



### Making a Full Swing

Use a long swing to hit your ball greater distances. Start with your Yard Club or 8-iron.



#### 1 Hotdog in the Bun

Start with the ten-finger grip and put the hotdog (left thumb) in the bun (right palm).



2

#### "Y" Setup | Ball in the Middle

Using the "Y" setup, position the ball in the middle of your stance with your hands slightly ahead of the clubhead.



3

#### "Y" to "L"

Practice swinging the "Y" back until it forms an "L" at the top of your swing.



4

#### Release the "L" | Brush the Grass

On the downswing, release the "L" to create speed and brush the grass.



5

#### Stick the Finish | Show the Shoe

Swing through to the finish position and hold there for three seconds while showing the bottom of your shoe.



#### Progress Check

Once Full Swing Forms are complete, move to Skills and put your Forms to work.

#### Notes

Four horizontal lines for taking notes.