

## Monthly Guide

Use this guide to track your progress as an Apprentice in your first month. Check each activity you complete throughout each week.

### Week 1 - Clarifying the Backswing

#### Chipping Intro

Done	Action	Description
<input type="checkbox"/>	Watch Video	The importance of chipping

#### DVD Clips

Done	Action	Description
<input type="checkbox"/>	Watch Clip	Backswing DVD clip

#### Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	1. Ball going downhill
<input type="checkbox"/>	Practice Drill	1. Hit 15 balls at lunch hour for a few days
<input type="checkbox"/>	Watch Drill	2. Clubface opens slightly in backswing
<input type="checkbox"/>	Practice Drill	2. 5x a day, 5 days in a row – no ball needed
<input type="checkbox"/>	Watch Drill	3. Right shoulder tilts up in backswing
<input type="checkbox"/>	Practice Drill	3. 20 swings a day for 5 days – no ball needed
<input type="checkbox"/>	Watch Drill	4. Folded towel in backswing
<input type="checkbox"/>	Practice Drill	4. 100x a day for 2 days – no ball needed

#### Assignment 1

Done	Action	Description
<input type="checkbox"/>	Fill Out	Charting your 9 iron chipping distances

#### Listen to the Tele-seminar

Done	Action	Description
<input type="checkbox"/>	Listen	Download the teleseminar from the website.

### Week 2 – Implementing the Backswing

#### Breakdown Sessions

Done	Action	Description
<input type="checkbox"/>	Watch Session	More details on backswing: <ul style="list-style-type: none"> <li>o Ball always in the middle of your stance</li> <li>o Golf club must be square at setup</li> <li>o Clubface opens slightly in backswing</li> <li>o Swing golf club back to 8:00</li> <li>o Golf club swings back up and slightly inside</li> <li>o Right shoulder must turn up</li> </ul>

#### Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	5. Right heel in the air
<input type="checkbox"/>	Practice Drill	5. 20x a day for 3 days - no club needed
<input type="checkbox"/>	Watch Drill	6. Golf ball under arc of right foot
<input type="checkbox"/>	Practice Drill	6. Try 6x after breakfast for two mornings
<input type="checkbox"/>	Watch Drill	7. Swinging the club head up on a slight arc
<input type="checkbox"/>	Practice Drill	7. 2x before breakfast 3x, no ball needed
<input type="checkbox"/>	Watch Drill	8. Length of backswing goes to 8:00
<input type="checkbox"/>	Practice Drill	8. 50x per day until not needed

#### Assignment 2

Done	Action	Description
<input type="checkbox"/>	Fill Out	Charting your 5 & 7 chipping distances

#### Visit Forum

Done	Action	Description
<input type="checkbox"/>	Try Forum	Visit forum to ask /view questions

Weeks 3 and 4 are on the next page...

### Monthly Guide (continued...)

#### Week 3 - Grasping Downswing to Follow Through

##### DVD Clips

Done	Action	Description
<input type="checkbox"/>	Watch Clip	Downswing DVD clip

##### Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	1. Leading edge chops ground in downswing
<input type="checkbox"/>	Practice Drill	1. 10x a day for 2 weeks, grass needed
<input type="checkbox"/>	Watch Drill	2. After impact club head below ankles
<input type="checkbox"/>	Practice Drill	2. 20x a day for 3 days, grass needed
<input type="checkbox"/>	Watch Drill	3. Arms and hands keep moving to left pocket
<input type="checkbox"/>	Practice Drill	3. 10x a day until comfortable - no ball needed
<input type="checkbox"/>	Watch Drill	4. Arms only, no wrist
<input type="checkbox"/>	Practice Drill	4. 100x at least one time - no ball needed
<input type="checkbox"/>	Watch Drill	5. Towel in front of club head
<input type="checkbox"/>	Practice Drill	5. 10x before work a couple times
<input type="checkbox"/>	Watch Drill	6. Playing the golf ball off of your right foot
<input type="checkbox"/>	Practice Drill	6. 2x times each practice day to get sensation

##### Assignment 3

Done	Action	Description
<input type="checkbox"/>	Fill Out	Pre-shot routine - Chipping

##### Stat Tracker

Done	Action	Description
<input type="checkbox"/>	Try	Record scores / stats in Stat Tracker

#### Week 4 – Practicing and Mastering Downswing to Follow Through

##### Tele-seminar

Done	Action	Description
<input type="checkbox"/>	Listen	If you have not already, you should listen to the Tele-seminar on Chipping

##### Chipping Downswing Breakdown Session

Done	Action	Description
<input type="checkbox"/>	Watch Session	More details on downswing to finish: <ul style="list-style-type: none"> <li>o Weight left</li> <li>o Swing down</li> <li>o Chop ball</li> <li>o Club face stays square at finish</li> <li>o Hands stay in front through finish</li> <li>o Low follow through</li> </ul>

##### Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	7. Chipping string drill
<input type="checkbox"/>	Practice Drill	7. Try it 3 or 4 times
<input type="checkbox"/>	Watch Drill	8. Chipping mirror drill
<input type="checkbox"/>	Practice Drill	8. At least once in front of mirror this week
<input type="checkbox"/>	Watch Drill	9. Placing towel 1/3 of the way to the hole
<input type="checkbox"/>	Practice Drill	9. At least one day on green until consistent
<input type="checkbox"/>	Watch Drill	10. Clubface square to target line after impact
<input type="checkbox"/>	Practice Drill	10. 15x per day until comfortable
<input type="checkbox"/>	Watch Drill	11. Chipping off hard pan lies
<input type="checkbox"/>	Practice Drill	11. 20x on 3 different days

##### Assignment 4

Done	Action	Description
<input type="checkbox"/>	Fill Out	Tracking your play