

INTO GOLF: WORKSHOPS FOR THE BEGINNERS

Introduction

Golf is one of the few games which can be played and enjoyed until you are really old, virtually close to the grave. It is played widely by presidents, prime ministers, businessmen and women, and the ordinary people like you and me. In short, no one should have any reason not to play golf. But golf does not use normal movements in the ordinary life, such as hitting, punching, elbowing, running, throwing, jumping or kicking. The exception is walking because golf is essentially walking, up to 10 km, for an 18-hole game. So, if you want to play golf well, you need to start by learning some of the basics of golf.

The Duration:

There will be 5 workshops of 2 hours duration each, plus one. For the 6th workshop the participants will be taken to the golf course to play an actual game of 9 holes. This session can be repeated at least once, depending on demand.

The Aims:

The primary aim of the workshops is to equip the participants with the knowledge and skills to play golf well and enjoy the game with friends. The secondary aim is to promote a healthy lifestyle, in a pleasant open air environment of the golf course with its supporting facilities.

The Objectives:

By the end of the five workshops, the participants would be able to play golf on an actual golf course, using proper equipment, within the existing rules of the game.

The Participants:

These workshops are designed: (1) for those who have never played golf before and want to take up this game seriously; and (2) for those who are currently playing golf but have never been taught, and so they are playing games that make them unhappy after each game. Only members of U3A can enrol for these workshops.

The Workshops Requirements:

1. These workshops are provided free-of charge to members of U3A.
2. The participants are expected to provide their own equipment, such as golf clubs, and golf balls, gloves, etc. and pay for the greens whenever it is necessary.
3. Only those who have had double vaccination against the coronavirus will be accepted into the program.

The Content of the Workshops:

The workshops will start systematically from the very beginning in the following order:

1. Introduction to equipment: golf clubs, gloves, shoes, golf balls, etc.
2. The grips and the most suitable grip for you.
3. Addressing the ball.
4. Shot making: the anatomy of the golf swing.
5. Shot making: the short game.
6. Shot making: the long game.
7. Shot making: bunker shots.
8. The basics of putting: different putters, putting strategies and putting drills.
9. Basic rules and etiquette of the game.
10. Fairway strategies and club selection for each shot.
11. The scoring card and the scoring systems.

Patterns of Enrolment:

The participants will be accepted with the maximum enrolment for each session to only 10. The priority will be given to those who have never played golf before and want to learn to play the game.

The Workshop Leader:

The workshops will be led by **Mr. Abe Kelabora** who, as a teacher and lecturer, has taught at primary and secondary schools in South Australia and Victoria. He has also worked at some technical colleges and universities in Australia, USA, Singapore, and Malaysia. Mr. Kelabora is a member of GSM Australia and Yarrambat Park Golf Course; he has a formal handicap with Golf Australia and within U3A golf group he has a single digit handicap. He has played golf in Australia, Indonesia, Singapore and USA. Mr. Kelabora holds a full accreditation by Golf Australia as Community Golf Instructor to teach golf in Australia. In retirement, Mr. Kelabora is currently enjoying golf and would like to help others to enjoy this beautiful game. He has been teaching golf for a few years now, to the young and the old alike.

Venue and the Dates

The participants will be advised about the venues and the dates of the workshops.

Abe L. KELABORA

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