

DISC GOLF:

Your Ultimate Beginner's Guide

(Brought to you by [GolfWithDiscs.com](https://www.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.



Beginner Tip

Choose discs made from lighter DX or Pro Plastics—easy control and forgiveness 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



Gentle Throws

Prepare to Play: Warm-Up and Stretching



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Selecting Your Discs

Start Simple:

Beginner disc sets include:

- Driver: For maximum distance.
- Midrange: For balanced accuracy and control.
- Putter: For precision near the basket.



Disc Flight Ratings Explained:

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

Warm-Up Tip



Regular stretching boosts flexibility and helps improve throwing technique.