

<p><b>WEEK 1</b></p>	<p><b>Saturday</b> 1 September</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 Nine and wine course</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 practice facilities (driving range cards handed out)</li> </ul>
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<p><b>WEEK 2</b></p>	<p><b>Saturday</b> 8 September</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>Saturday</b> 15 September</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**

**Saturday**

22 September

**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!**

**TWO WEEK BREAK FOR YOU TO PRACTICE AND STUDY**

<p><b>WEEK 5</b></p>	<p><b>Saturday</b> 13 October</p>	<p><b>1. SCORING</b></p> <ul style="list-style-type: none"> <li>- Understanding what a 'handicap' is</li> <li>- recap on what par means</li> <li>- terms which describe a score better or worse than par</li> <li>- overview of the scorecard + terms and definitions (gross, nett etc.)</li> <li>- different formats of scoring</li> <li>- individual stableford points scoring system</li> <li>- betterball stableford points scoring system</li> <li>- terms which describe a score better or worse than par</li> </ul> <p><b>PRACTICAL</b></p> <p><b>1. PITCHING TECHNIQUE</b></p> <ul style="list-style-type: none"> <li>- basic pitching technique</li> <li>- 3 positions, 12 different distances</li> <li>- importance practicing with a purpose</li> </ul> <p><b>2. BUNKER PLAY</b></p> <ul style="list-style-type: none"> <li>- the fundamentals</li> <li>- important check points</li> </ul>
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**WEEK 6**      **Saturday**  
20 October

**9 IN ONE IN NO TIME EXAM**  
- 30 mark test on all elements covered

**6 HOLES ON THE COURSE!**

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