



**Pulai Springs Resort
Johor, Malaysia**

'Golf Schools In Paradise'

**Package V
Day 1**

**Three Day Learning Package
Beginners - Intermediate - Advanced**

including 1 x 18 holes

9.00 am Meet Alan Murray and Garry Overy at Pulai Springs Resort

Session 1	<u>Beginners</u> <u>Introduction To The Game</u> > Equipment - Courses - History > Professionals demonstration	Session 1	<u>Intermediate - Advanced</u> <u>Supervised Hitting</u> > Of various clubs at range > Including video analysis and > advisory
Session 2	<u>Imaging The Golf Swing Motion</u> > Begin to learn the grip > Stance - swing with short irons	Session 2	<u>Begin Corrections</u> > Individual attention to problems
Session 3	<u>Short Game Fundamentals</u> > Putting - chipping - pitching - > Bunkers including 3 golden rules > Technique - judgement of distance > slopes etc.	Session 3	<u>Short Game Review</u> > All shots
Session 4	<u>Video Analysis and Advisory</u> > Short / mid irons	Session 4	<u>Fairway Woods / Driver</u> > Analysing / correcting > for more distance and accuracy
Noon	Lunch	Noon	> Lunch
Session 5	<u>Equipment Advisory And Explanations</u> > Rules & Etiquette > Proficiency Certificate - > Handicap advisory	Session 5	<u>Equipment Advisory And Explanations</u>
Session 6	<u>Full Swing Explanations</u> > Including ball flight laws > Tempo - timing - coordination > Theory and practical	Session 6	<u>GolfRobics - Drills And Training Devices</u>
Session 7	<u>Golfrobics - Drills And Training Devices</u> > Golf Course Walk	Session 7	<u>Ball Flight Laws</u> > Principles and preferences > The four bad shots
Session 8	<u>Fairway Woods - Driver</u>	Session 8	<u>Mid / Long Irons</u>

> More distance - accuracy

> On course strategy

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Program V
Day 2

Three Day Learning Program
Beginners - Intermediate - Advanced

Session 9 Golfrobits Exercises - Pregame Loosening

- > Target orientation - tee up positions
- > Attack and defence - trouble shots
- > Slopes - weather conditions
- > Maintaining confidence - saving strokes
- > Reading the greens - short game secrets
- > Preshot routines - judging distance
- > Tempo on the course - handling pressure
- > Rules & Etiquette - scorecard explanations
- > Speeding up play - with / without a buggy

Noon Lunch

Session 10 On Course Review

- > Problems - trouble shots
- > Cures and explanations
- > Indoor session

Session 11 Supervised Hitting At Range

- > All clubs

Session 12 Short Game Review And Consolidation

Session 13 Video Analysis And Review Of Past 2 Days Learning

Golf Schools In Paradise

Program V
Day 3

Three Day Learning Program
Beginners - Intermediate - Advanced

Session 14 Yoga - Explanations of Advantages
> Golfrobics - Drills

Imagery, Memory and Practice Routines

How the champions do it!

Including > Total Swing Image
> Tempo timing - coordination
> Vis a vis swing mechanics

Session 15 Supervised Hitting At Range Using Above Method

- (1) Total swing visual imagery
- (2) Practice
- (3) Memorising the feeling
- (4) Reimagining total swing - practice again

Session 16 The Principles And Preferences And The Ball Flight Laws

Session 17 Fairway Bunkers And More Trouble Shots

Noon Lunch

Session 18 Modern Equipment Evaluations

- > Individual requirements
- > Personalised club fitting rationale

Session 19 Terminology Misconceptions

- > The profound effect they have on golfers

Session 20 Computersied Video Comparative Analysis (CVCA)

- > Including printouts of golfers swing sequence

Session 21 The Laws of Success In Golf

- > And how they set you on the improvement curve forever

5.00 pm Presentation of Certificates of Excellence at Cocktail Party

Videos and CVCA swing sequence printouts will be forwarded