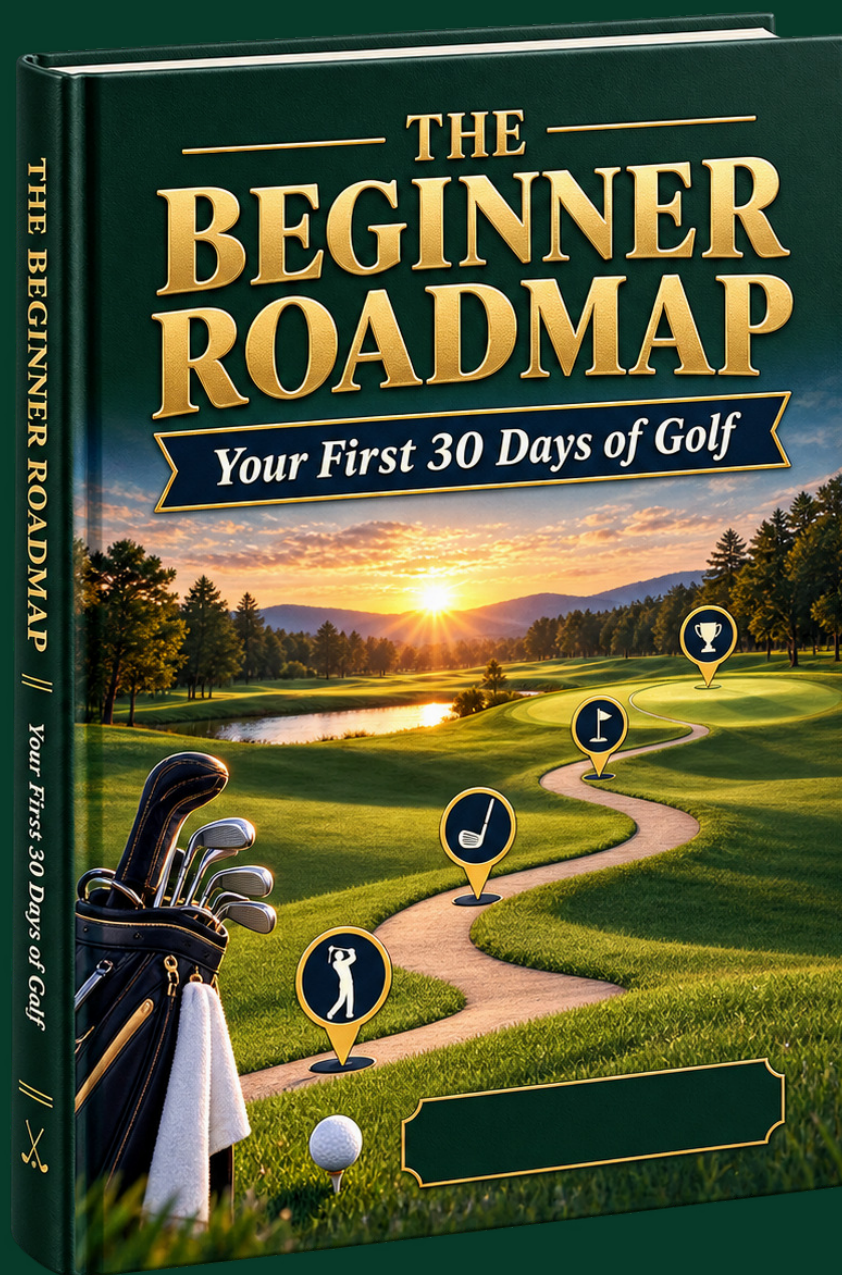


A SIMPLE, STEP-BY-STEP STARTING PLAN



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. At the beginning, your job is not to create maximum speed. Your job is to learn what the club, the ground, and the ball are telling you so you can produce increasingly predictable contact and direction.

KEY TECHNIQUE

Pick an intended area before every swing. It can be broad - the center of a net, a section of the range, or a patch of grass. Then make a slow, short motion and notice three things: where the club reaches the ground, where the ball starts, and whether you stayed in balance. Distance is not part of the score yet.

PRACTICE

Make 10-15 waist-high swings at about half speed. Alternate between practice swings and shots if you have a ball. After each one, briefly name the result: **contact, start direction, balance**. This teaches you to observe instead of immediately changing your swing after every imperfect shot.

CHECK YOURSELF

You are ready to move on when you can make a short swing with an intended target and describe what happened without judging yourself only by distance.

COMMON BEGINNER MISTAKE

Trying to hit the ball far before you can contact it predictably. Speed magnifies whatever pattern is already there.

Week 1: Build Your Starting Position

WEEK 1

SETUP

Learn how to prepare for a golf shot consistently.

SESSION 2: Grip and Clubface Awareness

Your hands are your connection to the club. A consistent, neutral grip gives you a better chance to return the clubface predictably instead of having to rescue it during the swing.

KEY TECHNIQUE

Place the lead hand so the handle runs more through the fingers than deep in the palm. When you look down, seeing about **2-3 knuckles** is a useful neutral reference. Place the trail hand so its lifeline rests over the lead thumb. Hold the club firmly enough to control it, but not tightly - about **4-5 out of 10** pressure.

PRACTICE

Build the grip from scratch 10 times. Each time, set the clubface first, then place the lead hand, then the trail hand. Release the club completely between repetitions. Finish with 10 slow practice swings using the same grip.

CHECK YOURSELF

You should be able to build approximately the same grip three times in a row without twisting your hands after you are already in your stance.

COMMON BEGINNER MISTAKE

Gripping too deeply in the palms or squeezing hard enough to create tension in the hands and forearms. Both make clubface control harder.

Week 1: Build Your Starting Position

WEEK 1

SETUP

Learn how to prepare for a golf shot consistently.

SESSION 3: Setup, Posture, and Alignment

A repeatable swing needs a repeatable place to begin. Setup is not decoration - it organizes the body and club before motion starts.

KEY TECHNIQUE

Stand tall, then **hinge from the hips** while keeping your back comfortably long. Add a small amount of knee flex and let the arms hang naturally. For a mid-iron, start with a stance about shoulder-width and the ball just forward of center. Think of alignment as **train tracks**: the clubface points down the target line while feet, knees, hips, and shoulders run parallel to it.

PRACTICE

Build your setup 10 times without hitting a ball. Set the clubface to a target, place your feet, hinge into posture, check ball position and alignment, then step away completely and start over.

CHECK YOURSELF

You can explain where the target line is, where your body should align relative to it, and recreate your posture without searching for it.

COMMON BEGINNER MISTAKE

Aiming the body directly at the target. The clubface aims at the target; the body is generally parallel to that line.

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 list of body parts to move independently. Starting small lets you feel the club move with your body instead of trying to manufacture positions.

KEY TECHNIQUE

Begin with a **waist-high to waist-high** motion. Let the chest, arms, hands, and club move together. The club goes back, changes direction, and moves through without a forced pause. Keep the pace comfortable and let the motion remain continuous.

PRACTICE

Make 15-20 practice swings with no ball. Brush the grass or mat in roughly the same place each time. Then, if available, hit 10 balls with the same length swing and resist the urge to add speed.

CHECK YOURSELF

The motion feels continuous, you remain balanced, and the club reaches the ground in a reasonably predictable place.

COMMON BEGINNER MISTAKE

Adding a full backswing before the smaller motion is organized. A longer swing gives a beginner more time to lose sequence and balance.

Week 2: Develop Contact

WEEK 2

CONTACT

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

SESSION 5: Contact Before Power

Good contact is built by controlling where the club reaches the ground. With an iron, you want the club to meet the ball and then continue into the turf - not scoop the ball into the air.

KEY TECHNIQUE

Use a wedge or short iron and make half-speed swings. Imagine a spot **just beyond the ball**. Your goal is to let the club collect the ball and then brush the grass at that spot. The loft of the club will launch the ball; you do not need to help it up.

PRACTICE

Start with 10 no-ball swings brushing the ground beyond an imaginary ball position. Then hit 20 balls with the same motion. Count how many produce a solid strike and write the number down so you have something objective to improve.

CHECK YOURSELF

You begin to hear and feel ball-first contact more often, and your divot or brush point is at or slightly beyond where the ball was positioned.

COMMON BEGINNER MISTAKE

Lifting the body or trying to scoop under the ball. Both tend to move the bottom of the swing too high or too far behind the ball.

Week 2: Develop Contact

WEEK 2

CONTACT

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

SESSION 6: Balance and Finish

Your finish is evidence of what happened before it. You do not need a picture-perfect pose, but you should be able to complete the swing without stumbling, spinning, or falling away from the target.

KEY TECHNIQUE

Use a simple rhythm: **1-2 back, 3 through**. The count is not a pause; it gives the backswing time to complete before you change direction. Finish with your chest generally facing the target, most of your pressure on the lead side, and the trail heel released naturally.

PRACTICE

Make 10 practice swings using the 1-2-3 count. After every swing, hold the finish for **three seconds**. Then hit 10 balls the same way. If you cannot hold the finish, shorten the swing or reduce speed.

CHECK YOURSELF

Your best swings feel smoother rather than harder, and you can hold the finish without needing to step or catch yourself.

COMMON BEGINNER MISTAKE

Trying to create speed by rushing from the top. More effort does not automatically create more useful clubhead 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 mainly about starting direction and distance control. You do not need a complicated stroke; you need a comfortable setup and a routine you can repeat.

KEY TECHNIQUE

Set your feet about shoulder-width or slightly narrower and let your eyes fall roughly over or just inside the target line. Use a comfortable grip with low tension. Let the shoulders and arms rock together while the hands stay quiet. For short putts, use the same four steps: **Read - Aim - Look & Go - Commit.**

PRACTICE

For direction, place 6-8 balls in a circle about three feet from the hole and use the same routine on every putt. Track your longest made streak. For distance, roll longer putts with the goal of finishing inside a three-foot circle instead of trying to hole everything.

CHECK YOURSELF

Your setup and routine look similar from putt to putt, and your misses begin clustering closer to the hole.

COMMON BEGINNER MISTAKE

Freezing over the ball or steering the putter. Once you have aimed and looked, make the stroke before tension has time to build.

Week 3: Learn the Short Game

WEEK 3

SHORT GAME

Build useful skills that allow you to begin playing sooner.

SESSION 8: Chipping

A chip is a low, controlled shot that spends a short time in the air and more time rolling. The simplest way to learn it is to build one dependable pattern instead of changing clubs and techniques constantly.

KEY TECHNIQUE

Choose a **chip buddy** - for many beginners, a pitching wedge or 8-iron. Use a narrow stance, ball slightly back of center, about 60% of your pressure on the lead side, and hands slightly ahead. Think **small putt with a little hinge**. Let the chest and arms move together and allow the club to strike the ball crisply without scooping.

PRACTICE

Choose one landing spot a few feet onto the green. Hit 20 chips with the same club, setup, and landing-spot idea. Count how many finish inside one putter-length of the hole.

CHECK YOURSELF

You can predict approximately where the ball will land and begin learning how far it rolls after landing.

COMMON BEGINNER MISTAKE

Trying to lift the ball into the air. The club has loft already; your job is to make the strike and let the club do the lifting.

Week 3: Learn the Short Game

WEEK 3

SHORT GAME

Build useful skills that allow you to begin playing sooner.

SESSION 9: Pitching and Short Shots

A pitch carries farther and rolls less than a chip. It is useful when you need the ball to fly over rough, a bunker, or another obstacle before landing on the green.

KEY TECHNIQUE

Use a wedge and a stance slightly wider than your chipping stance. Start with the ball near the center and pressure slightly favoring the lead side. Allow a little more natural wrist hinge than you use on a chip, and let your chest keep turning through the shot. The club should brush the turf without you trying to scoop underneath the ball.

PRACTICE

Choose a comfortable landing area 10-30 yards away. Hit groups of five balls using the same swing length. Instead of chasing the flag, try to land several balls in the same general area. Change distance by changing swing length before you change effort.

CHECK YOURSELF

The ball launches higher than a chip, carries most of the distance, and your finish remains balanced and proportional to the length of the shot.

COMMON BEGINNER MISTAKE

Trying to create height by leaning back or flipping the hands. Trust the wedge loft and keep moving through the shot.

Week 4: Prepare to Play

WEEK 4

ON-COURSE CONFIDENCE

Remove uncertainty and become comfortable participating in the game.

SESSION 10: Build a Pre-Shot Routine

A routine gives you a process to follow before every shot. The goal is not ritual for its own sake; it is to make your decisions before you stand over the ball so you can simply execute once you are set.

KEY TECHNIQUE

Use the same order: **choose a target - select a club - make one purposeful practice motion - aim the clubface - build your stance - look at the target - swing.** Do the thinking from behind or beside the ball. Once you step in, avoid adding new swing thoughts.

PRACTICE

At the range, use the full routine before 10 consecutive balls. Step away completely between shots. Even if you are hitting the same club to the same target, rebuild the routine each time.

CHECK YOURSELF

You can describe your routine in order and complete it without feeling rushed or standing over the ball for an unusually long time.

COMMON BEGINNER MISTAKE

Making the decision while already standing over the ball. That is where doubt, extra practice waggles, and slow play begin.

Week 4: Prepare to Play

WEEK 4

ON-COURSE CONFIDENCE

Remove uncertainty and become comfortable participating in the game.

SESSION 11: Pace, Safety, and Etiquette

You do not have to look experienced to be a good playing partner. Awareness, safety, respect for the course, and reasonable pace matter more than your score.

KEY TECHNIQUE

Stay out of another player's swing area and remain quiet while they hit. Be ready with your club and ball when it is your turn, and use ready golf when it is safe. On the course, replace or fill divots, rake bunkers, repair ball marks, and leave equipment where you can exit efficiently toward the next tee.

PRACTICE

Before your first round, rehearse three habits: carry an extra ball, limit yourself to one or two practice swings, and start planning your next shot while you are walking or riding to the ball. If a faster group is waiting consistently, let them play through when it is safe and practical.

CHECK YOURSELF

You know where to stand safely, when it is safe to hit, how to care for the course, and how to keep moving without rushing.

COMMON BEGINNER MISTAKE

Believing pace means hurrying your swing. Good pace comes from being ready between shots, not from swinging faster.

Week 4: Prepare to Play

WEEK 4

ON-COURSE CONFIDENCE

Remove uncertainty and become comfortable participating in the game.

SESSION 12: Your First Playing Experience

Your first round is an introduction, not an examination. The goal is to learn how golf feels on an actual course while keeping the experience manageable and enjoyable.

KEY TECHNIQUE

Play from the **most forward tees** and give yourself permission to use fewer clubs. Off the tee, choose the club that keeps the ball in play rather than automatically choosing driver. Aim away from the biggest trouble. Use a **par-5 mindset** on every hole: get the first shot in play, advance the next one safely, get near the green, then chip and putt.

PRACTICE

Choose a short course, par-three course, executive course, or nine holes at a quieter time. Use the beginner pace guideline: **five in the fairway, three on the green**. If you have taken five shots and are not on the green, pick up or move the ball forward. After three putts, pick up and move on. Skip official scoring if it adds pressure.

CHECK YOURSELF

After the round, write down three shots or decisions you were proud of and one thing you want to practice next. Progress - not par - is the measure of success.

COMMON BEGINNER MISTAKE

Letting ego choose the tees, club, or shot. The smartest beginner decision is usually the one that keeps the ball moving forward and the experience enjoyable.

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.
- ☐ Book a quieter time when possible.
- ☐ Arrive early enough that you are not rushed.
- ☐ Start from the forward tees.
- ☐ Bring fewer clubs rather than carrying every option.
- ☐ Be ready when it is your turn.
- ☐ Stand where everyone remains safe.
- ☐ Pick up when a hole becomes frustrating or slow.
- ☐ Move the ball to a better position when needed.
- ☐ 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 foundational grip, setup, and swing concepts every new golfer should understand.

- ☐ Understand how to hold and control the club.
- ☐ Build a repeatable starting position.
- ☐ Learn the basic structure of the golf swing.
- ☐ Begin practicing with a clear purpose.
- ☐ Avoid building habits from disconnected tips.

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Start simply. Practice patiently. Keep moving forward.