

## Monthly Guide

Track your progress as an Apprentice in your first month by checking each activity you complete throughout each week.

### Week 1 – Getting Into Position

#### Full Swing Intro

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

#### DVD Clips

Done	Action	Description
<input type="checkbox"/>	Watch Clip	Setup DVD clips

#### Breakdown Sessions

Done	Action	Description
<input type="checkbox"/>	Watch Session	Details on your pre-shot routine
<input type="checkbox"/>	Watch Session	Bobby's pre-shot routine in slow motion

#### Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	1. Using a shaft to check yourself
<input type="checkbox"/>	Practice Drill	1. Do this the next two times before practicing
<input type="checkbox"/>	Watch Drill	2. Shaft along your spine
<input type="checkbox"/>	Practice Drill	2. Check this every other week
<input type="checkbox"/>	Watch Drill	3. Grip and re-grip
<input type="checkbox"/>	Practice Drill	3. Try it at least 2 times this week
<input type="checkbox"/>	Watch Drill	4. Bottom edge of clubface perpendicular
<input type="checkbox"/>	Practice Drill	4. 2-3 times in office or in afternoon
<input type="checkbox"/>	Watch Drill	5. Full swing, full body (checklist)
<input type="checkbox"/>	Practice Drill	5. Try before rounds and at least once this week

#### Assignment 1

Done	Action	Description
<input type="checkbox"/>	Fill Out	Nail down your full swing pre-shot routine

#### Upcoming Tele-seminar Info

Done	Action	Description
<input type="checkbox"/>	Mark Calendar	Aug 21 <sup>st</sup> & your local time on calendar

### Week 2 – Solidifying the Setup

#### Breakdown Sessions

Done	Action	Description
<input type="checkbox"/>	Watch Session	More details on backswing: <ul style="list-style-type: none"> <li>o Grip</li> <li>o Clubface &amp; Handle</li> <li>o Aim</li> <li>o Posture</li> </ul>

#### Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	6. Checking your Set-Up in the mirror
<input type="checkbox"/>	Practice Drill	6. Try every morning in mirror for a week
<input type="checkbox"/>	Watch Drill	7. Address and Re-Address the golf
<input type="checkbox"/>	Practice Drill	7. At practice facility do until it's 2 <sup>nd</sup> nature
<input type="checkbox"/>	Watch Drill	8. Fist under chin
<input type="checkbox"/>	Practice Drill	8. Try it once a week to check chin
<input type="checkbox"/>	Watch Drill	9. Practice with a purpose
<input type="checkbox"/>	Practice Drill	9. Every time you practice

#### Assignment 2

Done	Action	Description
<input type="checkbox"/>	Fill Out	Full swing setup checklist

#### 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 – Starting Back

##### DVD Clips

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

##### Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	1. 9:00 position
<input type="checkbox"/>	Practice Drill	1. Try it a few times this week in garage
<input type="checkbox"/>	Watch Drill	2. Solid right knee
<input type="checkbox"/>	Practice Drill	2. Do this a couple of times (no ball needed)
<input type="checkbox"/>	Watch Drill	3. Side of hill above feet
<input type="checkbox"/>	Practice Drill	3. Swing on a hill side at least once this week
<input type="checkbox"/>	Watch Drill	4. Swinging underneath a limb
<input type="checkbox"/>	Practice Drill	4. Try once this month with a low hanging limb
<input type="checkbox"/>	Watch Drill	5. Arced towel
<input type="checkbox"/>	Practice Drill	5. First 3-4 swings at practice facility
<input type="checkbox"/>	Watch Drill	6. Loosen up shoulders before starting practice
<input type="checkbox"/>	Practice Drill	6. Do every time before starting to hit balls

##### Assignment 3

Done	Action	Description
<input type="checkbox"/>	Fill Out	Learn how to warm up before a round

##### Stat Tracker

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

#### Week 4 – Getting to the Top

##### Tele-seminar

Done	Action	Description
<input type="checkbox"/>	Listen/Interact	Tele-seminar on Full Swing

##### 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 One piece takeaway</li> <li>o Knees</li> <li>o Right shoulder turning out of way</li> <li>o Right elbow pointing down</li> <li>o Thumbs &amp; wrists at top</li> <li>o Weight distribution</li> </ul>

##### Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	7. Turn and check your left wrists at the top
<input type="checkbox"/>	Practice Drill	7. Do every 2-3 weeks from anywhere
<input type="checkbox"/>	Watch Drill	8. Club on shoulder
<input type="checkbox"/>	Practice Drill	8. Three times per day at lunch for a week
<input type="checkbox"/>	Watch Drill	9. Thumbs on top of the shaft
<input type="checkbox"/>	Practice Drill	9. Do every once in a while (no ball needed)
<input type="checkbox"/>	Watch Drill	10. What it's all about at the top
<input type="checkbox"/>	Practice Drill	10. Practice anytime before you hit balls
<input type="checkbox"/>	Watch Drill	11. Back on Target/golf cart
<input type="checkbox"/>	Practice Drill	11. At course before you practice or play
<input type="checkbox"/>	Watch Drill	12. Left foot on towel
<input type="checkbox"/>	Practice Drill	12. Once a week at practice facility

##### Assignment 4

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