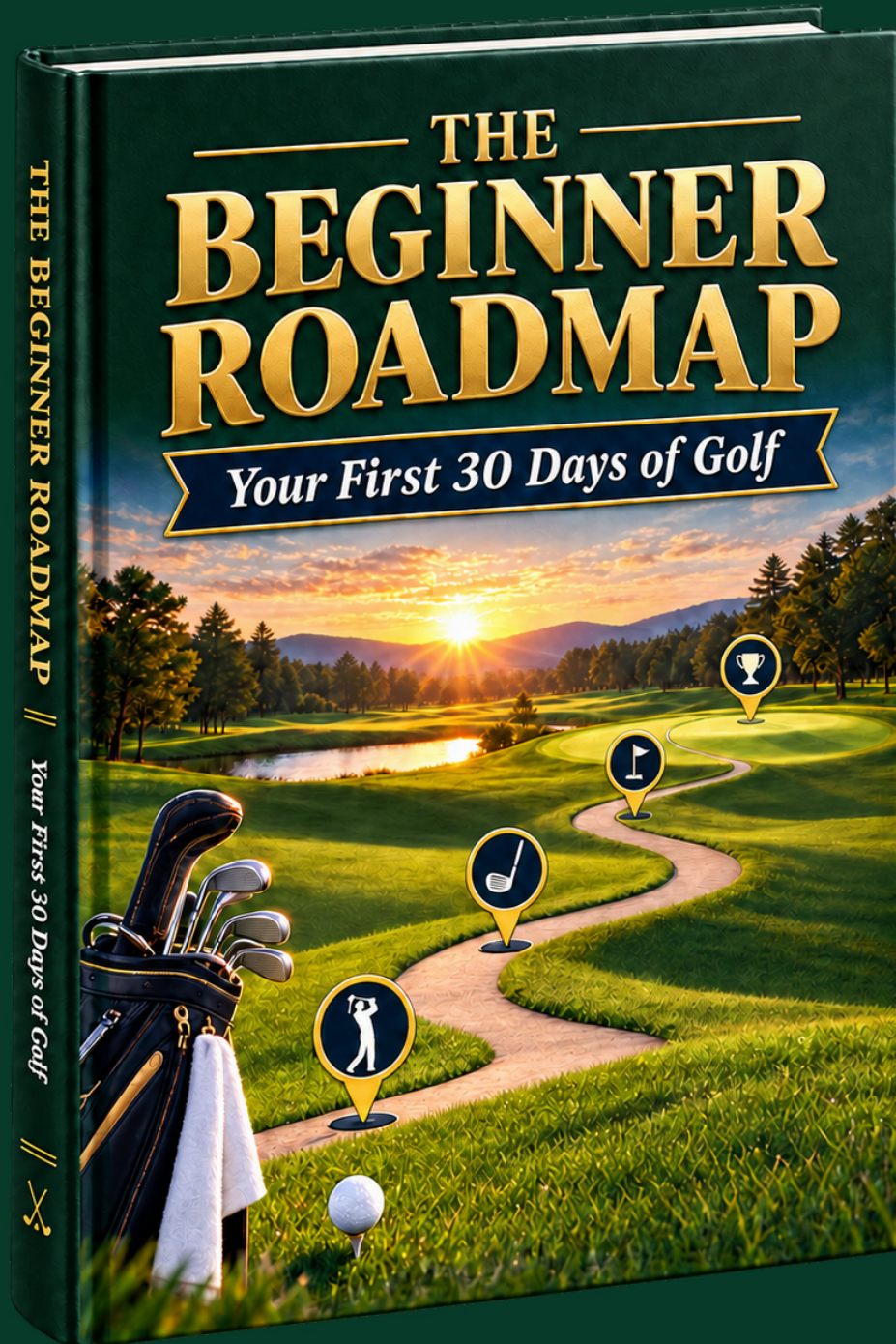




Created by Arnold Jones II | Golf Instructor with 35+ Years of Experience

Welcome to Golf

Golf can look far more complicated than it needs to be. New golfers are often handed too much information, too many conflicting tips, and no clear explanation of what to learn first.

This roadmap gives you a practical starting point. It will help you organize your first month, understand what deserves your attention, and begin without feeling as though you must know everything before you belong on a golf course.

**You do not need to learn everything about golf before you begin.
You need to learn the right things in the right order.**

During the next 30 days, your focus will move through four stages:

- Setup - learn how to prepare for a shot.
- Contact - begin producing a predictable strike.
- Short Game - develop the skills that let you play sooner.
- On-Course Confidence - learn how to participate safely and comfortably.

The goal is not perfection. The goal is a clear foundation and enough confidence to keep learning.

How to Use This Roadmap

Three focused sessions each week Complete the 12 sessions in order. Repeat a session when you need more time.	About 20-30 minutes per session Short, intentional practice is more useful than long, unfocused sessions.
Practice between sessions Use 5-10 minutes to repeat one movement or idea that remains uncertain.	Contact before power Do not measure early success by distance. Learn to meet the ball more predictably first.

Keep this standard after every session:

- ☐ Write down one thing that improved.
- ☐ Identify one thing that remains uncertain.
- ☐ Choose one thing to repeat for 5-10 minutes.

Progress matters more than par.

What You Need to Begin

You do not need a premium set of clubs, expensive clothing, or a country-club membership to start learning.

WHAT	WHY
Comfort	Athletic or golf shoes and clothing that allows you to move freely.
Basic equipment	A putter, a wedge or short iron, a mid-iron, and a longer club later. A glove is optional.
Golf balls	A small supply of practice balls. Used balls are perfectly suitable for beginning.
A practice space	A putting green, driving range, simulator, backyard practice area, or another safe open space.
A learning mindset	Patience, curiosity, and permission to be new at something.

Buy less. Learn more. Upgrade equipment after you understand what you actually need.

Your Four-Week Roadmap

01

SETUP

Learn how to hold the club, aim, and prepare for a shot.

02

CONTACT

Build a simple motion that lets the club meet the ball more predictably.

03

SHORT GAME

Develop putting, chipping, and pitching skills that help you play sooner.

04

ON-COURSE CONFIDENCE

Learn a routine, basic etiquette, and how to approach your first playing experience.

Complete each week in order. If a session feels uncertain, repeat it before moving ahead. The calendar is a guide, not a deadline.

Week 1: Build Your Starting Position

WEEK 1

SETUP

Learn how to prepare for a golf shot consistently.

SESSION 1: Understand the Objective

Golf is a target game. Your first objective is not maximum speed; it is learning to send the ball toward an intended area with increasingly predictable contact.

Your action: Make several slow, short swings. Notice the club, the ground, and where the ball begins. Do not judge distance.

SESSION 2: Grip and Clubface Awareness

Your hands connect you to the club. How you place them influences your ability to control the clubface.

Your action: Practice taking and releasing your grip 10 times. Build it deliberately rather than adjusting it after you are already set up.

SESSION 3: Setup, Posture, and Alignment

A repeatable starting position gives your swing a repeatable place to begin. Pay attention to stance, posture, ball position, target line, and body alignment.

Your action: Build your setup 5-10 times without hitting a ball. Step away completely and begin again each time.

This week's win: You can prepare for a shot with intention instead of guessing.

Week 2: Develop Contact

WEEK 2

CONTACT

Begin moving the club in a way that produces a more predictable strike.

SESSION 4: The Basic Motion

The golf swing is an organized motion, not a collection of disconnected body parts. Begin small enough to feel the club move back and through in balance.

Your action: Make waist-high practice swings at a comfortable pace. Let the motion remain continuous.

SESSION 5: Contact Before Power

Speed magnifies mistakes. Shorter swings make it easier to notice where the club reaches the ground and how the ball responds.

Your action: Use a wedge or short iron. Hit small shots at about half speed while prioritizing contact over distance.

SESSION 6: Balance and Finish

A balanced finish gives you information about the motion that came before it. You should be able to complete the swing without falling away or rushing to reset.

Your action: Hold every finish for three seconds. If you cannot hold it, reduce the speed and length of the swing.

This week's win: You are learning to strike the ball more predictably before adding speed.

Week 3: Learn the Short Game

WEEK 3

SHORT GAME

Build useful skills that allow you to begin playing sooner.

SESSION 7: Putting

Putting is primarily a challenge of starting direction and distance control. Good speed is more important than expecting every putt to go in.

Your action: Practice short putts for starting direction, then longer putts with the goal of finishing near the hole.

SESSION 8: Chipping

A chip spends a short time in the air and more time rolling. Choose a landing spot instead of staring only at the hole.

Your action: Pick one landing spot and try to land several balls near it. Observe how far each ball rolls.

SESSION 9: Pitching and Short Shots

A pitch generally carries farther and rolls less than a chip. It uses a somewhat longer motion while still prioritizing clean contact.

Your action: Practice a comfortable, controlled wedge motion. Choose a landing area and avoid trying to help the ball into the air.

This week's win: You understand three different short-game jobs and can choose the appropriate one.

Week 4: Prepare to Play

WEEK 4

ON-COURSE CONFIDENCE

Prepare to play safely, comfortably, and with a clear process.

SESSION 10: BUILD A PRE-SHOT ROUTINE

Use the same basic process before each shot: choose your target and club, make a practice motion, aim the clubface, build your stance, look at the target, and swing.

Your action: Practice the complete routine before every ball, even during a short practice session.

SESSION 11: PACE, SAFETY, AND ETIQUETTE

Learn when it is safe to hit, where to stand, how to be ready when it is your turn, how to care for the course, and when to let a faster group play through. You do not have to keep an official score.

Your action: Review the basic expectations before visiting a course so you can relax and enjoy the experience.

SESSION 12: YOUR FIRST PLAYING EXPERIENCE

Choose a short course, par-three course, executive course, or nine holes at a quieter time. Play from forward tees, use fewer clubs, and move or pick up the ball when needed.

Your action: Treat your first round as an introduction to the game - not a test.

This week's win: You feel prepared to visit a course and enjoy the experience.

Your 30-Day Calendar

WEEK	MON	TUE	WED	THU	FRI	WEEKEND
1	S1 Objective	Reflect	S2 Grip	5-10 min repeat	S3 Setup	Rest or repeat
2	S4 Motion	Reflect	S5 Contact	5-10 min repeat	S6 Balance	Rest or repeat
3	S7 Putting	Reflect	S8 Chipping	5-10 min repeat	S9 Pitching	Optional short game
4	S10 Routine	Reflect	S11 Etiquette	5-10 min repeat	S12 Prepare	Play 3, 6, or 9 holes

Use the blank space below to adjust the plan around your schedule. Protect the order of the sessions even when you change the dates.

Session Reflection

Complete this brief reflection after each session. It should take less than two minutes.

SESSION / DATE

ONE THING THAT IMPROVED

ONE THING I AM STILL UNSURE ABOUT

ONE THING I WILL REPEAT FOR 5-10 MINUTES

Notice progress. Name uncertainty. Choose the next useful repetition.

Your Beginner Progress Tracker

Check each milestone when it feels generally true. You do not need to perform it perfectly.

☐ I can take my grip consistently.

☐ I understand the purpose of the setup.

☐ I can identify my target line.

☐ I can make a balanced short swing.

☐ I can produce some solid contact.

☐ I understand the difference between putting, chipping, and pitching.

☐ I have a basic pre-shot routine.

☐ I understand basic safety, pace, and etiquette.

☐ I feel prepared to visit a golf course.

☐ I know what I need to learn next.

Seven Beginner Mistakes to Avoid

01 Trying to learn everything at once

Golf contains many skills. Work on one priority at a time.

02 Chasing random tips

A disconnected tip may solve the wrong problem or contradict what you are already learning.

03 Swinging too hard

Speed makes it harder to recognize and correct poor contact.

04 Measuring success only by distance

Early progress is better measured by contact, direction, balance, and understanding.

05 Changing techniques after every bad shot

One poor result does not automatically mean the idea is wrong.

06 Practicing without an objective

Decide what the session is for before hitting the first ball.

07 Waiting until you feel 'good enough' to play

Choose a beginner-friendly setting and let playing become part of learning.

Structure beats information overload.

Your First Course Visit

- | | |
|---|---|
| ☐ Choose a short, par-three, executive, or nine-hole option. | ☐ Be ready when it is your turn. |
| ☐ Book a quieter time when possible. | ☐ Stand where everyone remains safe. |
| ☐ Arrive early enough that you are not rushed. | ☐ Pick up when a hole becomes frustrating or slow. |
| ☐ Start from the forward tees. | ☐ Move the ball to a better position when needed. |
| ☐ Bring fewer clubs rather than carrying every option. | ☐ Skip official scoring and treat the day as practice. |

Your first round is not a test. It is your introduction to playing the game.

Remember: Experienced golfers do not expect beginners to play expertly. They appreciate awareness, safety, reasonable pace, and respect for the course.

What Success Looks Like After 30 Days

You are not expected to have a complete swing or consistently low scores. A successful first month means you have built a foundation for continued learning.

- ☐ You understand the basic learning sequence.
- ☐ You know how to organize a short practice session.
- ☐ You feel more comfortable at a practice facility.
- ☐ You make occasional solid contact.
- ☐ You understand the basic short-game categories.
- ☐ You know how to participate safely and respectfully on a course.
- ☐ You are prepared to keep learning without chasing every new tip.

Your next step

The roadmap has shown you what to learn and in what order. The next step is learning how the essential grip, setup, and swing concepts work together.

You have the roadmap. Now take the lesson.

The One Golf Lesson



Everything you need to start playing - and enjoying - golf in approximately 45 minutes.

Arnold Jones II draws on more than 35 years of teaching experience to explain the essential fundamentals every new golfer should understand.

- ☐ Grip and setup fundamentals
- ☐ Putting
- ☐ Chipping
- ☐ Pitching
- ☐ The basic structure of the full swing
- ☐ Alignment and target selection
- ☐ What a preshot routine is - and why it matters
- ☐ Course management

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14DayGolfFundamentals.com/the-one-golf-lesson

Start simply. Practice patiently. Keep moving forward.