

# TECHNICAL



## Swing

Find the most effective movement (swing) for you, using video swing analysis to improve your technique with medium, long irons and woods.



## Short Game

Reduce the number of shots (final score), improving your technique and performances on Putt, Pitching, Chipping and Bunker.



## Course Management

Having a game plan is important to improve your results. Understanding Rules and Risk vs. Reward is fundamental.

# PHYSICAL



## Physical Evaluations

Discover if you have any physical limitations that prevent you from achieving your best swing.



## Improve of Physical Limitations

Free yourself from your physical limitations by getting a personalized workout plan from Titleist Performance Institute (TPI).



## Strength & Physical Power

Do you want more distance and consistency in your shots? So learn the right workout for you in the gym.

# MENTAL & OTHER



## Mental Preparation

If you have good results while training but not when competing, then there is room for improvement in your mental game.



## Distance Control and Club Fitting

Tour players know exactly how far they hit with each club. Do you want to know how far you hit your clubs and if they are fitted for you?



## Health

Do you have any serious injuries that prevent you from playing golf? Can it be treated? Contact me, I'll take good care of you.

The evolution of Golf, the game we all love, does not stop surprising us. A well structured training session and adaptation of teaching knowledge has always been one of my goals, in order to provide a higher quality of teaching for my students.

The experience I have acquired over the years with the Portuguese National Team and Professional Golfers, granted me with great knowledge in this area.

Nowadays it is essential to be skillful in multiple areas in the golf game in order to obtain top performances.

The nine areas mentioned above are key to the game of golf. Select the areas you wish to improve and let me assist you in taking your game to a higher level.

I hope to see you soon at one of the best golf courses in the central Algarve (Loulé Area).



David Moura



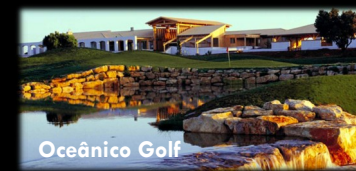
## PRICES

	Adult	Junior
Individual lesson - 1 hour	60 Euros	40 Euros
Lesson for two people - 1 hour	80 Euros	70 Euros
Playing lesson - 3 holes Academy	60 Euros	40 Euros
Playing Lesson - 9 holes	150 Euros	100 Euros
Playing Lesson - 18 holes	250 Euros	150 Euros

	Price
Physical Evaluation	30 Euros
Physical Workout (Strength & Power)	30 Euros
Evaluation + TPI Physical Workout	50 Euros
Individual Physical lesson - 1 hour	60 Euros
Evaluation + Workout TPI + Lesson 1 hour (1 Pax)	90 Euros
Evaluation + Workout TPI + Lesson 1 hour (2 Pax)	140 Euros
	Price
Distance Control	
Distance measuring with Bushnell equipment	50 Euros

## FACILITIES

### TOP QUALITY GOLF COURSES & GYMS





## DON'T FORGET

- Appropriate clothing is required for the lesson (Golf or Gym);
- Club fitting needs to be scheduled in advance with me and the official representative of Titleist in Portugal. See contacts;
- All lessons with Pro David Moura are subject to availability (please see contacts) with payment due at end of lesson;
- Group sessions are also available (more than 3 people), priced on total participants.

"... Professional David Moura has done an excellent job with me and in several areas of my game. This was important for me to achieve my childhood dream of playing on the European Tour..."

"... If you have a dream or a goal! Don't Give up, keep on it working and trust your Pro, David Moura, he'll take great care of you...!"

**WIN...** a signed Titleist hat,  
know how at:

[www.davidmoura.com](http://www.davidmoura.com)

*Ricardo Santos*



European Tour, 2012

## CONTACTS

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### Club & Ball Fitting Titleist

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Assistant National Coach Portuguese Golf Team

Sport & Physical Education Teacher

Fully Qualified Golf Professional - PGA PORTUGAL

## COLLABORATION



LEARN



PLAY



PRACTICE

Professional  
**DAVID MOURA.COM**