DISC GOLF:

Your Ultimate Beginner's Guide

(Brought to you by GolfWithDiscs.com)

What is Disc Golf?

Disc golf is golf reinvented-replace the clubs, balls, and holes with discs, baskets, and sprawling fairways.

Your goal: Reach each basket in as few throws as possible, embracing camaraderie, and environmental care.



Choose discs made from lighter DX or Pro Plastics-easy control and forgivenes for newcomers.

Prepare to Play:



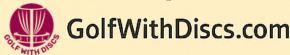
Warm-Up and Stretching

Spend a few minutes warming up to enhance your performance and prevent injury.



Arm Circles Torso Twists Gentie

Prepare to Play: Warm-Up a Stretching



Selecting Your Discs

Start Simple:

Beginner disc sets enclude:

Driver: For maximum distance.

 Midrange: For balanced accuracy and control.

Putter: For precision near the basket.

Disc Fiight Ratings Explained:

- Speed: How fast a disc flies.
- ② Glide: Distance maintained during flight.
- 2 Turn: initial flight-direction.
- Fade: The end-of-flight curve.

Warm-Up Tip



Regular stretching boosts flexibility and helps improve throwing technique.