

# FULL SWING SKILLS TEST



## Put Your Forms to Work

After completing all of your Full Swing Forms, you can take this Full Swing Test. It has two parts—a 7-iron shot and a driver shot. Both parts must be completed with your instructor present. Once passed, he or she will sign this page, showing that you have completed this portion of the Red Tee booklet.

1

### 7-iron Shot

Hit a seven iron off the ground, flying it at least 75 yards in the air. You must do this in 3 out of 5 attempts.



75

100

2

### Driver Shot

Hit a driver off a tee, flying it at least 100 yards in the air. You must do this in 3 out of 5 attempts.

## Progress Report

Instructor must check the numbers below after the student completes each skill.

Initials      Date

1 7-iron Shot \_\_\_\_\_  
\_\_\_\_\_ out of 5

2 Driver Shot \_\_\_\_\_  
\_\_\_\_\_ out of 5

NOTES

\_\_\_\_\_  
\_\_\_\_\_

Your PGA or LPGA professional will initial and date the full swing skill listed on this progress report after each one is passed.

# FULL SWING FORMS



## Making a Full Completed Swing

Check the five full swing fundamentals from the Green and Yellow Tee booklets, and add a full shoulder turn, full swing routine, and grip options to pass this section.



**1**  
Ball Positions



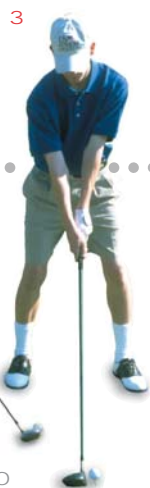
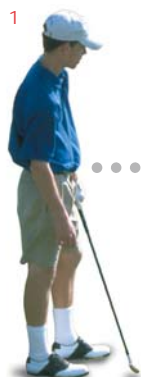
**2**  
"Y" Setup, Posture Tilt



**3**  
Aim the Train



**4**  
"Y" to "L"  
**5**  
Stick the Finish, Tempo



**7**  
Full Swing Routine

1. Find your target.
2. Aim the clubface, then your feet.
3. Address the ball and relax.

**6**

Full Shoulder Turn

Your front shoulder is behind the ball, and your back is to the target.



**8**

Grip Options

The interlock (top) and overlap (bottom) grips are optional grips for your full swing. Your instructor can recommend the best one for you.

*Your PGA or LPGA professional will initial and date the full swing form listed on this progress report after each one is passed.*

## Progress Report

**1** Instructor must check the numbers below after the student learns each form.

Initials      Date

- 1** Check-up 1-5 \_\_\_\_\_
- 6** Full Shoulder Turn \_\_\_\_\_
- 7** Full Swing Routine \_\_\_\_\_
- 8** Grip Options \_\_\_\_\_

NOTES

\_\_\_\_\_  
\_\_\_\_\_

# EQUIPMENT VERBAL TEST

## Using Clubs that Fit

Having clubs that fit your size and strength with the proper clubhead weight, shaft flex, length and lie angle is very important. This is a 5 question test with YES or NO answers (pre-circled). You must correctly answer 5 out of 5 questions.

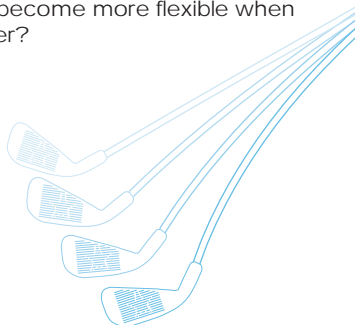
1 Can a lighter clubhead be swung faster than a heavier one?  
 Yes  No

2 Is it true that a clubhead that's too heavy can cause you to develop poor swing habits and lose distance?  
 Yes  No

### Clubhead Weight Comparison

	Adult/Cutoff & most jr. clubs	Performance Light Kidsklubs™	Ultralight Kidsklubs™
Fairway Wood	220g	190g	165g
7-iron	269g	238g	200g
Wedge	290g	260g	214g

3 Does the shaft of an adult club become more flexible when it's cut down to fit a young player?  
 Yes  No



4 Should the length of clubs be fit to your height?  
 Yes  No



5 Will a lie angle that's too upright cause the heel of the club to hit the ground first and close the clubface, driving the ball low and to the left?  
 Yes  No



## Progress Report

Instructor must check the space below after the student passes the oral test.

Initials \_\_\_\_\_ Date \_\_\_\_\_

5 out of 5 correct

NOTES

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**NOTE TO INSTRUCTOR:**  
 This test should be given orally by asking your student to answer the five questions above. They must answer all correctly to pass this section.