

**Bonanza Golf Course** is excited to host our second 9ineandwine beginner golf program after the success of our first season. Below is an overview of the course. Lessons will start at 14h00 sharp. We will first do theory in the conference room and then move onto the practical side on the driving range. The 2 sessions together will be approximately 90 minutes.

<p><b>WEEK 1</b></p>	<p><b>SUNDAY</b> 18 MARCH</p>	<p><b>THEORY</b></p> <p><b>1. WELCOME &amp; OVERVIEW OF THE 5 WEEKS AHEAD</b></p> <ul style="list-style-type: none"> <li>- overview of the 9ine and wine</li> <li>- staying clear of information overload</li> </ul> <p><b>2. IMPORTANT TERMINOLOGY PRIOR TO PRACTICAL</b></p> <ul style="list-style-type: none"> <li>- the target</li> <li>- the target line</li> <li>- swing path</li> <li>- the clubface (square, open, closed)</li> </ul> <p><b>PRACTICAL</b></p> <p><b>1. OVERVIEW OF PRE-SWING FUNDAMENTALS (GASP)</b></p> <ul style="list-style-type: none"> <li>- grip, alignment, stance, posture</li> </ul> <p><b>2. THE GRIP IN DETAIL</b></p> <ul style="list-style-type: none"> <li>- left hand grip + checkpoints</li> <li>- right hand grip+ checkpoints</li> <li>- grip pressure</li> <li>- what are weak and strong grips?</li> </ul> <p><b>3. ORIENTATION, a walk-through of:</b></p> <ul style="list-style-type: none"> <li>- the clubhouse</li> <li>- the pro shop (special on ladies clothing &amp; clubs!)</li> <li>- the practise facilities (driving range cards handed out)</li> </ul>
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<p><b>WEEK 2</b></p>	<p><b>SUNDAY</b> 25 MARCH</p>	<p><b>THEORY</b></p> <p><b>1. DIFFERENT ELEMENTS ON A GOLF COURSE</b></p> <ul style="list-style-type: none"> <li>- the teeing ground</li> <li>- the fairway</li> <li>- the rough &amp; different cuts</li> <li>- hazards &amp; defining hazards</li> <li>- out of bounds</li> <li>- the green</li> <li>- pin positions</li> <li>- par 3's, par 4's and par 5's</li> <li>- Q&amp;A</li> </ul> <p><b>2. EQUIPMENT TERMINOLOGY</b></p> <ul style="list-style-type: none"> <li>- different elements of a golf club</li> <li>- the grip</li> <li>- the shaft</li> <li>- the club head</li> <li>- grooves</li> <li>- the sole</li> <li>- variations of golf clubs</li> </ul>
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		<p><b>PRACTICAL</b></p> <p><b>1. SUMMARY OF THE GRIP</b></p> <p><b>2. THE TAKE AWAY</b> - staying connected</p> <p><b>3. CLUBFACE POSITION</b> - position of the clubface at the halfway point of the swing</p> <p><b>4. THE LEVER SYSTEM</b> - wrist break &amp; width of arc</p> <p><b>5. CLUBFACE POSITION</b> - clubface position at the top, leading edge parallel to the left forearm</p>
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<p><b>WEEK 3</b></p>	<p><b>SUNDAY</b> 8 APRIL</p>	<p><b>THEORY</b></p> <p><b>1. BASIC RULES OF GOLF</b></p> <p><i>1A. THE TEEING GROUND</i> - order of play &amp; identifying your golf ball - possible penalties - when to hit a 'provisional ball'</p> <p><i>1B. THE FAIRWAY</i> - order of play - placing - relief from sprinkler heads, distance markers etc. (immovable obstructions) - ground under repair</p> <p><i>1C. BUNKERS</i> - how to enter a bunker - what you can &amp; can't move out of a bunker - penalty for grounding your club - how to rake a bunker correctly</p> <p><b>PRACTICAL</b></p> <p><b>1. SUMMARY OF CLUBFACE POSITION AT THE TOP</b></p> <p><b>2. TIMING</b> - what happens during the transition phase of the swing (sequence of movement for the hips, shoulder, club etc)</p> <p><b>3. IMPACT AND FOLLOW THROUGH</b> - The importance of weight transfer - finishing with a balanced swing</p>
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**WEEK 4**

**SUNDAY**

15 APRIL

## **1. BASIC RULES OF GOLF CONTINUED**

### *1D. WATER HAZARDS*

- *taking relief from a water hazard*
- *taking relief from a lateral water hazard*
- *drop zones*

### *1E. THE ROUGH AND DIFFERENT CUTS*

- *the unplayable lie*
- *young trees*
- *immovable obstructions*

### *1F. THE GREEN*

- *marking your ball on the green*
- *order of play and where to stand*
  
- *how to repair a pitch mark*
- *'finishing' to speed up play*
- *respecting you playing partners line*

## **2. GOLF ETIQUETTE**

- *dress code*
- *respect the tee time (including penalties for being late)*
- *'quiet please'*
- *letting faster players through*
- *order of play VS speed up play (READY GOLF)*
- *18<sup>th</sup> and 19<sup>th</sup> holes.....handshakes, kisses and apologies*

## **3. LOCAL RULES & DANGEROUS WEATHER**

- *what are local rules?*
- **IMPORTANT** – *procedure during dangerous weather conditions*

## **1. CHIPPING SETUP**

- *the fundamentals - GASP*

## **2. CHIPPING TECHNIQUE**

- *basic chipping technique*
- *important check points*
- *controlling distance and gaining feel*

## **3. PUTTING**

- *setup, (GASP) - grip, alignment, stance, posture*

## **4. PUTTING - IMPORTANCE OF FEEL**

- *distance control*
- *reading greens*

## **5. GET READY FOR YOUR FIRST HOLES ON THE COURSE!**

