



# TARGETLINE

*- the Swing Builder*

The  
15th  
Club

# Welcome to TARGETLINE

## - the only one that counts.

In the game of Golf, accuracy and consistency are key aims. Power and distance will be developed as rhythm and timing improve with practise.

All the leading coaches and players in the modern game are agreed upon at least one thing – the more you practise the more consistent your golf will become.

The importance of how you should practise is now the focus of a lively debate throughout the game worldwide.

Top modern players know this and spend many hours practising away from the course with rigorous training schedules set out with scientific precision. This is fine for the dedicated professional whose entire working life is Golf. For the average player finding the time and the motivation to practise has always been elusive.

TargetLine provides an easy-to-use, easy-to-understand system that will enable golfers of any standard to practise full swing shots in your **home, office, or hotel**. You will

now be able to practise regularly, wherever you are. Just 15 – 20 minutes a day is all you need and you will see your game improve.

The combination of the unique TargetLine scoring system and this manual will enable you to identify faults and begin to remedy these in your swing. Whilst you are practising, the net will monitor your improvement and encourage you to maintain your practise.

We recommend that you consult a PGA professional who will have a series of exercises and drills to help you improve your game as you practise on TargetLine.

This is a great way to play better golf – don't wait any longer to get started.

**Signed Paul Thornley.**



PGA Professional,  
Director of the 15th Club Ltd.



## Developed and tested in the United Kingdom, all patents pending.

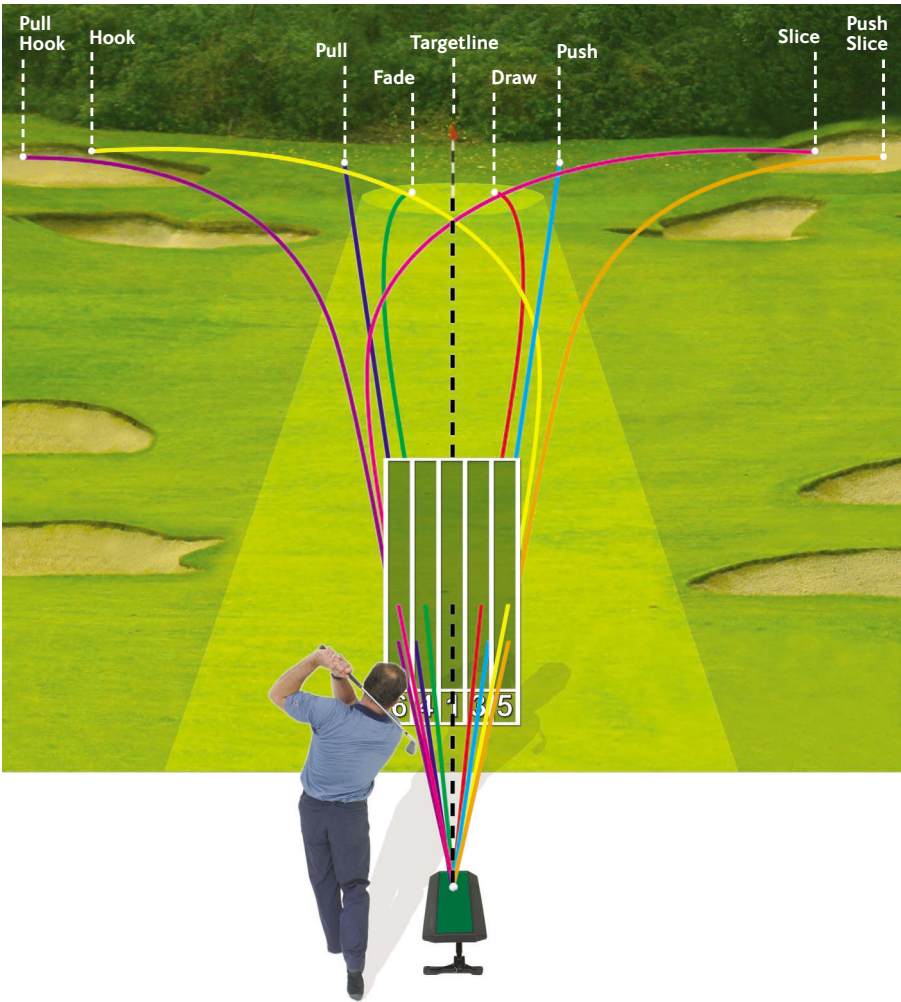
Please follow the enclosed instructions for assembly and use carefully. Do not use when children and animals are in the vicinity and ensure that your swing area is completely unobstructed before playing a shot. Failure to do so may result in damage or injury.

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# The flight of the ball tells all



There is an infinite variety of possible golf shots. Invariably however shots are either left or right of target, with an occasional dead straight one.

Very seldom will two shots be exactly the same, as even the most minor adjustment will affect the shots' outcome. The relationships

between the ball's flight, the angle of the clubface and your swingpath are described in the following pages.

The range of ball flights are named and shown in the diagram above. Understanding what causes these shots will help you improve your game.

### Slice - 6 points

**Swingpath** Outside to Inside

**Description of Shot** The ball starts to the left of the ball-to-target line, then curves to the right to finish right of the target.

**Clubface Angle** Open to swingpath

### Fade - 4 points

**Swingpath** Outside to Inside

**Description of Shot** The ball starts slightly left of the ball-to-target line, then eases gently back toward the target line, finishing on or near it.

**Clubface Angle** Open slightly to swingpath

**Pull - 4 points**

**Swingpath**  
Outside to Inside

**Description of Shot**  
The ball starts to the left of the ball-to-target line, and continues to fly straight along the line.

**Clubface Angle**  
Square to swingpath

**Pull Hook - 6 points**

**Swingpath**  
Outside to Inside

**Description of Shot**  
The ball starts to the left of the ball-to-target line, then curves further to the left.

**Clubface Angle**  
Closed to swingpath

**Hook - 5 points**

**Swingpath**  
Inside to Outside

**Description of Shot**  
The ball starts to the right of the ball-to-target line, then curves to the left to finish left of the target.

**Clubface Angle**  
Closed to swingpath

**Draw - 3 points**

**Swingpath**  
Inside to Outside

**Description of Shot**  
The ball starts slightly right of the ball-to-target line, then eases gently back toward the target line, finishing on or near it.

**Clubface Angle**  
Closed slightly to swingpath

**Push - 3 points**

**Swingpath**  
Inside to Outside

**Description of Shot**  
The ball starts to the right of the ball-to-target line, and continues to fly straight along the line.

**Clubface Angle**  
Square to swingpath

**Push Slice - 5 points**

**Swingpath**  
Inside to Outside

**Description of Shot**  
The ball starts to the right of the ball-to-target line, then curves further to the right.

**Clubface Angle**  
Open to swingpath

# Back to Basics – the Grip

Clubface alignment at impact is mainly controlled by hand placement at address.



Lay the club diagonally across your open left hand, so that it lies in the crook of the first finger and across the base of the thumb pad.



Close your hand so that the thumb sits just to the right of the grip guide line. The last three fingers hold the handle against the palm.



The V formed by thumb and forefinger should point between the chin and the right shoulder.



Close the right hand snugly against the left by wrapping the fingers around the handle, with second and third fingers doing most of the gripping.



The right palm sits on top and covers the left thumb. The right thumb sits to the left of the grip guide line forming a V which points over the right shoulder.

**See your PGA pro for variations.**



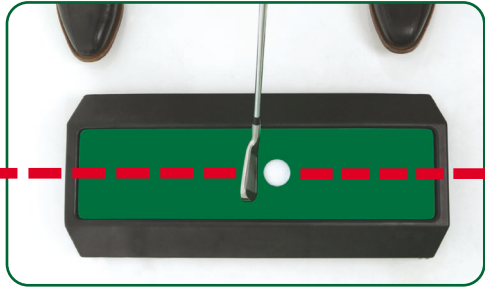
# Back to Basics - Aim and Stance

Stand behind the ball and take aim.  
See your targetline.

## TARGETLINE

Aim along the ball-to-target line.

The bottom edge of the clubface is placed behind the ball at 90 degrees to the targetline. The ball is positioned left of centre.



Standing facing an imaginary wall built along the targetline shoulders, hips, knees and toes should all be parallel to the wall.



# Back to Basics – Posture

Correct posture promotes an athletic and well balanced action, allowing the arms and club to rotate around the body on the correct swingline. Rotating around the axis of the spine.



To make room for the arms and club to swing freely past your body, you must lean over the ball.



Lean forward from your hips keeping your back as straight as you comfortably can, keep your chin up.



Take care not to sit back too far or lean too far forward.



Stay well balanced and 'springy' by balancing your weight equally between the balls of both feet, with your knees flexed. Your arms hang freely down.

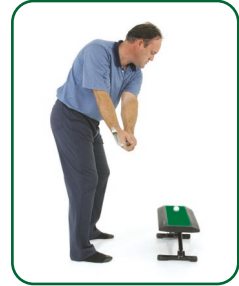


# Back to Basics - the Swing

From take away to follow-through, a golf swing is one single fluid motion.



Move the clubhead smoothly away from the ball, reaching out wide with the toe of the club pointing skywards.



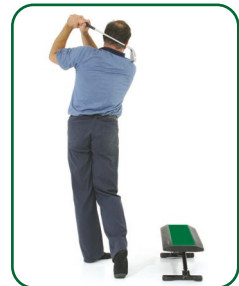
Continue turning until your back is facing the target.



Watch the ball all the time.



Follow all the way through and hold your finish until the ball comes to rest.



# Straight



To hit a shot perfectly straight, the clubface must be square to the targetline during impact and the clubhead must travel directly along the targetline through impact.

The model shown demonstrates the TargetLine system using the floor-standing frame.



## Remedy for shots STARTING to the right of the Targetline

Shots STARTING to the right of the targetline often have too shallow a swingpath, travelling from inside the targetline to outside.

This can be remedied by adjusting the TargetLine Tee to encourage the sensation of a more 'downhill' body rotation. Causing the swingpath to become steeper and the clubhead to travel straight along the targetline through impact.

Place the tee at practise distance. We recommend that you start gently, without the ball. Try to brush the club along the turf during the through swing.

## Remedy for shots STARTING to the left of the Targetline

Shots STARTING to the left of the targetline often have too steep a swingpath, travelling from outside the targetline to inside.

This can be remedied by adjusting the TargetLine Tee to encourage the sensation of a more 'uphill' body rotation. Causing the swingpath to become shallower and the clubhead to travel straight along the targetline through impact.

Place the tee at practise distance. We recommend that you start gently, without the ball. Try to brush the club along the turf during the through swing.



# Scoring

The TargetLine system incorporates a unique scoring system that reflects how accurately you have hit each shot.

By recording your points for each shot you can track your progress and set yourself new and harder targets. TargetLine has been designed to help players practise, measure and improve their game.

- **1 Point:** A straight shot.
- **3 Points:** A shot starting slightly right of the targetline, indicating a slightly inside-to-outside swingpath, causing a Draw or Push.
- **4 Points:** A shot starting slightly left of the targetline indicating a slightly outside-to-inside swingpath, causing a Fade or Pull.
- **5 Points:** A shot starting far right of the targetline indicating a severe inside-to-outside swingpath causing a Hook or Push-slice.
- **6 Points:** A shot starting far left of the targetline indicating a severe outside-to-inside swingpath causing a Slice or Pull-hook.

If you miss all the pockets the ball has gone out-of-bounds and scores 10 points. The shot then has to be replayed with the additional points added to your score.

Shots should be played in groups of nine, giving a best score of 9 and a worst score of 54, plus out-of-bounds penalties.

The objective is to keep your score as low as possible – just like the outdoor game..



# Handicap

EVERY player new to TargetLine Golf should play their first shots from the shortest tee position, regardless of their existing standard of golf (see assembly instructions).

Using the handicap system, players of varying levels of expertise can compete against each other.

There are 5 handicap levels as indicated on the measurement tape. These are; Practise, Front, Middle, Back and Tiger Tees.

To score 1 point from the Practise Tee position your shot must be within + or - 2

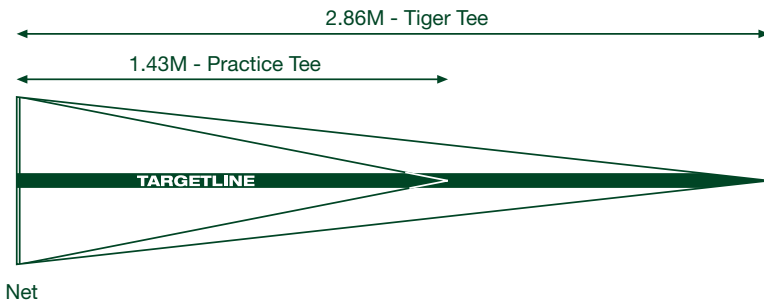
degrees of straight. From the Tiger Tee shots must be + or - 1 degree.

The level of difficulty from tee to tee is graduated as you lengthen the handicap strap. This increases the degree of accuracy required to achieve a 'straight' shot.

A good score for a professional golfer playing from the Tiger Tee would be 20 pts in 9 shots, whereas a 28 handicap player could expect to achieve a similar score from the Practise Tee.

**Those angles are as follows:-**

	Distance from Net	Degree of accuracy required
Practise Tee	1.43 Metres	+/- 2.00 degrees
Front Tee	1.63 Metres	+/- 1.75 degrees
Middle Tee	1.91 Metres	+/- 1.5 degrees
Back Tee	2.29 Metres	+/- 1.25 degrees
Tiger Tee	2.86 Metres	+/- 1.0 degrees



TargetLine golf is twice as difficult from the Tiger Tee as it is from the Practise Tee.

# TARGETLINE

## - the Swing Builder

This product manual contains detailed instructions for the use of the TargetLine golf training and practise system.

Please read these instructions carefully before use.

Compliance with these instructions should result in many hours of safe and beneficial employment however the manufacturers can accept no responsibility for any loss, damage or injury resulting from the use of this product. E&OE.

We recommend that seek assistance from a professional golf instructor before use.

Do not use when children and animals are in the vicinity and ensure that your swing area is completely unobstructed before playing a shot.

Ensure that ceiling height is sufficient and check for lights and ornaments.

Do not, under any circumstances, use full weight golf balls as damage to net, club and property will ensue. Use only TargetLine lightweight balls.

The manufacturers and distributors can accept no responsibility for any consequences arising from the incorrect or unsafe use of this product.



The model shown demonstrates the TargetLine system using the floor-standing frame. Variations and improvements may be incorporated without notice.

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