



2237 Yellow Smoke Road, Denison, IA 51442 www.paradocs.care/discgolf  
NAME GROUP DATE TIME °F (mark each 20 bonus paces taken with + )

Throw Type										
/- \>0ST_.x										
+ Bonus										
# Disc ID										
Basket	1	2	3	4	5	6	7	8	9	
Feet	420	460	700	300	220	200	400	350	512	
Elevation	+12	+ 9	-80	-35	-21	+20	0	0	+25	
Par	4	3	4	3	3	3	3	3	4	
Wind ↓↑										
Comment										



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NAME PRACTICE MATE DATE TIME °F Wind ↓↑ Area BEACH \_\_\_\_\_

Learn to lay out practice markes.

Use 20 paces to equal about 50ft.

Lay out quickly but consistently.

Results: v=In -=Short +=Long <=Left >=Right \*=Metal ^### Drive feet

Putts: .=Any .S=spin .P=push .H=hybrid .T=turbo .J=jump Throws:

/=Hyzer -=Flat \=Anhyzer >=Turnover 0=Roller S=S T=Thumber \_=Forehand x=Penalty

Putts up hill: 30ft 20ft 15ft 10ft 5ft

Putts level: 40ft 30ft 20ft 15ft 10ft 5ft

Drives: across 550ft right 390ft left 230ft center 82ft

Player:

Game H O R S E H O R S E H O R S E H O R S E H O R S E H O R S E

Always supervise children.  
Enter the course at a tee.  
Don't throw when other  
park users are in range.

Look! Wait! Yell to warn!  
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To keep happy, improving,  
and moving with experts;  
add 20 paces to a throw.  
Make your 20 paces = 50ft.  
Bonus paces are not used  
to get within 20 paces of  
a target. Getting better?  
Use a bonus less often.

Use score cards to improve  
disc pick & throw method.

Throws: Hyzer Flat Anhyzer  
Turnover Roller S Thumber  
Forehand Putt Penalty

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Nature is better looking  
without the trash cans.  
Carry in -- Carry out  
Pitch in, help our course.  
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Golden rule of Disc Golf:  
RESPECT the course, other  
players, their happiness,  
property, and their discs.  
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Split your group into four  
of five players at most.

Stay behind the thrower.  
The player furthest form  
the target throws first.

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At a tee, if there is a  
faster group coming up  
let them "play through."

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Stop, watch while others  
are throwing or putting.  
Point out discs and help  
others find their discs.  
Don't brag, put others  
down, or be boisterous.  
Remember, YOU represent  
the sport of disc golf.