

Dizzy Heights (UK) Limited™
 Pocketshots™ Titles and Descriptions

July 2007 - Version 2 - Series 1

ISBN 13	TITLE	RRP
978-1-906031-00-8	Pocketshots - Putting - Fundamentals ~	£ 3.99
978-1-906031-01-5	Pocketshots - Swing - Fundamentals ~	£ 3.99
978-1-906031-02-2	Pocketshots - Mental Game - On The Course	£ 3.99
978-1-906031-03-9	Pocketshots - Short Game - Speciality Shots	£ 3.99
978-1-906031-04-6	Pocketshots - Mental Game - Effective Practice ~	£ 3.99
978-1-906031-05-3	Pocketshots - Short Game - Fundamentals ~	£ 3.99
978-1-906031-06-0	Pocketshots - Fitness - Fit For Golf ~	£ 3.99
978-1-906031-07-7	Pocketshots - Fitness - Strength For Golf	£ 3.99
978-1-906031-08-4	Pocketshots - Bunker - Fundamentals ~	£ 3.99
978-1-906031-11-4	Pocketshots - Gift Pack Volume 1	£ 19.99

- These editions form part of the Gift Pack.

Pocketshots™ - Gift Pack Volume 1	£19.99
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This golf gift pack contains six essential pocket-sized golf lessons from leading international tour coaches. This golfing gift pack covers the fundamentals of the game and contains; Swing, Putting, Bunker, Mental Game, Fitness and Short Game fundamentals.

Pocketshots are designed so you can take them with you when you practice and play.

It's like having a professional in your pocket!

There are many great golf instruction books and magazines out there, but it's not really practical to take that material out onto the course, practice range or driving range. With Pocketshots™ you can take these expert game enhancing drills, tips and lessons to where you need them most.

This is an ideal gift pack for an experienced golfer or for someone new to the game. The reason is simple; each Pocketshots™ is an individual expert lesson on a key area of golf. With practice it provides you with a bite-sized formula to improve your all round game in a manner that ensures every aspect of your game improves but allowing you to focus on one part of the game at a time. This golf gift pack contains six essential pocket-sized golf lessons from leading international tour coaches. The new pocket-sized folding format allows you to take the lesson with you when you practice or play. Unlike a golf book or a golf magazine subscription, this golf gift pack can be spilt into six which means it's an ideal stocking filler and an ideal present for the whole family to share.

This first golfing gift pack contains all you need to know about the fundamentals of the game and contains some great advice, instruction, practice drills and practical suggestions on how you can improve your game. So whether you have played the game for years or not, we are confident that you will find something in each edition that will be new to you and will help you take your game to a new level.

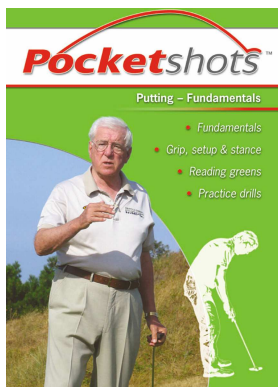
This gift pack contains:

This is a collection of lessons from; Knightsbridge Golf School (DJ Wilkinson and Steve Gould), Harold Swash Putting Schools of Excellence (Harold Swash and Phillip Kenyon), Keith Williams PGA Master Professional, Dr Karl Morris sports psychologist, Ramsay McMaster sports physiotherapist and Mark Holland PGA AAA coach.

Swing - Fundamentals; Putting - Fundamentals; Bunker - Fundamentals; Fitness - Fit For Golf; Mental Game - Effective Practice and Short Game - Fundamentals.

Pocketshots™ - Putting - Fundamentals

£3.99



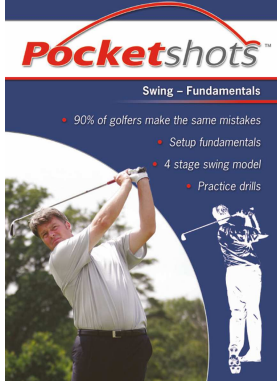
This handy pocket-sized golf lesson from the Harold Swash Putting Schools of Excellence (HSPSE) gives you the secrets to a good putting stroke. The new pocket-sized folding format allows you to take the lesson with you when you practice or play. It covers the 4 fundamental principles, putting grip and stance, reading greens, and practice drills.

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In this handy pocket-sized golf lesson from the Harold Swash Putting Schools of Excellence (HSPSE) you can learn the secrets to a good putting stroke. The new pocket-sized folding format allows you to take the lesson with you when you practice or play. Swash and Kenyon have coached some of the most famous names in golf including Padraig Harrington, David Howell, Nick Faldo and Darren Clarke to name a few. In this lesson they share the secrets of a solid repeatable putting stroke, one that will lower your scores and increase your enjoyment of golf

It covers all you need to know about putting; the four fundamental principles, putting grip, golf ball position, posture, stance, reading greens, and practice drills.

Harold Swash has more than 40 years of experience in the golf industry as a golf coach, golf club designer and inventor of putting training aids and the Yes C groove putters. He is the UK's foremost authority on putting and instructor to many of the world's top professional and amateur golfers including Padraig Harrington, David Howell, Thomas Levet, Darren Clarke, Ian Woosnam, Constantino Rocca, Robert Jan Derksen and Nick Faldo to name just a few.



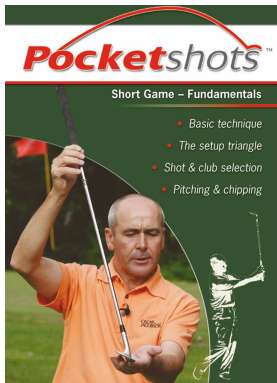
This pocket-sized golf lesson from the Knightsbridge Golf School gives you the secrets to establishing a consistent swing. The new pocket-sized folding format allows you to take the lesson with you when you practice or play. It covers mistakes made by 90% of golfers, a 4 stage swing model and basic exercises to help you find your golf swing.

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In this handy pocket-sized golf lesson from Knightsbridge Golf School you can learn the secrets to establishing a consistent swing. The new pocket-sized folding format allows you to take the lesson with you when you practice or play. With over 65 years teaching experience between them Gould and Wilkinson have coached top Tour players, leading amateurs, celebrities and beginners. Some of the most famous names in golf and in showbiz have visited the Knightsbridge Golf School; including Gary Player, Stephen Ames, Julie Inkster, Sean Connery, Des Lynam and Hugh Grant.

Authors of the best selling golf book, "The Swing Factory"; this is a special pocket edition of their work which shares with you the mistakes made by 90% of golfers and how to build their simple 4 stage swing model.

When the famous golf coach Leslie King started the Knightsbridge Golf School he studied closely the swings of the great players of that age - J H Taylor, James Braid, Harry Vardon, and the newcomers then in golf's golden age - Bobby Jones, Sam Snead, Tommy Armour, Hogan, Hagen, Sarazen and many others. He never claimed to have invented a swing, but just to have watched it and categorised it, pulling it apart to enable him to help his pupils build a swing that was as near perfect as possible. The tradition started by Leslie King is being carried on today by Dave Wilkinson and Steve Gould who, between them, have had nearly 65 years of experience, here in Knightsbridge, London.



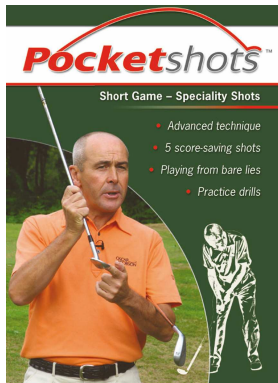
This handy pocket-sized golf lesson from Keith Williams gives you the secrets to establishing the basic fundamentals of a good golf short game. The new pocket-sized folding format allows you to take the lesson with you when you practice or play. It covers chipping and pitching, posture, grip, green reading and practice drills.

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Keith is the PGA Master Professional and was National Coach and Director of Coaching for the EGU for 11 years. He was instrumental in writing the manual which is used for training all PGA professionals. He has taught England squads and is currently coaching the Czech national squad. He was also a Golf Monthly top 25 coach and R&A development coach. As well as being a European Senior Tour player he also coaches top European Tour players and has coached the winners of three majors, a PGA champion and Ryder Cup and Walker Cup team members.

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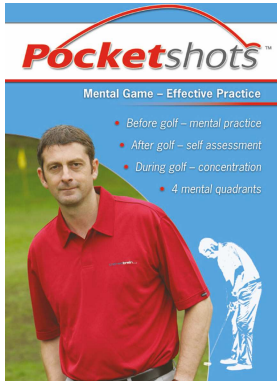
This handy pocket-sized golf lesson from Keith Williams builds on the fundamentals you learned in his first edition. The pocket-sized folding format allows you to take the lesson with you when you practice or play. It covers creative shots you can play around the green, e.g. the lob shot and cut-up shot and how to play from bare lies.

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In this handy pocket-sized golf lesson from Keith Williams you can build on the basic golf short game fundamentals you learned in his first edition (Pocketshots Short Game - Fundamentals). The new pocket-sized folding format allows you to take the lesson with you when you practice or play so you stand a good chance of actually executing the shots properly. It covers advanced setup and posture, the lob shot, bump and run, rescue run-up, texas wedge, the cut-up shot and how to play from bare lies. Practice these shots and his practice drills and you will soon see your scores tumbling and your handicap improving.

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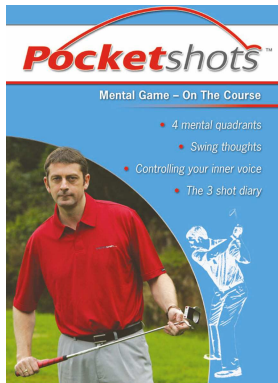
This handy pocket-sized golf lesson from Dr. Karl Morris tells you why your current practice regime is a waste of time. The pocket-sized folding format allows you to take the lesson with you when you practice or play. This allows you to try his concentration, breathing and visualisation techniques to make your practice sessions more effective.

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Dr Karl Morris is one of Europe's leading Sports Psychologists, delivering cutting edge methods of peak performance and goal achievement to a range of clients across sports and business. From the world of golf, he has worked with players such as Darren Clarke, Paul McGinley, Graeme McDowell, Alison Nicholas and Trish Johnson to name a few.

In this handy pocket-sized golf lesson from Dr. Karl Morris you can learn why your current practice regime is likely to be a complete waste of time. The pocket-sized folding format allows you to take the lesson with you when you practice or play. By trying Morris' suggestions for practicing effectively you will learn to hit the ball well on the range and for once do the same again on the course. It covers; 4 mental quadrants, the importance of state, pre-shot routines and concentration, breathing and visualisation techniques to make your practice sessions more effective. It also features useful scorecard grids that you can use to record your practice sessions and key statistics after golf.

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This handy pocket-sized golf lesson from Dr. Karl Morris shows you how winning the Mental Game can help you play better golf. The pocket-sized folding format allows you to take the lesson with you when you practice or play. This helps you understand and control your emotions and improve your concentration during the round.

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In this handy pocket-sized golf lesson from Dr. Karl Morris you can learn how to develop key mental skills that will help you play better golf. The pocket-sized folding format allows you to take the lesson with you when you practice or play. This allows you to practice some of Morris' exercises and drills to assist you in developing a better understanding and control of your emotions and to improve your concentration during the round.

It covers; 4 mental quadrants, swing thoughts, dealing with bad shots, how to silence your inner voice, concentration, breathing and visualisation techniques. It also features useful scorecard grids that you can use to record your practice sessions and key statistics after golf.

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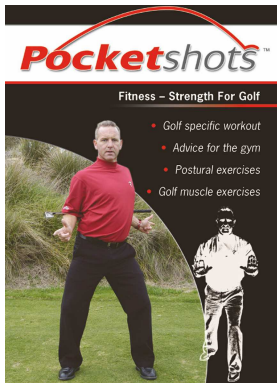
This handy pocket-sized golf lesson from Ramsay McMaster shares with you a quick 5 minute golf specific warm-up, how to stay warm during the round and warm-down afterwards. It will help you prevent injury, deal with tension and fatigue during a round and get your body into a good state to play golf. Take it with you when you practice or play.

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Ramsay is a world leader in the field of Golf Physiotherapy. As director of the Melbourne Golf Injury Clinic he has given golf specific programs to over 5,000 golfers. A consultant to individual players on every Tour in the world (11 Tours) and a consultant Physiotherapist to US, British and Irish, Australian and New Zealand PGAs amongst others.

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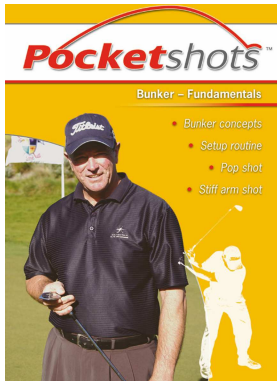
This handy pocket-sized golf fitness lesson from Ramsay McMaster shares with you the most important muscles used in a golf swing. He covers good and bad golf specific sports and gym exercises and gives you stretches and strengthening exercises for your whole body. The new fold-out format allows you to take the lesson with you when you exercise.

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This pocket-sized golf lesson from Mark Holland, Head Coach to the Australian Golf Union, builds the skills required to get out of greenside bunkers every time. The pocket-sized folding format allows you to take the lesson with you when you practice or play. It covers grip, posture, setup routine, practice drills, the different bunker shots.

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Apart from an outstanding coaching background, Holland also brings you his perspective as a player where he was a successful amateur and a touring professional for several years. Holland is currently Head Coach to the Australian Golf Union and the Golf Australia Elite Program and prior to this was Head Coach of the Australian Institute of Sport Golf Program. As a PGA AAA Golf Coach & Instructor Holland has experience of coaching players of all levels and in this Pocketshot he shares with you not only the fundamentals of good bunker technique but some brilliant exercises and drills that will improve your bunker play considerably.

The new pocket-sized folding format allows you to take the lesson with you when you practice or play so you stand a good chance of actually executing the shots properly. It covers grip, posture, setup routine, swing dynamics, the Pop Shot, The Stiff Arm shot and practice drills to build consistency. Practice these shots and his practice drills and you will soon see your scores tumbling and your handicap improving.

Mark Holland is currently Head Coach to the Australian Golf Union and the Golf Australia Elite Program and prior to this was Head Coach of the Australian Institute of Sport Golf Program. As a PGA AAA Golf Coach & Instructor Holland has experience of coaching players of all levels. Apart from an outstanding coaching background, Holland also brings you his perspective as a player where he was a successful amateur and a touring professional for several years.