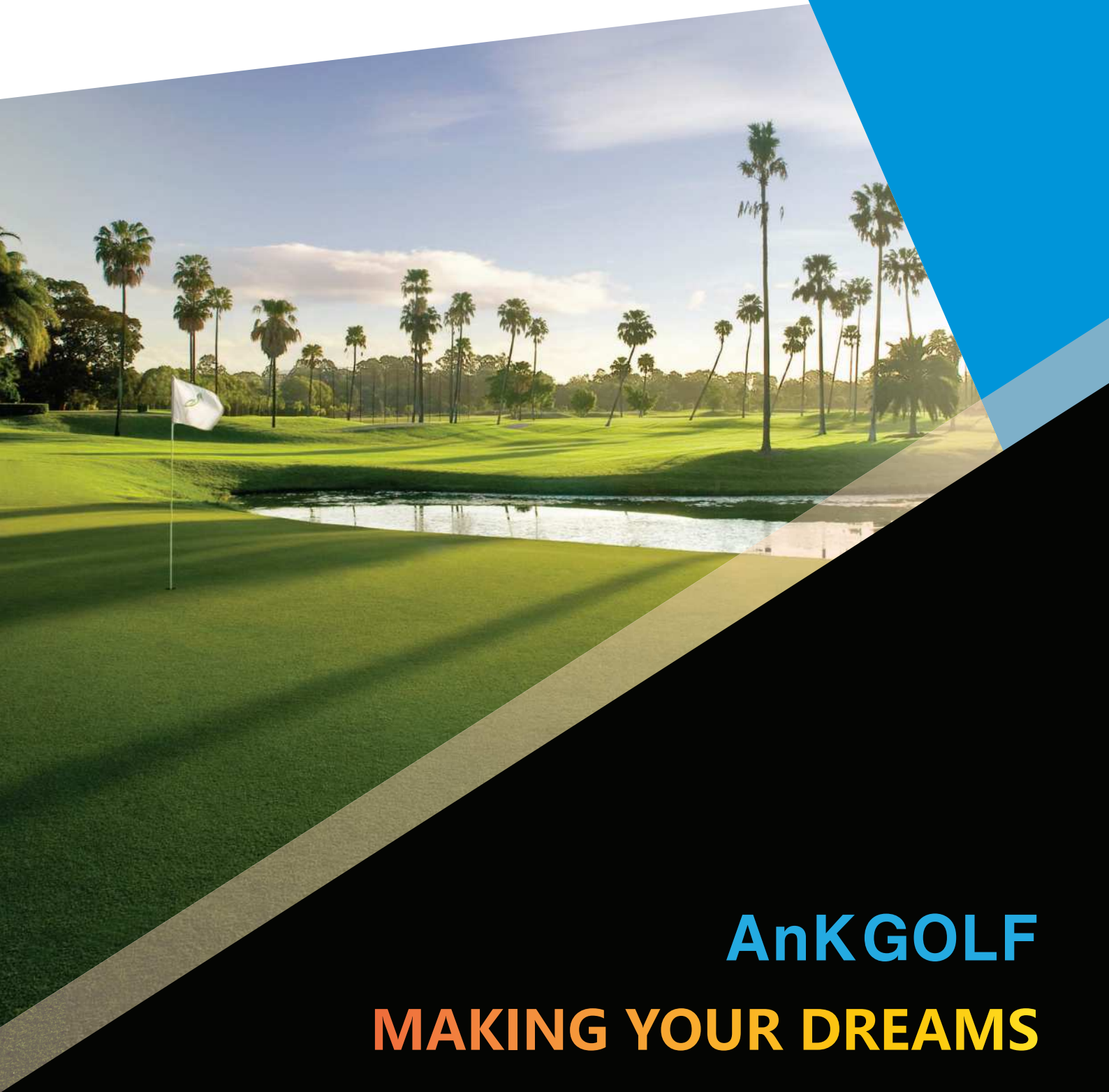




AnKGOLF
International Golf Academy



AnKGOLF
MAKING YOUR DREAMS

AnKGOLF

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ABOUT US

ANK INTERNATIONAL GOLF ACADEMY

AnK International Golf Academy is a premier golf academy based in Australia. We train champions and future champions in golf. Our holistic methodology combines technology with world-class instructors to improve the swing, enhance fitness and train 'the game mind'.

AnK was established to meet the needs of golfers at every stage of their amateur or professional development. We provide a specialised player development platform to produce elite-class athletes.

AnK International Golf Academy uses state-of-the-art athlete performance enhancement technology combined with expert knowledge from some of the world's best golf instructors to support our athletes. Our golf labs are conducted in the exclusive Sanctuary Cove Golf and Country Club in the Gold Coast, Australia. Players will have access to train with our instructors in one of the world's best-designed golf courses.

Since 2006, AnK has been pioneering new forms of instruction to create a more immersive learning experience. Our core training philosophy is to harness the individual's strengths in their game. We use superior technology to hone skills, but also believe in holistic approaches to prepare the physical and mental state of the athlete. Communication and analysis are crucial in our training. Our programs are personalised solutions tailored to meet the individual athlete's needs.

AnK is a progressive golf learning and teaching environment. We believe in continuous innovation and excellence to bring the best and most modern game performance development to players of all ages and abilities.

AnK International Golf Academy is proud of every one of our athlete's achievements on the golf course. We are blessed to have many of our graduates' attain success in local, regional and international golfing competitions.

We appreciate the dedication and commitment of our golf instructors and trainers who have worked tirelessly with our athletes to help them reach optimum performance. We are also grateful to the support of our partners who have contributed extensively to the overall learning experience of our athletes.

AnK's High-Performance Goals

Athletes: To produce golfers with the right attributes and attitudes for high-performance golf.

Environment: To provide the best and most comprehensive environment to enable every athlete to achieve superior game performance.

Exhibition: To provide our athletes with access to competitions and competitive golf environments to enable them to improve skills and gain experience.

Wellbeing: To assist athletes to develop a balanced life between sports and life.

Benefits of the AnK Academy;

- Individualised training sessions and group sessions.
- State-of-the-art methodology.
- World-class golf instructors and trainers.
- A holistic approach to promote athlete well-being.
- Detailed individual athlete's performance measurement and feedback.
- Comprehensive programs from Beginners (age 8) to Advanced Tour Professional (young adult or adults ready for professional-level golf).
- Longer training days to comprehensively cover all aspects of the golf game.
- An elite training environment, incorporating Top Tour Professional training modules.
- Tournament management support for all programs(e.g. Q Schools, National and State Events).
- Superior Golf Courses – Palms Sanctuary Cove & Arundel Hills, CC.
- The Palms Sanctuary is a 5-star golf course with world-class facilities.
- A safe and secure environment with 24-hour on-site security.



HISTORY

2006 Established AnK Golf Company
Contract and training with Sanctuary Cove Golf Club

2007 Contract and training with Gainsborough Greens Golf Club
Junior golf game (net, gross) 28 victories / Two Queensland players
National Student Golf Competition 1st prize in female primary school
Greg Norman Junior Masters 1st place under age 15
Ranked 1st in Australian amateur rankings and Australian women's national emissions

2008 Junior golf game (net, gross) 32 win / Three Queensland players
National Student Golf Competition 2nd place in female primary
1st prize in the National Student Golf Competition Women's Middle School and MVP
Sponsorship of Greg Norman Golf Association sponsorship
Greg Norman Junior Masters Main Sponsor
Greg Norman Junior Masters # 1 under 13 and Overall Net # 1
Signed sponsorship with Titleist, sponsored excellent player

2009 Contract and training with Parkwood Golf Club
Junior golf game (net, gross) 22 win / Two Queensland players
Second place in the National Student Golf Competition for Women's Junior High and 2nd MVP
Top ranked Queensland Junior Women
Australian Amateur Girl's Ranking 5th Place Emission
Established KJGA (Korean Junior Golf Association)
Established TPC Golf Management

2010 Established Saint Stephen's Private Golf School in Australia
Junior golf game (net, gross) 227 win
1st place on Sunshine Coast Junior Masters Girls
Greg Norman Junior Masters ranked 2nd overall, 15th ranked 1st, Queensland ranked 1st in junior women
The 1st 36th hole AnK Junior Classic held (Parkwood GC)
4th AnK Summer Camp and Self-Training, Winter Camp and Travel
2009 US Open champion Ji Eun-hee, Yoo So-yeon, Cha Sang-moon concluded a lesson contract for In & Off season

2011 Junior golf game (yes, Gross) 30 wins
1st place on Sunshine Coast Junior Masters Girls
Greg Norman Junior Masters Overall 2 place emissions, 15 year old woman 1st, 13 year old 1st place
Soyeon Ryu(2011 US Open winner), Ji Eun-hee (2011 US Open winner), Ahn Shin-ae, Kim Ja-young professional lesson contract
Ando won the tour of the Japan tour pool (Finish top 5)
Lee Jun-seok, China's No.1 in Q-School and Q-School Top 10 in Korea
Operated by KJGA (Korean Junior Golf Association)

2012 Junior golf game (Gross, net) 20 win
Signed exclusive agency contract with Australian PGA IGI University
Signed English education contract with Gold Coast Language School in Australia
Contract with Sanctuary Cove Golf Club in Australia
Ji Eun-hee, Yoo So-yeon, Kim Ja-young, Lee Il-hee, Kim Ki-hwan, Jang Dong-gyu concluded training and lesson contracts for In & Off season

2013 Junior golf tournament (Gross, net) 37 win
Establishment and operation of AnK Golf Thailand
AnK Golf Japan Junior training and exchange with Japan Golf Association
Educational exchange with Japan Golf Fitness Association
Cooperated with Oki Golf High School in Japan
Jee Eun-hee, Yoo So-yeon, Kim Ja-young, Baek Gyu-jeong, Carry Web In & Off Season training and lesson contract
Kim Tae-woo won KPGA Tour Full Seed in Korea
AnK Golf All 5 players passed Korea Q-School

2014 Junior golf game (Gross, net) 23 win
Signed a renewal contract with Australian PGA IGI University
Choi Eun-woo won Korea KLPGA FullSid
KLPGA winter training (Choi Eun-woo, Baek Soo-jin, Jang Soo-bin, Kim Dae-Eun)
Signed a contract with Keystone Company
No.1 Australian Junior Emissions
Emissions of Korean golf pros (3)
Women British Open win Mo Martin

2015 AnK Golf Academy's 10th Anniversary
Established Korea HP Golf Academy
Junior golf tournament (Gross, net) 38 wins, amateur tournament 2 wins
Contract and training with Gainsborough Greens Golf Club
Signed contract with Thailand Singha Golf team
Choi Eun-woo gained full playing status for the KOREA LPGA season
Emissions of Korean men's golf pros (3), emissions of Japanese PGA pros (1)
Yoo-yeon KLPGA Tour 1 win, Women's European Tour 1 win, Jang Dong-kyu KPGA 1 win
Budsabakorn Sukapan China LPGA 2 win, Danthai bonma Asian Tour 1 win
Karis Queensland Junior, Amateur Wins Top Woman Player of the Year
Australian Golf University (PGA IGI) won Song Byung-wook 3 prize

2016 41 wins in Junior Golf Tournaments, 2 wins in National Amateur Tournaments
SParms (AnK Golf) Launching Korea
Training Contract with Singha Golf Team in Thailand
LPGA Player Ji Eun-hee, KLPGA Eun-woo Choi Winter Training
Yuichi Teruya Passing the Japanese Professional Test
Karis Davidson wins Queensland Junior & Top Women's Player of the Year

2017 37 wins in Junior Golf Tournaments, 2 wins in National Amateur Tournaments
Contract with the Arundel Hills Golf Club
Golf Department partnership with Ace Sports Academy
Karis Davidson turns professional in Japanese LPGA Main Tour
Seo Seung-hyung Acquire Korean Professional Golf Standing Member
2 Students become Men's KPGA Member
Ji Eun-hee Wins LPGA Tour victory
Ryu So-yeon Wins 2 Times LPGA Tour, 1 Major Win ANA Inspiration

2018 Contract and training with Arundel Hills Golf Club
Partnership with Ace Sports Academy
Established Ace Golf College
Signed exclusive marketing contract with SBS Golf Channel
Partnership with Study Gold Coast
Karis Davidson gets full seed of JLPGA Main Tour in 2019
Yuichi Teruya 2nd Division Tour 2 win in Japan
Choi Eun-woo gets full seed of KLPGA Main Tour in 2019
Kim Young-hyun passed Australian PGA Q School
Co-organized with China Golf Association
Establishment of AnK branch in China
Establishment of AnK branch office in Japan
Signed Singapore Golf Kemp contract for 2018
From 2018 to 2019, training contract with Thailand Singha golf team

2019 Contract with Arundel Hills Golf Club
AnK Singapore International Golf Camp Episode 2
AnK Japan International Golf Camp
China national team and China Part 1 tour players visit and train AnK Australia
China AnK Golf Seminar
Ji Eun Hee won 1 LPGA Tour
LPGA Q-School Preparation Program opened
Koo Do-yeon Wins NT Classic Amateur Match
Exclusive contract with SBS Golf for AnK Golf Junior
Signed MOU with Rozi Golf
Sarah Yamaki Japan Women's 2nd Tour Championship
KLPGA Choi Eun-woo won full seed in 2020
JLPGA Karis Davidson player won full seed in 2020
Participated in Sarawak International Junior Golf Championship in Malaysia



Karis Davidson

2018 Japan LPGA Tour Professional
2016 Australian Girl's Amateur Ranking No.1



AnK Academy student Karis Davidson has announced she will turn professional following an exceptional performance at the Japan LPGA qualifying school. Karis progressed through all four stages of the grueling qualifying test against a high-quality field. She now has gained full playing status for the 2018 Japan LPGA season which begins in March. The tour is one of the strongest in women's golf and consists of 34 Events with a total Prize Money of around \$35,000,000. Karis is a former Australian and Queensland Representative and has been with the AnK Academy now for 10 years. She works hard on both her fitness as well as her golf and Karis is a great role model for the other academy students. We are so proud of you.

- Date of birth : 7 July 1998
- Present Handicap : +3
- Golf Club : Sanctuary Cove
- Current School : St Stephen's College
- Selected to play in the World Junior Girls Championships, Canada
- Winner of the NSW Subaru State Championships by 9 shots
- Played in the Thunderbird Jnr Championships in the USA T13th
- Runner up in the Australian Girls Amateur

Success Stories



So Yeon Ryu

In 2006 So Yeon Ryu won a gold medal in the Asian Games. In 2008, she started to show her talent on KLPGA tour winning her first win at the Kim Young Joo Golf Open. Ryu came to AnK Golf during her off-season for 3 months, working with Ian Triggs on training on her mental, golf fitness and pre-shot routine. In that following season, she had 3 consecutive wins and rose to the top of the money list. So Yeon had her career best victory in 2011, when she won the US Open (Major Tournament in LPGA Tour), she continues to perform at the highest levels on the LPGA Tour and we hope she will become no. 1 in the world very soon.



Char Young Kim

Char Young Kim had her first KLPGA Tour win after her training at AnK Golf during the 2011- 2012 off season. In fact, she had 3 consecutive wins that season, making no. 1 on the money list. Whilst at AnK Golf she worked on her mental game, pre shot routine and golf fitness.



Annie Choi

Annie was the first student enrolled with AnK Golf. She was in grade 5 when she arrived and her handicap was 40. Within 12 months she was playing off single strokes and in 18 months off scratch. Now Annie's handicap is +3 and she has been successful to qualify as a semi- professional on the KLPGA in 2013. She is hopeful to attain full membership at Qualifier School later this year. Since the age of 14, when Annie qualified to play at both the Australian Open and Australian Masters, Annie has been playing in various professional tour events every year as a junior amateur player.



Eun Hee Ji

2009 LPGA Tour US Open Champion, Eun Hee Ji has spent 6 years with AnK Golf. She works on her short game, trouble shots, fitness and mental game in golf. Ji had a complete swing reconstruction with Ian Triggs and has since been performing consistently high on the LPGA. She hopes to defend her US Open title once again and further er on-course prowess.



Sang Moon Bae

In 2008 and 2009, Bae became the king of the Korean Golf Tour (KGT) scene. Before transitioning onto the US pro scene, Bae found AnK Golf to work on particular aspects of his swing technique and mental training, in particular, his pre-shot routines and mental ball targeting. After training with Ian Triggs at AnK Golf, he went to be No. 1 on the money rank in JGTO (Japanese golf tour) in 2011. The results achieved afterwards was 2 wins at the PGA championship in 2013 and 2014.



Il Hee Lee

Il Hee first rose to success in 2013 by winning the LPGA Tour (Pure Silk Bahamas Classic). After training at AnK in her off-season, she has seen consistent success placing at the LPGA Tour and is showing her winning potential in the international scene.



Dong Kyu Jang

In the winter of 2013, Dong Kyu trained at AnK and has gone onto find his first competition win at the 2014 Men's Japan Mizuno Open, this has progressed into an invite to the PGA Tour. Because his swing and distance was already polished his on-course lessons focused particularly on polishing his mental game in his off-season.



Q Baek

Baek was victorious at the 2014 KLPGA Tour (Nexen Saint Nine Masters) straight after her off-season training undertaken at AnK golf. Baek went onto win more of Korea's major competitions (KEB-Hana Bank) in the same year, which scored her, her deserving ticket to the LPGA Tour.

WHY AnKGOLF?

AnK Philosophy



SWING

At AnK Golf, we teach a biomechanically sound golf swing, which is easy on the body and repeatable. We not only just teach based on our methodology, but also respect one's swing habits / rhythm, while trying to get their golf swing to be neutral as much as possible.

- Natural / Neutral
- Biomechanically sound
- Ability to hit all shapes
- Sequence
- Consistency / Repeatability
- Practice



FITNESS

The philosophy behind AnK Golf's Fitness Program is to not only just train the body, but to improve the golf swing through fitness training. We screen all individuals and see through their abilities to be able to provide the optimum training program personally 'fit' for the player. We provide a balanced program with a combination of core/ stability, strength, flexibility training along side nutrition advice, communicating with each player for their needs.



MENTAL

Most golfers are aware that being in the right state of mind and using the right mental skills are crucial for their success. Sadly, most people still neglect the importance of mental training in golf, or simply don't know how to train.

how can we train to use the right brain?

Olympians and athletes often use the term Mushin. Mushin is a Japanese word used to describe one's mental state being empty-minded. When directly translated, it means 'no mind'. This "Mushin" state is the perfect word to emphasize sports mental training. The right brain is activated when there is no thoughts/ inner-chatters, only going forward to a target that you have visualized. Luckily, using and activating the right brain is a type of a skill, and it can be trained. You will gain control and get better at it the more you practice it with the right techniques.

Technology



FLIGHTSCOPE X3



The FlightScope X3 numbers are the brain behind it all. All major tour players of the game, without exception, use and trust the numbers for two main reasons: precision and reliability. With FlightScope, you will quickly understand why and how they use our data in their daily work. With us, you'll quickly become an insider of the most revolutionary training tool in the industry. We track the full trajectory of any shot, from 10m pitches to 400m drives, pinpointing the landing position with an accuracy of less than 1 foot at 100 yards. We also display the shot's 3D trajectory together with 26 impact and ball flight parameters in real time and the data is delivered within 1 second.

The FocusBand is a wearable brain training headband that measure your brain activity. This activity is displayed on a mobile which is a mirror of your state of mind. Now that you can "see" your state of mind you can manage your state of mind. You wear the FocusBand & monitor your state of mind on the avatar. You are rewarded with a tone when you change the avatar to green. This is an involuntary process and with training, you'll be able to shift to your desired state of mind at will, using the feedback. This is Neurofeedback- the best known way to train the the brain and what the Focus-Band is all about.

FOCUSBAND



CAPTO



CAPTO is a putting analysis system composed by an high accuracy sensor and associated software that can run in all your devices. It is easy to use, highly accurate and very light. CAPTO offers analysis in real time. Indoor & outdoor, in real game conditions.

Golf fitness training



Fitness Training



Pilates



Yoga

Gold Coast

Welcome to the sunny Gold Coast, with beaches on your doorstep running from Main Beach to Coolangatta. The Gold Coast offers ideal year round weather for golf, allowing access to golf courses 365 days a year. A golfing mecca awaits you, with over 30 golf courses on your doorstep.



Facility

Sanctuary Cove

AnK Golf School has its office and practice facility at the Sanctuary Cove Golf and Country Club, on the Gold Coast, and is arguably one of the most prestigious golf courses in Australia. The facility has a 5 star Gymnasium, practice facilities (putting, short game, range) and 2 championship golf courses.



Arundel Hills Country Club

The Academy also has the playing rights to the majestic Arundel Hills Country Club located just north of Sanctuary Cove. You'll be captivated by Arundel Hills unique Australian charm. The course is surrounded by unspoiled natural beauty and encompasses a fauna and flora sanctuary which is home to dozens of Eastern Grey Kangaroos. From the moment you enter the sweeping paved approach and observe the tranquil lake bordered by manicured gardens, you realise Arundel Hills Country Club is very special. Within easy reach of both the Gold Coast and Brisbane, Arundel Hills Country Club is home to an 18 hole championship golf course renowned for its picturesque design.



COACHES



CHRIS LEE

Director & Head of Senior Instruction



PROFESSIONAL QUALIFICATIONS

- Australian PGA AAA Member
- Korean PGA Member / Asian PGA Member / Asia GA full member
- Elite Golf Fitness Professional Member Class AAA
- Former Professional Coolangatta & Tweed Heads Golf Club
- Asia Golf Association National Training & Education Manager/ Coordinator
- Australian Government Australian Sports Commission / Golf Australia
- 2013 & 2016 Qld Coach of the Year Nominee

CAREER ACHIEVEMENTS

- Founder and Director of AnkGolf International Golf Academy
- Director AnkGolf Logistics Pty Ltd – Golf apparel and sun protection brand / Director Ank Investments Pty Ltd
- Director and head professional of Ace Golf Program / PGA IGI Golf Coach
- Produced multiple Number 1 Australian Junior and Amateur Golfers
- Produced multiple national and state squad member of Australia and Queensland respectively
- Produced more than 40 Professional players internationally



RICKY OH

General Manager & Coach



- AnK GOLF - Operations Manager & Coach
- USGTF - Asia Member
- Ian Triggs Teaching Certification
- Golf Australia Club Level Rules Accreditation - Golf Australia
- National Coaching Accreditation Scheme (Level 1)
- Australian Government Australian Sports Commission / Golf Australia
- Asia Golf Assoc Full Member



RORY RUSSELL

Operations Manager



- Australian PGA Member (2010 – Current)
- Australia and Japan High Performance Golf Teaching (2010 – Current)
- Asia Golf Assoc Full Member
- National Coaching Accreditation Scheme (Level 1)
- Australian Government Australian Sports Commission / Golf Australia

Dr NOEL BLUNDELL

Sports Psychologist



- Dip.T, B Ed, MSc., Ed D
- Certified Sports Psychologist
- Registration Board of Victoria
- Certified counselling ancillary provider



FITNESS TEAM



RYAN FISHBURN

Fitness Trainer

- Sanctuary Cove Country Club Operations Manager
- Personal Trainer 15 years
- Certificate 3 and 4 in Fitness



DR. SEAN HORAN

Physical & Fitness Specialist

Sean Horan is Physiotherapist and Exercise Scientist who has been working with professional and amateur golfers for more than 10 years.



LYNDA TRICKEY

Yoga Instructor

Linda is a passionate health professional being accredited as a Level 1 Yoga teacher and has worked for The Sanctuary Cove Golf & Country Club for 17 years.



DR. JUNG-JOONG LEE

Oriental medicine

Graduated from Oriental Medicine, Kyunghee University. 38 years of clinical experience.



COLIN LIM

Fitness Trainer

- Physical education ph.d(Chonnam National University)
- Crossfit Level 1 Traininer
- Sport Massage Level 1
- Sport Taping Level 1



Zhou Li

Coach Assistant

Diploma of Golf Management
PGA International Golf Institute Australia
Bachelor of Sport Education
Wuhan Sports University
Bachelor of Business
(Sport Management - Griffith University)
Master of Business
(Sport Management - Griffith University)

PROGRAMS

HIGH PERFORMANCE JUNIOR PROGRAM A & B

THE HIGH PERFORMANCE JUNIOR PROGRAM IS A FULL-TIME, ALL-INCLUSIVE GOLF PROGRAM, DELIVERING STUDENTS A HIGHLY COMPREHENSIVE YET HOLISTIC GOLF EDUCATION

The program is continually evolving to provide the most up-to-date in golf training, using the latest technology and information to deliver the very best in an integrated learning approach. Sports psychology, physiotherapy and golf fitness are some of the key aspects of the intensive course. In addition, each student has a program specially designed around his/her skill sets and ability, ensuring their talent is honed to the maximum potential. Friendly yet competitive and professional, AnK Golf's High Performance Program has placed students on a fast track to success from its very inception.

The program equips students with a strong base from which to build a successful golfing career. A love of golf is fostered from day one, and skills in self management and career management are instilled and encouraged. Ongoing performance reviews are provided to students as their career progresses. The course is suitable for all ability levels, with one overarching aim: to achieve their greatest potential in golf. This is achieved through a system whereby each player is placed in his/her own tailored learning group and teamed with other students in similar handicap brackets during competitive training.

Training an average of 40 hours per week, 48 weeks per year, this program attracts determined, hard-working and diligent students. School holidays are utilised as intensive training opportunities, with an average of 70 hours of golf during the week. Playing back-to-back tournaments and practising back-to-back 36 hole rounds, the students grow in strength and endurance. The structure sees students looking forward to the challenges their next day's training will bring.

JUNIOR HIGH PERFORMANCE A

During the school term
(37 weeks, 6 days/week, 34 hours/week)

- Mon - Thu 15:00-18:30
- Fri 07:00-18:30
- Sat 07:30-16:30

JUNIOR HIGH PERFORMANCE B

During the school term
(48 weeks, 6 days/week, 34 hours/week)

- Mon - Thu 15:00-18:30
- Fri 07:00-18:30
- Sat 07:30-16:30

During the school holidays
(11 weeks, 6 days/week, 66.5 hours/week)

- Mon - Fri 07:00-18:30
- Sat 07:30-16:30



PROGRAMS

During School Term

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|---|--------------------------------|-------------------------------|--|---|---|-------------------------------|
| 7:00 AM | School | School | School | School | Yoga | | Free Time or Tournament |
| 8:00 AM | | | | | Skill Test & Golf Lesson & Practice | Fitness 08:00~09:00 Group A 09:00~10:00 Group B 10:00~11:00 Group C | |
| 9:00 AM | | | | | | | |
| 10:00 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 12:00 PM | | | | | | | |
| 1:00 PM | | | | | Lunch | Lunch | |
| 2:00 PM | Golf 18 Holes (AnKGOLF Competition) | Golf + Sports Massage | | | | | |
| 3:00 PM | | | Course Lesson | Mental Training or Golf 9 Holes | Course Lesson & Practice | Lesson & Practice or Lesson | |
| 4:00 PM | | | | | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | TPI Golf Fitness 5:30~6:30 | TPI Golf Fitness 5:30~6:30 | TPI Golf Fitness 5:30~6:30 | Ryan Cardio 5:30~6:30 | Golf Stretching 6:00~6:30 | | |
| 6:30 PM | | | | | | | |

During the school holidays

Golf

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---|---|--|---|---|-------------------------|
| 7:00 AM | Practice & Lesson | Point Lesson & Short Game Drills & Putting Drills | Practice & Lesson | Point Lesson & Short Game Drills & Putting Drills | Point Lesson & Short Game Drills & Putting Drills | Golf |
| 8:00 AM | | | | | | |
| 9:00 AM | | | | | | |
| 10:00 AM | | | | | | |
| 11:00 AM | | | | | | |
| 12:00 PM | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00 PM | Golf 18 Hole & Course Management | Golf 18 Holes & Pre-Shot Routine | Golf 18 Holes & Play two ball best ball | Golf 18 Holes & Match Play | Golf 18 Holes & Pre-Shot Routine | Golf 9 Holes walking |
| 2:00 PM | | | | | | |
| 3:00 PM | | | | | | |
| 4:30 PM | | | | | | |
| 5:00 PM | | | | | | |
| 5:30 PM | | | | | | |
| 6:30 PM | | | | | | |

Fitness

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|-------------------------------|-------------------------------|-------------------------------|--------------------------|------------------------------|---|
| 7:00 AM | | | | | Yoga | Fitness 08:00~09:00 Group A 09:00~10:00 Group B 10:00~11:00 Group C |
| 8:00 AM | | | | | | |
| 9:00 AM | | | | | | |
| 10:00 AM | | | | | | |
| 11:00 AM | | | | | | |
| 12:00 PM | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00 PM | | | | | | Sports Massage |
| 2:00 PM | | | | | | |
| 3:00 PM | | | | | | |
| 4:30 PM | | | | | | |
| 5:00 PM | | | | | | |
| 5:30 PM | TPI Golf Fitness 5:30~6:30 | TPI Golf Fitness 5:30~6:30 | TPI Golf Fitness 5:30~6:30 | Ryan Cardio 5:30~6:30 | Golf Stretching 6:00~6:30 | |
| 6:30 PM | | | | | | |

PROGRAMS

EXCELLENCE JUNIOR PROGRAM A & B

AN K GOLF'S EXCELLENCE PROGRAM SHARES THE SAME VISION AS THE HIGH PERFORMANCE PROGRAM, YET APPLIES A DIFFERENT TEACHING AND TRAINING FORMULA TO ACHIEVE SUCCESS

All ability levels are catered for in the Excellence Program, which aims to give individual students the opportunity to be the very best golfers they can be.

The program provides 12.5 hours (Program A) or 19.5 hours (Program B) of training and tuition per week over 37 weeks per year, allowing the student time to achieve golf and life balance. AnK's leading golf coaches design and implement individual golf training for each student. An initial student profile forms the basis for the student's ongoing training and development across the physical, technical and psychological aspects of their game. The Excellence Program provides regular assessment of student progress, so student growth is always nurtured and their direction continually monitored.

Students who are highly self-motivated, committed and responsible and who wish to access top coaches as well as train and compete with a talented group of players in a professional environment will find this course ideal.

EXCELLENCE PROGRAM A

During the school term (37 weeks, 2 days/week, 12.5 hours/week) - Wed 15:00-18:30 / Sat 07:30-16:30

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|---------|--------------------------|----------|--------|---------------------------|-------------------------|
| 7:00 AM | | | | | | Short Game | |
| 8:00 AM | | | | | | Group Fitness | |
| 9:00 AM | | | | | | Lesson | |
| 10:00 AM | | | School | | | Lunch | |
| 11:00 AM | | | | | | Golf Lesson or Skill Test | |
| 12:00 PM | | | | | | | Free Time or Tournament |
| 1:00 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 3:00 PM | | | Course Lesson & Practice | | | | |
| 4:00 PM | | | | | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | | | | | | | |
| 6:30 PM | | | | | | | |

EXCELLENCE PROGRAM B

During the school term (37 weeks, 4 days/week, 19.5 hours/week) - Tues, Wed, Thurs 15:00-18:30 / Sat 07:30-16:30

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|--------------------------------|--------------------------|-----------------------------|--------|---------------------------|-------------------------|
| 7:00 AM | | | | | | Short Game | |
| 8:00 AM | | | | | | Group Fitness | |
| 9:00 AM | | | | | | Lesson | |
| 10:00 AM | | School | School | School | | Lunch | |
| 11:00 AM | | | | | | Golf Lesson or Skill Test | |
| 12:00 PM | | | | | | | Free Time or Tournament |
| 1:00 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 3:00 PM | | | | | | | |
| 4:00 PM | | Mental Training & Golf 9 Holes | Course Lesson & Practice | Lesson & Practice or Lesson | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | | | | | | | |
| 6:30 PM | | | | | | | |

PROGRAMS

AnK GOLF EXPERIENCE PROGRAM

THE AnK GOLF EXPERIENCE PROGRAM IS AN OPPORTUNITY FOR INTERNATIONAL AND INTER-STATE GOLFERS TO EXPERIENCE THE ANK GOLF PROGRAM AT ALL ITS INTENSITY LEVELS

AnK Golf Academy is a unique golf development program second to none in the world. We take a holistic approach in taking the golfer to the next level and becoming the best golfer they can be.

The AnK Experience program enables golfers to get a taste of what AnK player development is all about. Essentially, the Ank Experience program enables you to enroll either into the Professional Performance Program or High Performance Program B for the duration you are able to be here.

● **Mon - Fri 07:00-18:30 / Sat 07:30-16:30**

Golf

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|----------------------------------|---|---|---|---|----------------------|
| 7:00 AM | Practice & Lesson | Point Lesson & Short Game Drills & Putting Drills | Practice & Lesson | Point Lesson & Short Game Drills & Putting Drills | Point Lesson & Short Game Drills & Putting Drills | Golf |
| 8:00 AM | | | | | | |
| 9:00 AM | | | | | | |
| 10:00 AM | | | | | | |
| 11:00 AM | | | | | | |
| 12:00 PM | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00 PM | Golf 18 Hole & Course Management | Golf 18 Holes & Pre-Shot Routine | Golf 18 Holes & Play two ball best ball | Golf 18 Holes & Match Play | Golf 18 Holes & Pre-Shot Routine | Golf 9 Holes walking |
| 2:00 PM | | | | | | |
| 3:00 PM | | | | | | |
| 4:30 PM | | | | | | |
| 5:00 PM | | | | | | |
| 5:30 PM | | | | | | |
| 6:30 PM | | | | | | |

Fitness

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|-------------------------------|-------------------------------|-------------------------------|--------------------------|------------------------------|---|
| 7:00 AM | | | | | Yoga | Fitness 08:00-09:00 Group A 09:00-10:00 Group B 10:00-11:00 Group C |
| 8:00 AM | | | | | | |
| 9:00 AM | | | | | | |
| 10:00 AM | | | | | | |
| 11:00 AM | | | | | | |
| 12:00 PM | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00 PM | | | | | | Sports Massage |
| 2:00 PM | | | | | | |
| 3:00 PM | | | | | | |
| 4:30 PM | | | | | | |
| 5:00 PM | | | | | | |
| 5:30 PM | TPI Golf Fitness 5:30-6:30 | TPI Golf Fitness 5:30-6:30 | TPI Golf Fitness 5:30-6:30 | Ryan Cardio 5:30-6:30 | Golf Stretching 6:00-6:30 | |
| 6:30 PM | | | | | | |

PROGRAMS

PROFESSIONAL PERFORMANCE PROGRAM A & B

PROFESSIONAL PERFORMANCE PROGRAM IS DESIGNED FOR AMATEUR GOLFERS WHO ARE INTERESTED IN BECOMING A TOUR PROFESSIONAL

The program is structured very similarly to our tour professional program which provides similar training programs in swing techniques, mental and physical training. The program structure assists golfers to analyze their strengths and weaknesses and to develop their weaknesses into competent elements of their future career.

PROFESSIONAL PERFORMANCE PROGRAM A

6 days/week, 66.5 hours/week

● Mon - Fri 07:00-18:30 / Sat 07:30-16:30

PROFESSIONAL PERFORMANCE PROGRAM B

3 days/week, 27 hours/week

● Tue, Thur 07:00-18:30 / Sat 07:30-16:30

Golf

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|----------------------------------|---|---|---|---|----------------------|
| 7:00 AM | Practice & Lesson | Point Lesson & Short Game Drills & Putting Drills | Practice & Lesson | Point Lesson & Short Game Drills & Putting Drills | Point Lesson & Short Game Drills & Putting Drills | Golf |
| 8:00 AM | | | | | | |
| 9:00 AM | | | | | | |
| 10:00 AM | | | | | | |
| 11:00 AM | | | | | | |
| 12:00 PM | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00 PM | Golf 18 Hole & Course Management | Golf 18 Holes & Pre-Shot Routine | Golf 18 Holes & Play two ball best ball | Golf 18 Holes & Match Play | Golf 18 Holes & Pre-Shot Routine | Golf 9 Holes walking |
| 2:00 PM | | | | | | |
| 3:00 PM | | | | | | |
| 4:30 PM | | | | | | |
| 5:00 PM | | | | | | |
| 5:30 PM | | | | | | |
| 6:30 PM | | | | | | |

Fitness

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|----------------------------|----------------------------|----------------------------|-----------------------|---------------------------|--|
| 7:00 AM | | | | | Yoga | Fitness 08:00-09:00 Group A 09:00-10:00 Group B 10:00-11:00 Group C |
| 8:00 AM | | | | | | |
| 9:00 AM | | | | | | |
| 10:00 AM | | | | | | |
| 11:00 AM | | | | | | |
| 12:00 PM | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00 PM | | | | | | Sports Massage |
| 2:00 PM | | | | | | |
| 3:00 PM | | | | | | |
| 4:30 PM | | | | | | |
| 5:00 PM | | | | | | |
| 5:30 PM | TPI Golf Fitness 5:30-6:30 | TPI Golf Fitness 5:30-6:30 | TPI Golf Fitness 5:30-6:30 | Ryan Cardio 5:30-6:30 | Golf Stretching 6:00-6:30 | |
| 6:30 PM | | | | | | |

PROGRAMS

HOLIDAY PROGRAM

THE ANK GOLF HOLIDAY PROGRAM IS AN OPPORTUNITY FOR INTERNATIONAL AND INTERSTATE GOLFERS TO EXPERIENCE THE ANK GOLF PROGRAM AT ALL ITS INTENSITY LEVELS

This program is ideal for the executive golfer who wants to experience elite coaching coupled with a holiday experience on the beautiful Gold Coast and Sanctuary Cove area.

Wake up to a beautiful day starting with a round of golf at Sanctuary Cove Golf and Country Club. You will be working with some of the greatest coaches on your game throughout your round, playing with other elite golfers within the Academy.

Then work on the shots that you found difficult during the day with a couple of hours of coaching and practice on the areas you feel you need to hone in on. Then finish off the day at the Gym or participate in a relaxing yoga or Pilates class with our very own instructor.

Unlike the professional performance program, you can pace out your day much to your level and enjoy your time here whilst also experiencing the high level coaching and training development system, which will shed your handicap out of sight.

5 days/week, 32.5 hours/week

● Mon - Fri 08:30-15:00



Golf

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|----------------------------------|---|---|---|---|
| 7:00 AM | | | | | |
| 8:00 AM | | | | | |
| 8:30 AM | Practice & Lesson | Point Lesson & Short Game Drills & Putting Drills | Practice & Lesson | Point Lesson & Short Game Drills & Putting Drills | Point Lesson & Short Game Drills & Putting Drills |
| 9:00 AM | | | | | |
| 10:00 AM | | | | | |
| 11:00 AM | Lunch | Lunch | Lunch | Lunch | Lunch |
| 12:00 PM | Golf 18 Hole & Course Management | Golf 18 Holes & Pre-Shot Routine | Golf 18 Holes & Play two ball best ball | Golf 18 Holes & Match Play | Golf 18 Holes & Pre-Shot Routine |
| 1:00 PM | | | | | |
| 2:00 PM | | | | | |
| 3:00 PM | | | | | |
| 4:00 PM | | | | | |
| 5:00 PM | | | | | |
| 6:30 PM | | | | | |

PROGRAMS

GOLF + ENGLISH PROGRAM

THIS PROGRAM IS PRIMARILY DESIGNED FOR INTERNATIONAL GOLFERS SEEKING IMPROVEMENTS IN THEIR ENGLISH AND GOLF GAME

The program is structured for English lessons in the morning followed by golf lessons in the afternoon. Different levels of golfers can be catered for with our English speaking coaches. Also, private tutors are available during evenings to maximize the golf training time (for students coming for periods of less than 3 months).

5 days/week, 41.5 hours/week

● Mon-Fri 08:00-16:30



Golf

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|----------------------------------|---|---|---|----------------------------------|
| 7:30 AM | | | | | |
| 8:00 AM | Practice & Lesson | Point Lesson & Short Game Drills & Putting Drills | Practice & Lesson | Point Lesson & Short Game Drills & Putting Drills | Skill Test & Lesson & Practice |
| 9:00 AM | | | | | |
| 10:00 AM | | | | | |
| 11:00 AM | | | | | |
| 12:00 PM | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00 PM | Golf 18 Hole & Course Management | Golf 18 Holes & Pre-Shot Routine | Golf 18 Holes & Play two ball best ball | Golf 18 Holes & Match Play | Golf 18 Holes & Pre-Shot Routine |
| 2:00 PM | | | | | |
| 3:00 PM | | | | | |
| 4:00 PM | | | | | |
| 4:30 PM | English | | English | | |
| 5:00 PM | | | | | |
| 6:30 PM | | | | | |

Saint Stephen's College



Saint Stephen's College
CRICOS Provider Number PR 01938G

Saint Stephen's College is a co-educational, Preparatory to Year 12 independent school at the Gold Coast in Queensland, Australia.

Students at Saint Stephen's College enjoy impressive success in all areas of academics, sporting and cultural pursuits, but it is the 'spirit' of our community that truly sets us apart from other schools. We strive to develop students who are full of character, who are empowered to reach their full potential, and who live their lives as responsible global and local citizens.

We value the development of global perspectives in our students and we achieve this through integrating our domestic students with our thriving community of international students. All of our students experience rich learning, excellent facilities and visionary technology such as our digitally interactive learning spaces that encourage rich engagement and collaboration.

We encourage you to book a personalised tour of our campus so that you can discover what's so special about Saint Stephen's College.



PGA INTERNATIONAL GOLF INSTITUTE AUSTRALIA



The PGA International Golf Institute (PGA IGI) is a leader in golf education in Australia. Each year, the PGA IGI delivers the Golf Management Program, that incorporates Australia's only industry recognised golf management qualification, the 10459NAT Diploma of Golf Management. The program combines study which focuses on the business and management of the golf industry, alongside golf access and development for better golf performance. This one year study program is your first step towards a career in the golf industry.



ACE GOLF COLLEGE



Ace Golf College has the ideal weather and environment for professional golf training on the Gold Coast in Australia. The College has a Government Approved Golf Training Courses that cover the strict visa conditions, which includes a three year student visa and can be transferred to Griffith University after earning a Degree. The College has various courses to offer including Professional Tour Players and Golf Teaching Programs.

Program Characteristics

- Australian Government officially approved Golf Department (with a Diploma degree)
- 90 % Golf + 10 % Lecture
- Golf Programs (Certificate II / Certificate III / Diploma of Sport Development)

The Time of Admission

- A. Senior in High School
(Registration based on the grades of the 2nd Grade in High School)
- B. Australia 10th grade Student and Graduate, 16 years old or older
- C. 18 and older, Developing Professional Golfer
- D. 18 and older, Developing Golf Teaching Pro

Application Condition

- Freedom of Admission
- 48 Week program started from the date of admission

Golf Training and Lessons

- Golf club memberships / unlimited driving range
- Use the Putting and Chipping Green
- Golf Fitness Focus & Fitness Center
- Club Fitting
- 1:1 Teacher / Student Lessons
- On Course Playing Lessons
- Swing Analysis
- FlightScope Analysis
- Mental Training (Focus Band, Halo, Versus)

Pathway



| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|----------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------|---|-------------------------|
| 7:00 AM | Practice & Golf Lesson | Point Lesson & Short Game & Putting | Practice | Point Lesson & Short Game & Putting | Yoga | | Free Time or Tournament |
| 7:30 AM | | | College Lecture | | Skill Test & Golf Lesson & Practice | Fitness 08:00~09:00 Group A 09:00~10:00 Group B 10:00~11:00 Group C | |
| 9:00 AM | | | | | | | |
| 10:00 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 12:00 PM | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | |
| 1:00 PM | Golf 18 Hole & Course Management | Golf 18 Hole & Pre-shot Routine | Golf 18 Hole & Two ball best ball | Golf 18 Hole & Course Management | Golf 18 Hole & Pre-shot Routine | 9 Hole Play & Sports Massage | |
| 2:00 PM | | | | | | | |
| 3:00 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 4:30 PM | | | | | | | |
| 5:30 PM | TPI Golf Fitness 5:30-6:30 | TPI Golf Fitness 5:30-6:30 | TPI Golf Fitness 5:30-6:30 | Ryan Cardio 5:30-6:30 | Golf Stretching 6:00-6:30 | | |
| 6:30 PM | | | | | | | |

SIS20412 Certificate II in Sport Career Oriented Participation

Core Units

| | |
|-------------|---|
| BSBWOR202A | Organise and complete daily work activities |
| SISSCOP201A | Prepare a pre or post event meal |
| SISSCOP202A | Develop a personal management plan |
| SISSCOP204A | Develop personal media skills |
| SISSCOP205A | Develop a personal financial plan |
| SISXIND211 | Develop and update sport, fitness and recreation industry knowledge |
| SISXWHS101 | Follow work health and safety policies |

Golf

| | |
|------------|--|
| SISSGLF201 | Perform the A-Grade skills of golf |
| SISSGLF202 | Apply the A-Grade tactics and strategies of golf |
| SISSGLF316 | Interpret and apply the rules of golf |

SIS30613 Certificate III in Sport Career Oriented Participation

Core Units

| | |
|-------------|---|
| BSBWOR301B | Organise personal work priorities and development |
| HLTAID003 | Provide first aid |
| SISSCOP202A | Develop a personal management plan |
| SISSCOP204A | Develop personal media skills |
| SISSCOP205A | Develop a personal financial plan |
| SISSCOP306A | Prepare a sponsorship proposal |
| SISSCOP308A | Model the responsibilities of an elite athlete |
| SISSCOP309A | Design an athlete's diet |
| SISXRSK301A | Undertake risk analysis of activities |
| SISXWHS101 | Follow work health and safety policies |

Golf

| | |
|------------|---|
| SISSGLF307 | Participate in conditioning for golf |
| SISSGLF314 | Perform the advanced skills of golf |
| SISSGLF315 | Apply the advanced tactics and strategies of golf |
| SISSGLF316 | Interpret and apply the rules of golf |

SIS50612 Diploma of Sport Development

Core Units

| | |
|-------------|---|
| BSBADM502B | Manage meetings |
| ICAICT308A | Use advanced features of computer applications |
| SISSSCO306 | Provide drugs in sport information |
| SISSSCO307 | Provide nutrition information to athletes |
| SISSSCO308 | Support athletes to adopt principles of sports psychology |
| SISXCAI306A | Facilitate groups |
| SISXCCS403A | Determine needs of client populations |
| SISXIND404A | Promote compliance with laws and legal principles |
| SISXIND406A | Manage projects |
| SISXRSK502A | Manage organisational risks |
| SISXWHS402 | Implement and monitor work health and safety policies |

Golf

| | |
|------------|---|
| SISSGLF307 | Participate in conditioning for golf |
| SISSGLF314 | Perform the advanced skills of golf |
| SISSGLF315 | Apply the advanced tactics and strategies of golf |
| SISSGLF316 | Interpret and apply the rules of golf |



Enrolment Procedure

St Stephen's College

Enrolment procedure for private college

1. Enquire and consult with AnKGOLF
2. Receive information about school commencement dates
3. Prepare and complete the enrolment form as well as other documents required for admission
4. Send enrolment documents to AnKGOLF
5. Apply for enrolment
6. Send further documents to the school, if required
7. Receive information and confirm the details on the Letter of Offer
8. Receive information about school fees
9. Receive Confirmation of Enrolment
10. Prepare for departure to Australia (via ETA Visa)
11. Orientation & school information provided
12. Apply for an Australia Student Visa

Enrolment Documents

1. Proof of current enrolment or graduation
2. Academic Record (most recent 2 years)
3. Student's passport copy
4. Parent's passport copy

Information regarding Australian Student Visa application

It is highly recommended to contact a registered migration agent if the student will travel to Australia with a parent or guardian.

Documents to prepare for the visa application

1. Student's passport copy, parent's passport copy
 2. Personal/Basic certificate
 3. Family Relationship Certificate
 4. Australian Student Visa (under 18 years) Form 1229
- All documents must be translated to English by an accredited NAATI and certified by a Justice of Peace

AnKGOLF & Ace Golf College

Enrolment procedure for private college

1. Enquire and consultation
2. Select training program
3. Select length of program
4. Information and selection of accommodation
5. Prepare and complete application form
6. Information of training fees
7. Confirmation of program and purchase plane tickets
8. Depart for Australia

Homestay

Korean Homestay



Australian Homestay





AnKGOLF
International Golf Academy

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