



## Definitions of Levels:

- ***Fundamentals/Beginner-*** New to the game. Players who are just getting started in the game. Participants should complete at minimum 6 hours (2 series) of FUNdamentals and meet the age/maturity requirements before moving to the FUNPlus.
- ***FUNplus/Advanced Beginner-*** Participants should have the basic understanding of the Grip, Alignment, Set-up and basic swing fundamentals of each golf skill-putting, chipping, and full swing. They will continue to build on those skills and begin to explore on-course play every other week.

## Class Descriptions

### **Fundamentals** (Recommended Ages 5-7)

The FUNdamentals series is a small group instruction designed to help young players begin to build and develop the golf skills and movement patterns needed to play and enjoy the game of golf. These classes are for Beginners, introducing the basics of putting, chipping, and full swing the game in a fun and friendly environment. Our goal is to provide a strong skill foundation and instill a love of the game.

**This program focuses on golf fundamentals, including:**

- **Proper grip.** Students will be introduced to the grip and encouraged to explore various hand positions.
- **Correct aim & alignment.** Students will learn how to position their body and the clubface to the desired target.
- **Establishing a setup routine.** Junior golfers will begin to develop the necessary parts of a pre-shot routine through an introduction to the KMR Golf Academy setup method, which includes properly gripping the club, addressing the ball, and aiming the clubface.
- **Basic Swing Fundamentals.** After establishing the proper grip, alignment and setup routine, the basic swing movements for each skill are introduced and explored through gameplay.

# FUNdamentals Plus (Recommended Ages 8-10)

The FUNdamentals Plus series is designed for players aged 8-10 who are interested in continuing to progress as golfers. Through skill-based games, drills, and contests, players will continue to build their movement and golf skills while gaining a better understanding of golf swing and skills and introduction to on-course play.

**This program focuses on developing golf fundamentals, including:**

- **Proper grip and arm/hand mechanics.** Students will review various grips and gain a better understanding of how each arm works in the golf swing. They will gain a better understanding of how the wrist mechanics influence their impact and ball contact.
- **Swing basics.** Students will review the basis swing fundamentals of all parts of the game—full swing woods and irons, putting and chipping. They will also begin to work on tracking their club distances and ball trajectories.
- **Establishing a setup routine.** Junior golfers will build upon The KMR Golf Academy setup method—which includes grip, aim & alignment, and posture. We introduce shot visualization and breathing to help players begin to understand how to prepare to hit a shot and control what they can.
- **On-course play.** Students learn how and where to tee off, order of play, pace of play, club selection and be responsible for carry their own clubs.