



FORE THE LADIES  
x FIVE IRON GOLF

# VIRTUAL CLINIC

## ABOUT

Have you ever wanted to learn the basics of golf? Understand the lingo? Know which golf equipment to use?

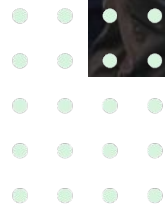
Here's your chance!


## AGENDA

Introduction to Golf  
Course layout  
Scorecard: How to read it, how to score  
Equipment  
The Swing  
And more ...

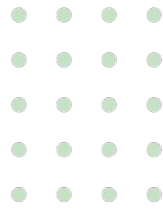
## GOLF GLOSSARY

Golf has its own language so we've laid out the basics for you. Skim through the rest of this document or keep it handy and you'll be talking a good game in no time.



 @foretheladies  
@fiveirongolf

# ON COURSE



## GREEN FEE

The fee it cost to play a round of golf.

## PACE OF PLAY

A typical round of 18 holes takes between 4 and 4.5 hours. You are “keeping pace” if you play with that timing or if you see the group in front of you on most holes.

## MULLIGAN

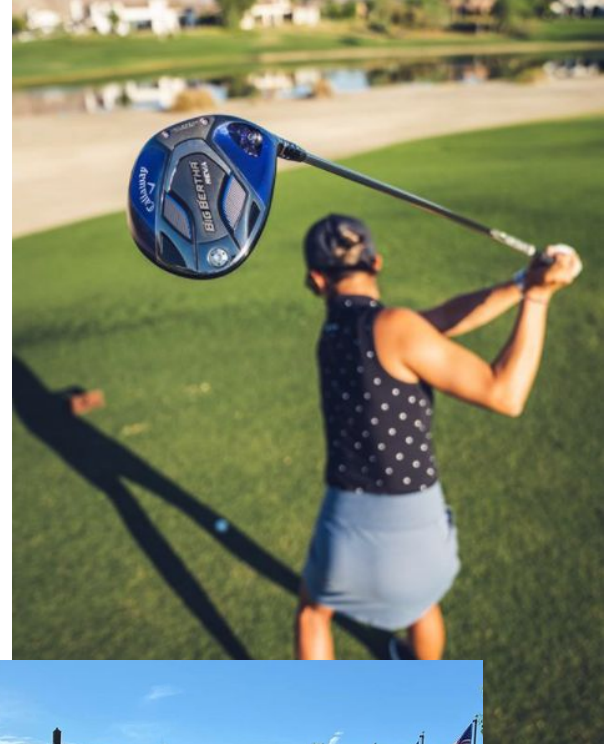
A chance to re-do a shot, mostly used in a friendly game, if your partners and pace of play allows.

## HONOR

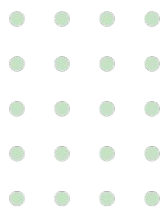
The player with the best score on the previous hole has “the honor”, the right to tee off first on the next hole. In a friendly game, to help pace of play, golfers tend to play Ready Golf (below).

## READY GOLF

Simply put, "ready golf" means that each golfer within a group hits when ready, rather than strictly adhering to the principle that the farthest from the hole plays first.



# GOLF CLUBS



## WOODS - DRIVER & FAIRWAY WOOD

Originally being made of wood, the driver and fairway wood are typically referred to as your “woods.” The woods are the clubs with the largest heads and with the longest shafts. You can swing these the fastest and normally play them from the tee box.

## HYBRIDS

Hybrid clubs are the newest category of golf club. They became mainstream in the early 2000s and are a cross between a wood and an iron. Hence the name "hybrid" (they are also sometimes called utility clubs or rescue clubs). Hybrids are numbered like irons are (e.g., 2-hybrid, 3-hybrid, etc.), and the number corresponds to the iron they replace.

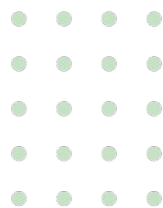


## IRONS

Irons come in numbered sets, usually ranging from 3-iron through 9-iron or pitching wedge. Irons have angled faces (called "loft") etched with grooves that help grip the golf ball and impart spin. As the number of an iron goes up (5-iron, 6-iron, etc.), the loft increases while the length of the shaft decreases.



# GOLF CLUBS



## WEDGES

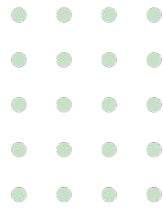
The category of wedges includes the pitching wedge, gap wedge, sand wedge and lob wedge. Wedges are their own type of golf club, but also are a sub-set of irons because they have the same club heads as irons, just more severely angled for more loft. The wedges are the highest-lofted golf clubs. They are used for shorter approach shots into greens, for chips and pitches around greens, and for playing out of sand bunkers.

## PUTTERS

Putters are the most-specialized golf clubs, and the type of club that comes in the widest varieties of shapes and sizes. Putters are used for, well, putting. They are the clubs golfers use on the putting greens, for the last strokes played on a golf hole - for knocking the ball into the hole.



# GOLF HOLE



## 1 - TEE BOX

The part of the course where you start each hole.

## 2 & 6 - WATER HAZARD / PENALTY AREA

A pond, lake, river, stream, sea, bay, ocean or any other open water on the course, including ditches and drainage ditches.

## 3 - ROUGH

The longer and coarser grass at either side of the fairway that is best avoided.

## 4 - CART PATH

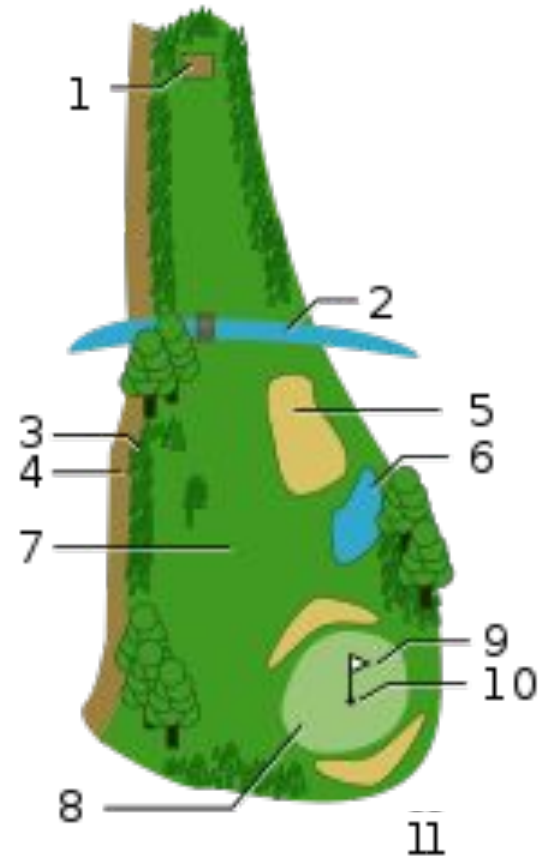
## 5 - BUNKER / SAND TRAP

## 7 - FAIRWAY

The short grass between the tee and the putting green-aka where you want to hit it.

## 8 - GREEN / PUTTING GREEN

The specially prepared grass surface surrounding the hole, where golfers attempt to putt the ball.



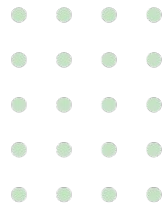
## 9 - PIN / FLAG

## 10 - HOLE

## 11 - OB / OUT OF BOUNDS

Usually signified by white stakes, you are not allowed to hit your ball from out of bounds. You must replay your shot or drop in an area which is ok with your playing partners.

# SCORING



HOLE	1	2	3	4	5	6	7	8	9	OUT	INT	10	11	12	13	14	15	16	17	18	IN	TOT	HCP	NET
Blue	69.4/123	518	350	150	236	500	130	374	410	495	3163	350	320	338	298	151	445	352	200	448	2902	6065		
White	M: 67.7/119 W: 73.7/123	510	340	144	212	470	120	365	390	450	3001	325	308	330	285	122	435	320	185	430	2740	5741		
Red	65.4/113	500	290	110	184	460	92	345	340	425	2746	315	225	250	280	105	410	310	180	415	2490	5236		
Par		5	4	3	3	5	3	4	4	5	36	4	4	4	4	3	4/5	4	3	4/5	34/36	70/72		
Men's Handicap		3	11	15	1	13	17	7	5	9		12	10	14	18	16	2	6	8	4				
Ladies' Handicap		3	13	15	7	1	17	9	5	11		4	16	14	12	18	10	2	6	8				
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## HOLE #

Each hole on a golf course is numbered based on the order they are played in.

## PAR

Each hole on a golf course is numbered based on the number of strokes it would take a proficient golfer to put the ball in the hole. There are par 3's, 4's and 5's on a standard course. This number helps determine how relatively well someone played the course.

## BIRDIE

One stroke better than par

## EAGLE

Two strokes better than par

## BOGEY

One stroke over par

## DOUBLE BOGEY

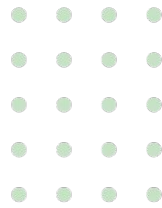
Two strokes over par

## TRIPLE BOGEY

You get the picture



# SCORING



HOLE	1	2	3	4	5	6	7	8	9	OUT	INT	10	11	12	13	14	15	16	17	18	IN	TOT	HCP	NET
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## DISTANCE / DIFFERENT TEES

Courses have multiple tee's (where you take your first stroke on a hole) at varying distances so players who hit the ball different distances can enjoy the course and compete with each other.

## HOLE HANDICAP

The relative difficulty of a hole compared to the rest of the course. 1 is the hardest hole on the course, 18 is the easiest.

## GOLFER'S HANDICAP

A measure of a golfer's current ability over an entire round of golf, signified by a number. The lower the number, the better the golfer is.

