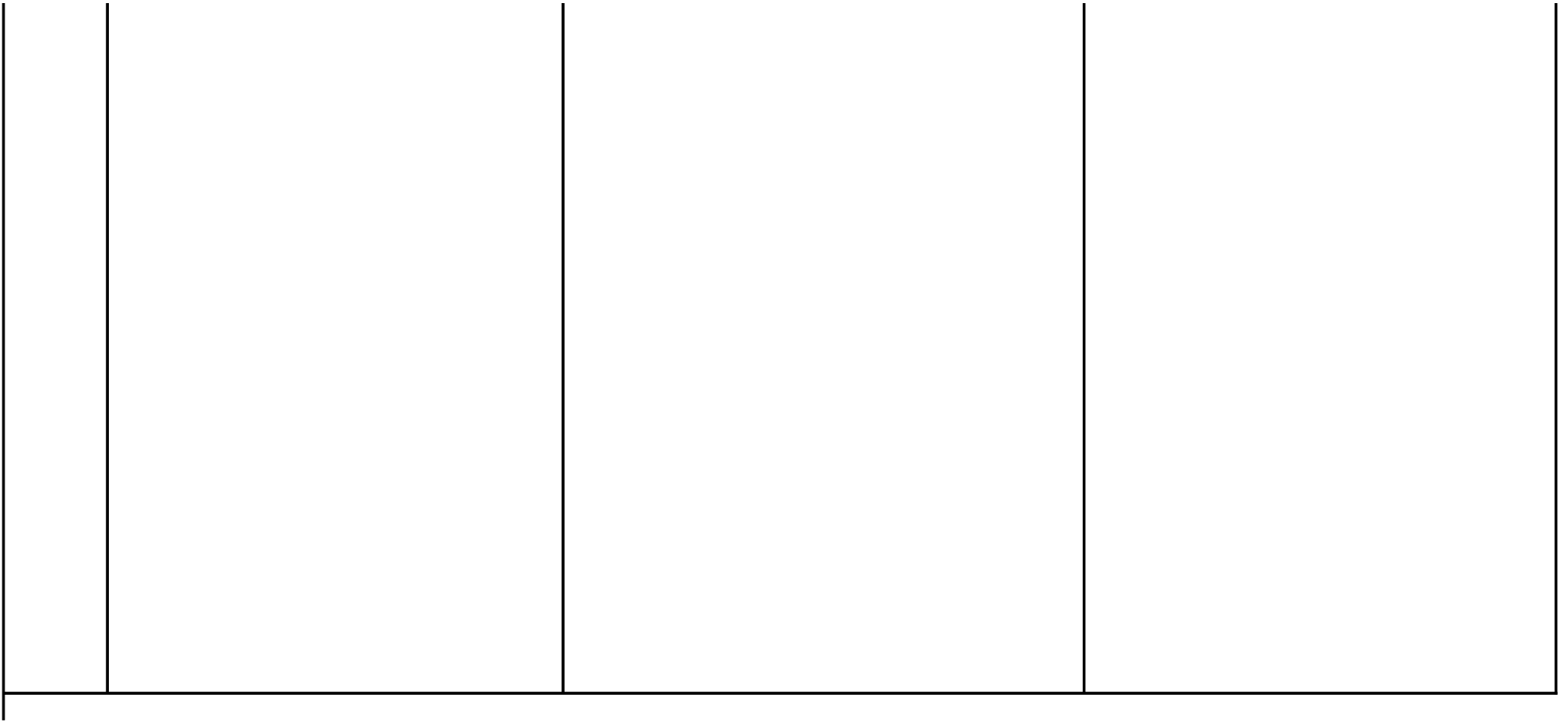


	<b>Lesson</b>	<b>Objective</b>	<b>Reference check</b>
Day 1	<p><b>Minor basic stroke to half-swing</b>  Set-up, stance, posture, grip.  Take-away, shoulder rotation, wrists corking.  Back-swing -- down-swing -- impact -- follow- thru.    Hinge- unhinge- rehinge.    Coiling of upper torso in relation to lower body.    Swinging around a fixed axis.</p>	<p>Develop proper set-up : Grip, stance, posture,  Maintaining straight left arm &amp; flat left wrist.  Tracing target line, maintaining square club face.  Identifying swing path.  Correct grip pressure. Flexed knees.</p> <p>Develop co-ordination of shoulder &amp; torso rotation,  wrists corking (vertical wrists hinging) and weight transfer.  Shifting body weight to left side.</p>	<p>Club head - toe up position.  Left arm and club shaft in one straight-line.  Right arm bend, with right elbow pointing at hips.</p> <p>Club head - toe up position.  Left arm straight.  Right arm bend, with right elbow pointing at hips.  Wrists corking.</p>
Day 2	<p><b>Three quarter to full-swing.</b>    Down-swing    Impact - the blue print of golf swing.    Follow-thru.    Finish position.</p>	<p>Maintains square club face at top of back swing.</p> <p>Uncoiling -  dropping right shoulder, squaring hips, weight transfer &amp;  maintaining hinge.</p> <p>Release - Delivering square club face at impact.  Lagged- pressure.  Identify geometric low-point - stay down at impact.  Forward thrust motion.</p> <p>Identifying geometric lowest point.  Extension of right arm.</p> <p>Tracing target lineup to finish position.  Re-hinging</p>	<p>Keeping club face square at top of back swing.  Club shaft parallel to target line.</p> <p>Body weight shifted back to left foot (inside of left foot).  Right wrist maintains its hinge throughout the way.</p> <p>Releasing hinge at impact.  Witnessing square club face at impact.  Initial ball flight denotes club face position at impact.</p> <p>Position : staying down at impact till follow-thru.  Hand-shake position.</p> <p>Club butt pointing towards target.  Parallel club shaft with target line.</p>
Day 3	<p><b>Improving on overall body co-ordination.</b>  Maximising swing-arc.  Revision of lesson 1 &amp; 2.</p>	<p>Developing rhythm.  Wider swing arc but shorter back-swing.</p> <p>Identifying problem area.</p>	<p>Problem:</p> <p>Cure :</p>
Day 4	<p><b>Short-game : Intro to chip &amp; run</b>  Set-up, stance, posture, grip for chipping shots.  Set-up, stance, posture, grip for putting shots.</p>	<p>Control shots. Precision, not power.  Develop tempo.  Identify drop zone.  Identify landing area (chipping).</p>	<p>Club face square at impact.  Backswing vs distance.</p>
Day 5	<p><b>Introduction to fairway wood.</b>  Ball position.  Teeing off.  Pre-shot routine.  Alternating shots with wood and iron.  Teeing off, Pre-shot routine.</p>	<p>Develop ability to handle different clubs.  Varying ball position with with different length o clubs.</p> <p>Getting use to alternate usage of different clubs.</p>	<p>Square club face at top of back swing.  Club shaft parallel to target line.  Square club face at impact.  Square club face at impact.</p>

	<b>Lesson</b>	<b>Objective</b>	<b>Reference check</b>
Day 6	<b>Pitching and bunker shot.</b> Basic golf rules - overview.	Producing high shots with soft landing effect. Horizontal wrists hinging.	Club face finishes faced-up. Square club face at impact. Complete follow-through.
Day 7 (approx 2 hrs)	<b>Course lesson</b>	Understand the game, basic golf terms. Intro to golf rules & etiquette.	Refer golf rules book.

	<b>Lesson</b>	<b>Objective</b>	<b>Reference check</b>
16-Feb-03	Minor basic stroke. Set-up, stance, posture, grip. Take-away, shoulder rotation.	Develop proper set-up, straight left arm & flat left wrist. Tracing target line, maintaining square club face. Correct grip pressure. Flexed knees.	Club head - toe up position. Left arm straight. Right arm bend, with right elbow pointing at hips.
23-Feb-03	Half-swing. Revision of set-up, stance, posture, grip. Take-away, shoulder rotation, wrists corking.	Develop co-ordination of shoulder, torso and wrists	
2-Mar-03	Short-game : Intro to chip & run Set-up, stance, posture, grip for chipping shots. Set-up, stance, posture, grip for putting shots.		
23-Mar-03	Back swing - three quarter swing. Revision of set-up, stance, posture, grip. Take-away, shoulder rotation, wrists corking. Downswing - maintaining lag pressure.	Square at top of back swing	
16-Mar-03	Course lesson	Understand the game Adhere to golf rules & etiquette	Refer golf rules book



## Syllabus for 10-hour golf lessons

Date	LESSONS	Venue	Duration
	<p><b>Minor basic stroke/half swing.</b></p> <ul style="list-style-type: none"> <li>&gt;&gt; Basic set-up - grip, stance &amp; posture.</li> <li>&gt;&gt; What is : Backswing, downswing, impact &amp; follow-through.</li> <li>&gt;&gt; What is target line &amp; how to trace target line.</li> <li>&gt;&gt; How to keep club face square throughout the swing.</li> <li>&gt;&gt; Building swing tempo, keeping body balance &amp; body wight transfer.</li> <li>&gt;&gt; One lever system VS two lever system.</li> <li>&gt;&gt; What is hinge and how to keep a flat left wrist.</li> </ul>	Driving Range	
	<p><b>Three quarter/full swing. (Part I: Backswing-Downswing-Impact)</b></p> <ul style="list-style-type: none"> <li>&gt;&gt; Intro the the 6-step swing.</li> <li>&gt;&gt; Backswing and its hinge action to trace target line right up to the top, while keeping club face square at all time.</li> <li>&gt;&gt; Downswing - timing the release.</li> <li>&gt;&gt; Impact - co-ordinating body &amp; club face position at impact.</li> <li>&gt;&gt; Familiarise with swing rhythm.</li> <li>&gt;&gt; Improve on overall co-ordination.</li> <li>&gt;&gt; Identifying check point at each step of the swing.</li> </ul>	Driving Range	
	<p><b>Three quarter/full swing. (Part II: Impact-Follow-through)</b></p> <ul style="list-style-type: none"> <li>&gt;&gt; Familiarise with swing rhythm.</li> <li>&gt;&gt; Staying down at impact.</li> <li>&gt;&gt; Flat-left wrist and re-hinging after impact.</li> <li>&gt;&gt; Finished position : body weight transfer, maintaining spine angle.</li> </ul>	Driving Range	
	<p><b>Introduction to fairway wood &amp; other irons.</b></p> <ul style="list-style-type: none"> <li>&gt;&gt; Ball position vs length of club.</li> <li>&gt;&gt; Pre-shot routine.</li> <li>&gt;&gt; Club selection.</li> </ul>	Driving Range	
	<p><b>Introduction to driver.</b></p> <ul style="list-style-type: none"> <li>&gt;&gt; Handling driver.</li> <li>&gt;&gt; Alternating driver with fairway wood.</li> </ul>	Driving Range	
	<p><b>Pitching &amp; bunker play.</b></p> <ul style="list-style-type: none"> <li>&gt;&gt; When to chip &amp; when to pitch. ?</li> <li>&gt;&gt; Identifying different distances produced by different clubs.</li> <li>&gt;&gt; What is horizontal wrist hinging.</li> <li>&gt;&gt; Club face position at finish position.</li> </ul>	Driving Range	
	<p><b>9-hole Course play</b></p> <ul style="list-style-type: none"> <li>&gt;&gt; How to play the game.</li> <li>&gt;&gt; Basic rules and etiquette.</li> </ul>	Golf Course	

Handouts included are extracted from :

Total golf.

Golf rules book of R&A

Name : \_\_\_\_\_ Notes

Date	LESSONS	Problem area	Correction
	<p><b><u>Minor basic stroke/half swing.</u></b></p> <ul style="list-style-type: none"> <li>&gt;&gt; Basic set-up - grip, stance &amp; posture.</li> <li>&gt;&gt; What is : Backswing, downswing, impact &amp; follow-through.</li> <li>&gt;&gt; What is target line &amp; how to trace target line.</li> <li>&gt;&gt; How to keep club face square throughout the swing.</li> <li>&gt;&gt; Building swing tempo, keeping body balance &amp; body wight transfer.</li> <li>&gt;&gt; One lever system VS two lever system.</li> <li>&gt;&gt; What is hinge and how to keep a flat left wrist.</li> </ul>		
	<p><b><u>Three quarter/full swing.</u></b></p> <ul style="list-style-type: none"> <li>&gt;&gt; Intro the the 6-step swing.</li> <li>&gt;&gt; Backswing and its hinge action to trace target line right up to the top, while keeping club face square at all time.</li> <li>&gt;&gt; Downswing - timing the release.</li> <li>&gt;&gt; Impact - co-ordinating body &amp; club face position at impact.</li> </ul>		
	<p><b><u>Body co-ordination and the swing.</u></b></p> <ul style="list-style-type: none"> <li>&gt;&gt; Familiarise with swing rythym.</li> <li>&gt;&gt; Improve on overall co-ordination.</li> <li>&gt;&gt; Identifying check point at each step of the swing.</li> </ul>		
	<p><b><u>Short game : Intro to chip &amp; putt.</u></b></p> <ul style="list-style-type: none"> <li>&gt;&gt; Set-up, stance, posture, grip for chipping and putting shots.</li> <li>&gt;&gt; Develop the chip &amp; putt swing tempo.</li> <li>&gt;&gt; Reading the green.</li> <li>&gt;&gt; Distance control.</li> <li>&gt;&gt; Club selection.</li> </ul>		
	<p><b><u>Introduction to fairway wood &amp; other irons.</u></b></p> <ul style="list-style-type: none"> <li>&gt;&gt; Ball position vs length of club.</li> <li>&gt;&gt; Pre-shot routine.</li> <li>&gt;&gt; Club selection.</li> </ul>		
	<p><b><u>Pitching &amp; bunker play.</u></b></p> <ul style="list-style-type: none"> <li>&gt;&gt; When to chip &amp; when to pitch ?</li> <li>&gt;&gt; Identifying different distances produced by different clubs.</li> <li>&gt;&gt; What is horizontal wrist hinging.</li> <li>&gt;&gt; Club face position at finish position.</li> </ul>		
	<p><b><u>9-hole Course play</u></b></p> <ul style="list-style-type: none"> <li>&gt;&gt; How to play the game.</li> <li>&gt;&gt; Basic rules and etiquette.</li> </ul>		