



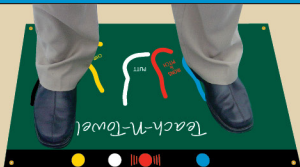
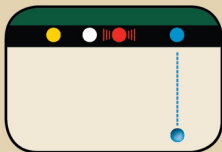
Teach -n- Towel™

Instruction
Booklet

A Complete Player
Development System

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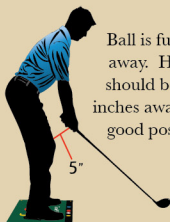




- 1 Align towel parallel to target line.
- 2 Place feet on towel with weight centered.
- 3 Align shoulders and hips parallel to Black Alignment Line.
- 4 Rotate shoulders back to top of back swing.
- 5 Rotate hips forward, drop hands and release club at the target. Finish with weight on front foot. Shoulders and hips should be facing target.

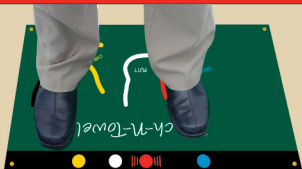
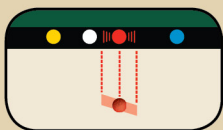
Quick Towel Tip:

- Draw a line between your left eye and the ball. Your hands should fall along that line.
- Hip rotation is key to a powerful shot.
- Accelerate your swing speed to the finish.
- Finish stroke with right knee facing target.



Ball is further away. Hands should be five inches away for good posture.

PITCH & IRONS



Pitch: High shot around the green used to avoid trouble (sand, water, long grass) between your ball and the green.



- 1 Align towel parallel to target line.
- 2 Place feet on towel with weight centered.
- 3 Align shoulders and hips parallel to Black Alignment Line.
- 4 Rotate shoulders back until club is parallel to Black Alignment Line.
- 5 Rotate hips forward, drop hands and finish with shoulders and hips facing target.

Pitch Set Up



Quick Towel Tip:

- Keep weight centered during back swing.
- Hit down on the ball to create higher ball flight.
- Finish with weight on front foot and back knee facing target.

CHIP



Chip: Low shot around green to get the ball rolling toward your target.

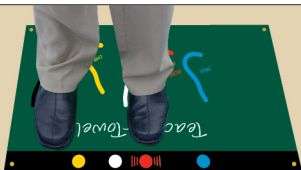
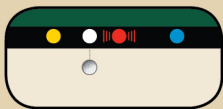


- 1 Align towel parallel to target line.
- 2 Place feet on towel with 65% of weight forward.
- 3 Align shoulders and hips parallel to Black Alignment Line.
- 4 Chip stroke—move hands back and forth along Black Alignment Line.

Quick Towel Tip:

- Hands slightly in front of the ball.
- Stroke, same as putting, should be as far forward as back.
- Hands accelerate through stroke.

PUTT



- 1 Align towel parallel to target line.
- 2 Place feet on towel with weight centered.
- 3 Align shoulders and hips parallel to Black Alignment Line.
- 4 Place hands slightly forward of the ball.
- 5 Putting stroke—move hands back and forth along Black Alignment Line.

Quick Towel Tip:

- Stroke must go as far forward as back.
- No lower body movement.
- Move the shoulders, arms, and hands together to create the perfect putting stroke.



Stroke accelerates to finish.

Same Distance