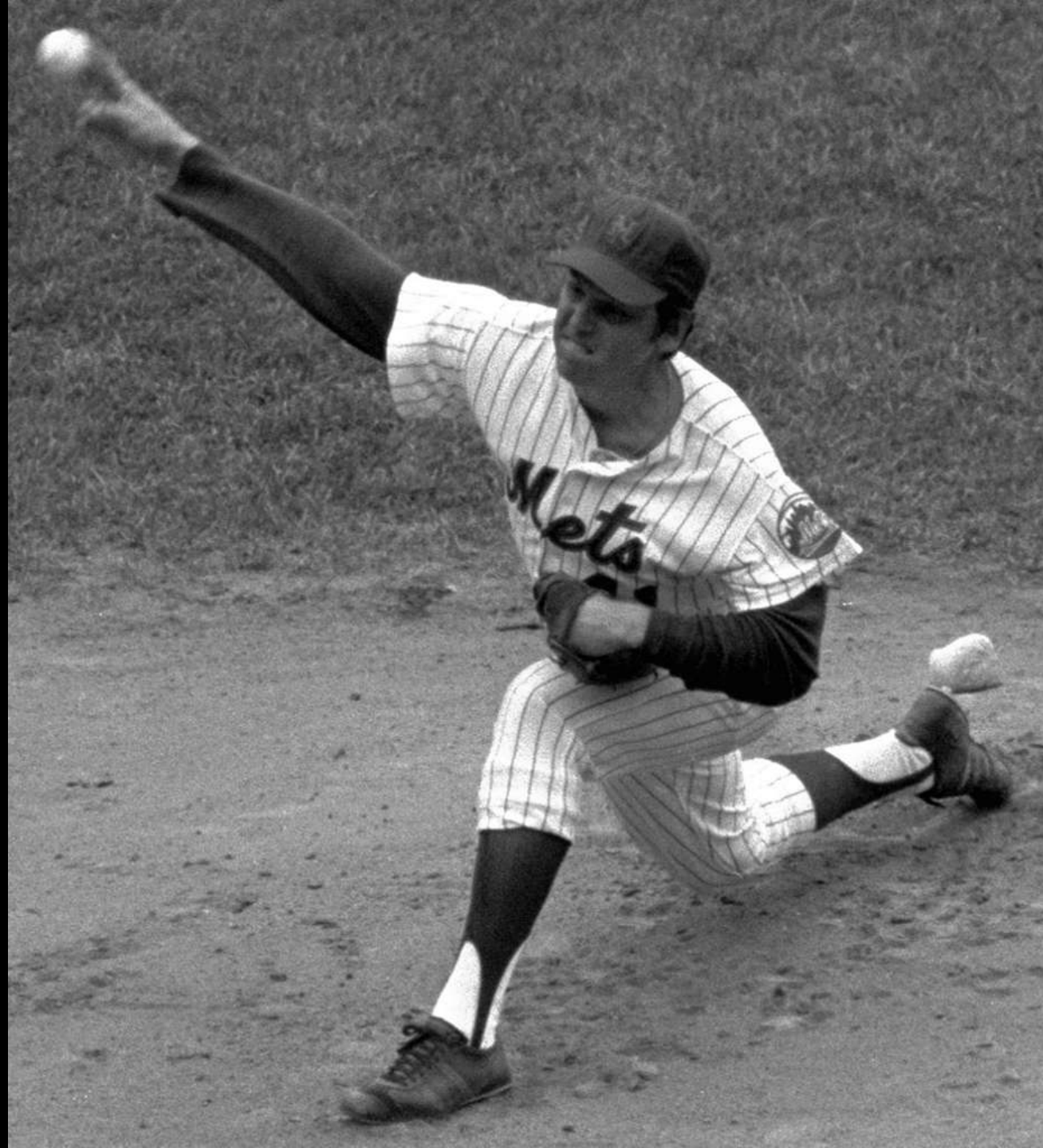








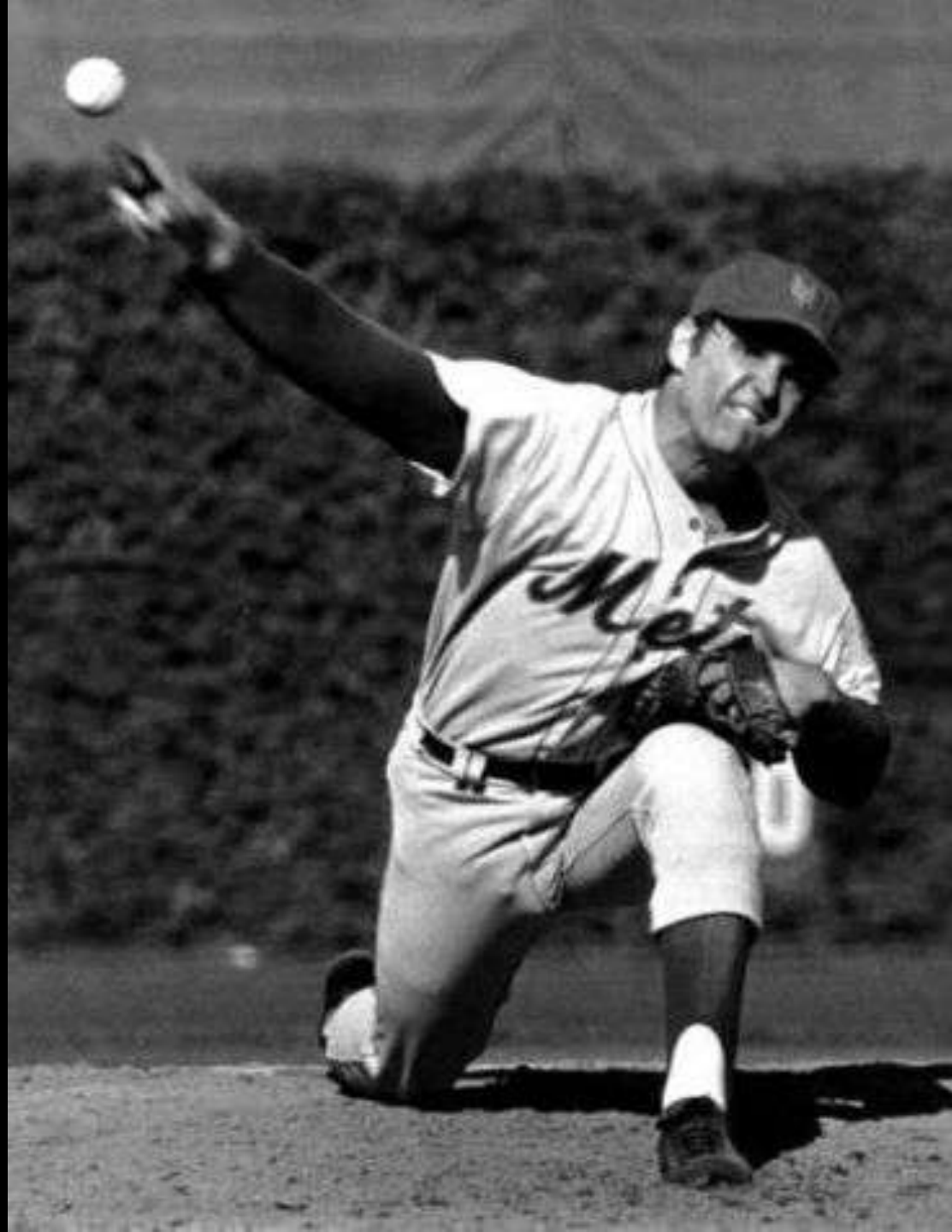












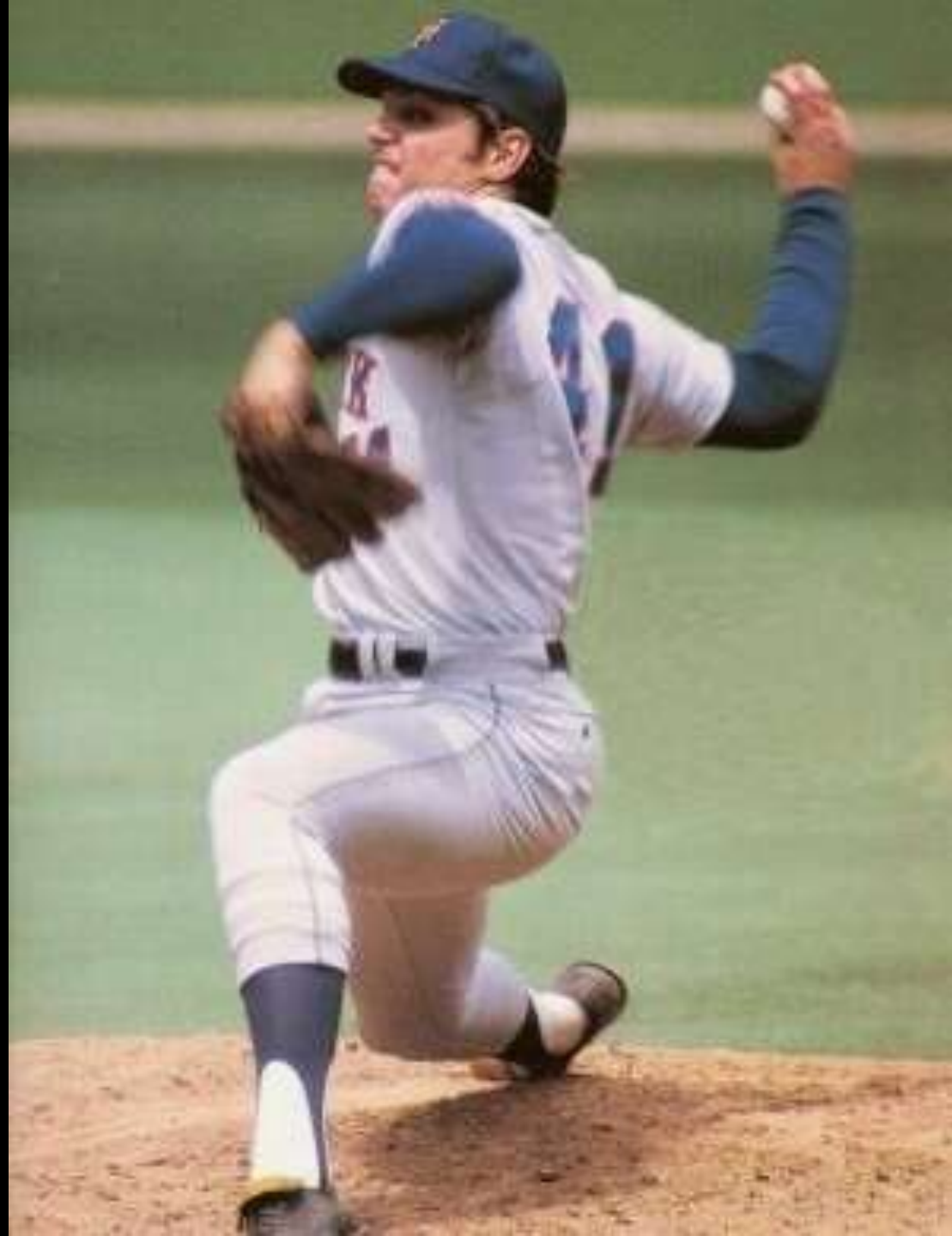


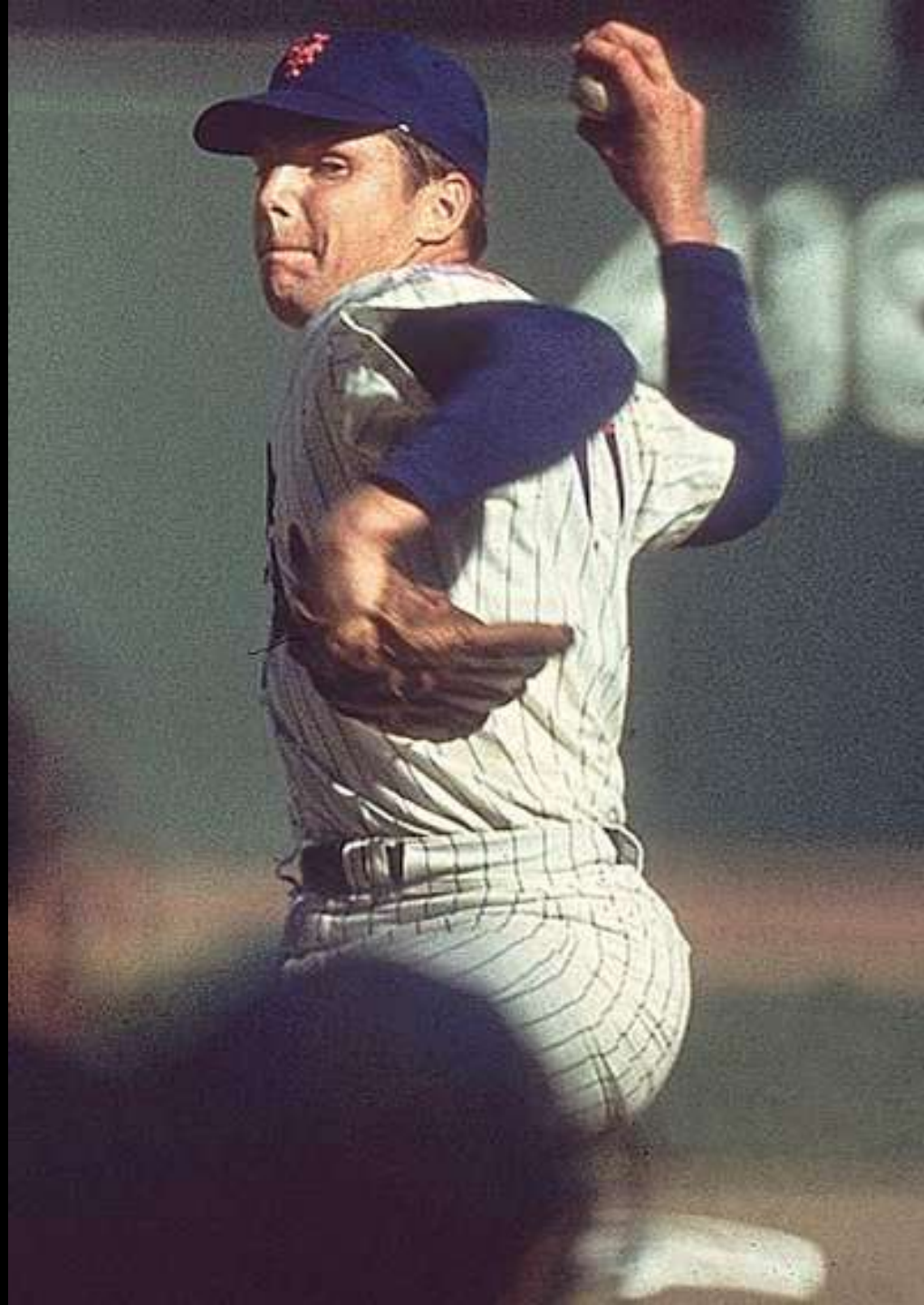






















Baseball



Tom Seaver

















While it's grainy,
this clip clearly shows
Tom Seaver's arm action
and timing.





















































































Talk about dominant.
Mickey Mantle's
reaction to this pitch was
“How the F\$#& are you
supposed to hit that S#@%?”





















































































Where to go From Here

This is just one of my flipbooks and it contains excerpts from a few of the many flipbooks and clips that I have in my library. Some of those flipbooks are available for sale individually and all of them are available to those who purchase one or more of my hitting bundles. To see what hitting and other products are available, **including drills that will help you develop the movements that you see in this flipbook**, go to...

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For more information about the concepts and ideas discussed in this eBook, you can contact me via...

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