

Monthly Guide

Track your progress as an Apprentice in the Full Swing Part 2 month by checking each activity you complete throughout each week.

Week 1 – Starting the Downswing

Full Swing Intro

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

DVD Clips

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

Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	1. Both Feet and Knees Together
<input type="checkbox"/>	Practice Drill	1. Do this the next two times before practicing
<input type="checkbox"/>	Watch Drill	2. Swinging on the Side of Yourself
<input type="checkbox"/>	Practice Drill	2. Check this every other week
<input type="checkbox"/>	Watch Drill	3. Hitting Balls from an Uphill Lie
<input type="checkbox"/>	Practice Drill	3. Try it at least 2 times this week
<input type="checkbox"/>	Watch Drill	4. Practice Swings with a Weighted Club
<input type="checkbox"/>	Practice Drill	4. Take a couple swings with a weighted club before practicing.

Assignment 1

Done	Action	Description
<input type="checkbox"/>	Fill Out	Keep Your Practice & Play on One Thought

Upcoming Tele-seminar Info

Done	Action	Description
<input type="checkbox"/>	Mark Calendar	September 18 th & your local time on calendar

Week 2 – Two Feet Before Impact to Impact

Breakdown Sessions

Done	Action	Description
<input type="checkbox"/>	Watch Session	More details on the down swing: <ul style="list-style-type: none"> o Top of the Swing o Right Arm In Downswing o Clubface Rolling Closed

Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	5. Baseball Swings
<input type="checkbox"/>	Practice Drill	5. Try every morning in mirror for a week
<input type="checkbox"/>	Watch Drill	6. Swinging on an Arc
<input type="checkbox"/>	Practice Drill	6. At practice facility do until it's 2 nd nature
<input type="checkbox"/>	Watch Drill	7. Sit Back & Relax
<input type="checkbox"/>	Practice Drill	7. Get a feel for swinging on an arc while sitting

Assignment 2

Done	Action	Description
<input type="checkbox"/>	Fill Out	Practice with a Purpose

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 – Impact to Three Feet Past Impact

DVD Clips

Done	Action	Description
<input type="checkbox"/>	Watch Clip	Impact and Follow Through DVD clips

Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	1. Toe Up to Toe Up
<input type="checkbox"/>	Practice Drill	1. Try it a few times this week in garage
<input type="checkbox"/>	Watch Drill	2. Top of Belt and Shoulders Level to Ground
<input type="checkbox"/>	Practice Drill	2. Do this a couple of times (no ball needed)
<input type="checkbox"/>	Watch Drill	3. Soft Left Knee at Impact to Follow Through
<input type="checkbox"/>	Practice Drill	3. Swing on a hill side at least once this week
<input type="checkbox"/>	Watch Drill	4. Ball Above Feet
<input type="checkbox"/>	Practice Drill	4. Feel the Club Swing Around You

Assignment 3

Done	Action	Description
<input type="checkbox"/>	Fill Out	Downswing Checklist

Stat Tracker

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

Week 4 – The Follow Through

Tele-seminar

Done	Action	Description
<input type="checkbox"/>	Listen/Interact	Tele-seminar on Full Swing Downswing, Sept. 18th

Breakdown Session

Done	Action	Description
<input type="checkbox"/>	Watch Session	More details on downswing to follow through: <ul style="list-style-type: none"> o Impact / Golf Club o Body, Arms, and Clubhead

Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	5. Tap Three Times to Check Your Balance
<input type="checkbox"/>	Practice Drill	5. Do every 2-3 weeks from anywhere
<input type="checkbox"/>	Watch Drill	6. Drop the Quarter in the Follow Through
<input type="checkbox"/>	Practice Drill	6. Practice this a couple times this week
<input type="checkbox"/>	Watch Drill	7. Diagnosis After Every Shot
<input type="checkbox"/>	Practice Drill	7. Learn to analyze faults in the swing
<input type="checkbox"/>	Watch Drill	8. Check Your Aim After Every Shot
<input type="checkbox"/>	Practice Drill	8. Check your aim after every poor shot this week
<input type="checkbox"/>	Watch Drill	9. Left Arm Behind Your Back
<input type="checkbox"/>	Practice Drill	9. Try this a couple times this week
<input type="checkbox"/>	Watch Drill	10. Right Heel in the Air at Address
<input type="checkbox"/>	Practice Drill	10. Try this at least once this week

Assignment 4

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