



**Pulai Springs Resort
Johor, Malaysia**

'Golf Schools In Paradise'

Package VI

Day 1

Four Day Learning Package

Beginners - Intermediate - Advanced - Super Advanced

Four days including 2 x 18 holes

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

Beginners

- Session 1 Introduction To The Game
> Equipment - Courses - History
> Professionals Demonstration
- Session 2 Imaging The Golf Swing Motion
> Begin to learn the grip
> Stance - swing with short irons
- Session 3 Short Game Fundamentals
> Putting - chipping - pitching -
> Bunkers including 3 golden rules
> Technique - judgement of distance
> slopes etc.
- Session 4 Video Analysis and Advisory
> Short / mid irons

Noon

- Session 5 Lunch
Equipment Advisory And Explanations
> Rules & Etiquette
> Proficiency Certificate -
> Handicap advisory

- Session 6 Full Swing Explanations
> Including ball flight laws
> Tempo - timing - coordination
> Theory and practical

- Session 7 GolfRobics - Drills And Training Devices
> Golf Course Walk

- Session 8 Fairway Woods - Driver
> More distance - accuracy

Intermediate - Advanced - Super Advanced

- Session 1 Supervised Hitting
> of various clubs at range
> including video analysis and advisory
- Session 2 Begin Corrections
> Individual attention to problems

- Session 3 Short Game Review
> All shots

- Session 4 Fairway Woods / Driver
> Analysing / correcting
> for more distance and accuracy
> Lunch

- Session 5 Equipment Advisory And Explanations

- Session 6 Golfrobics - Drills And Training Devices

- Session 7 Ball Flight Laws
> Principles and preferences
> The four bad shots

- Session 8 Mid / Long Irons
> On course strategy

Golf Schools In Paradise

Program VI
Day 2

Four Day Learning Program
Beginners - Intermediate - Advanced - Super Advanced

Session 9 Golfrobics Excercises - 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 VI
Day 3

Four Day Learning Program
Beginners - Intermediate - Advanced - Super 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) Reimaging 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 clubfitting 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

Golf Schools In Paradise

Program VI

Day 4

Four Day Learning Program

Beginners - Intermediate - Advanced - Super Advanced

Session 22 Golf robotics Drills And Fitness

- > Tempo - Timing - Coordination
- > Old words in a modern world
- > The most forgotten
- > The most important

Session 23 From 'Swing To Spring'

- > Taking you right to the top
- > Winding and unwinding develop INTEGRATED SEQUENCE OF MOTION AND AUTOMATIC REACTION
- > The ULTIMATE achievement for professional ball control

Session 24 Perfecting Imperfection

- > How the champions score well through 'area percentage golf' and avoiding the 'perfection syndrome'

Session 25 Final Review of 4 Days Program

- > All areas of the game
- > Physical - mental - emotional

Noon

Lunch

Golf Schools In Paradise

Program VI

Day 4

Four Day Learning Program

Beginners - Intermediate - Advanced - Super Advanced

- Session 26
- > Pre round preparation and imagery
 - > Area percentage golf
 - > How and when to attack and defend
 - > Attack and defence at the same time
 - > Handling pressure, nerves and setbacks
 - > Staying in the present
 - > Using super will power on or on around the greens
 - > Corridor putting - taking the pressure off
 - > Maintaining tempo through overall patterns
 - > Avoiding the highs and lows - maintaining confidence
 - > Handling all weather conditions and course types
 - > Trying evenly at all times
 - > Remembering it's how many? Not how?
 - > Avoiding the bad trouble for consistent scoring
 - > Thinking more on trouble shots
 - > Avoiding the perfection syndrome
 - > 'Total Swing Imagery' on course
 - > Vis a vis Swing Parts Mechanics
 - > Pre tournament preparations

5.00 pm Presentation of Certificates of Excellence at Cocktail Party

Videos and CVCA swing sequence printouts will be forwarded