AIMBOX · AIMDISK GUIDE

How to use your AimDisk

Simple steps to see where your clubface points.



The ring turns when your clubface turns.

Where your clubface points decides where the ball starts. You can't see the clubface during your swing, but you **can** see this 7-inch ring.

Swing slowly, stop, and look at the ring. It shows you if your clubface is **open**, **square** or **closed**.

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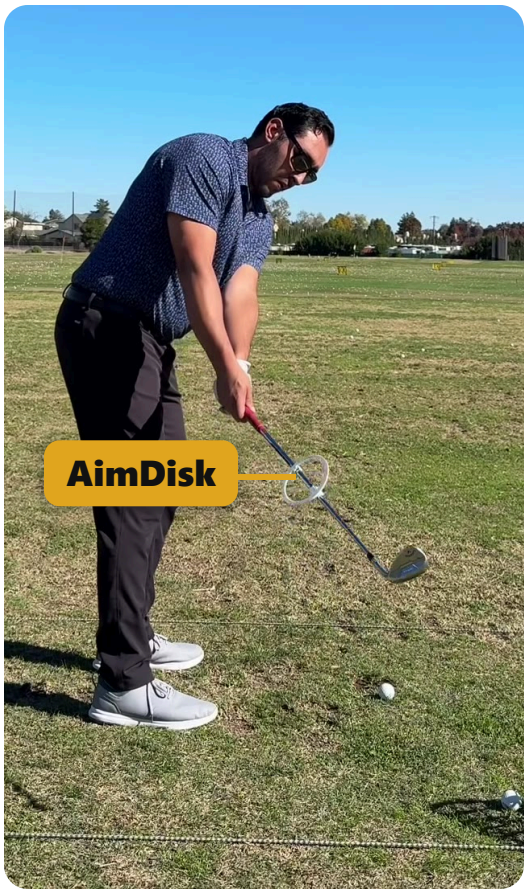
Good to know

AimDisk is built for slow swings and chips. Full swings that hit a ball can crack or break the ring, so **unclip it before full shots**.

STEP 1

Put it on

It takes about ten seconds.



1. Hold your club out in front of you. A **7-iron** is a good one to start with.
2. Press the shaft into **both clips**, so the shaft runs straight through the middle of the ring. Put it on the lower half of the shaft, below your hands.
3. Set up to the ball like normal, with the clubface aimed at your target.
4. Check the ring. Looking down, you should see its **thin edge pointing at your target**. A friend standing in front of you sees a full circle.

Taking it off

Pull the ring off the shaft. It's ready to clip onto another club.

Doesn't line up?

Unclip it and clip it back on so it lines up with your target when your clubface is square. (The photo shows our white prototype. Yours is black.)

STEP 2

The 3 checkpoints

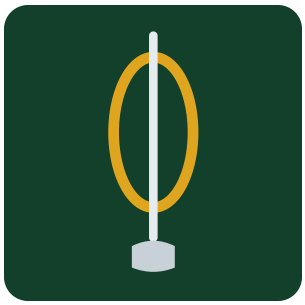
Swing slowly and stop at each spot. Look at the ring. That's all.



CHECKPOINT 1 · HIP HEIGHT

Turn the ring back with your chest.

Swing back slowly until your hands are at your hip, then stop. The ring should still match your chest. If it has turned open behind you, your clubface has too.



CHECKPOINT 2 · TOP OF THE SWING

The ring points at the ground.

Keep going to the top and stop. The ring should point down toward the ground, not up at the sky. Pointing at the sky means your clubface is open.



CHECKPOINT 3 · IMPACT

Back to where it started.

Swing down slowly to the ball. The ring should be back where it was when you set up. That means your clubface is square.

Go slow

Speed hides the clubface. The slower you swing, the more the ring can teach you.

STEP 3

4 easy drills

Do them in order. Each one takes about two minutes.

1 Stop and Check

- AimDisk on. No ball needed.
- Swing back slowly to hip height and stop.
- Does the ring match your chest?
- Do this 5 times.

Ring keeps turning open? Turn your chest and arms together and let the ring come with them.

2 Slow-Motion Swing

- Swing to the top slowly. Count "one, two, three."
- Stop. Does the ring point at the ground?
- Swing down slowly. Is the ring back where it started?
- Do this 5 times.

When the ring hits all three spots slowly, you've got the feel.

3 Chip and Watch

- Keep AimDisk on.
- Chip a few balls a short distance.
- Watch the ring through the shot.
- Do 10 chips.

Ring stays square? The chip starts on line. Ring twists? The ball goes left or right.

4 Feel It, Then Hit It

- Make 3 slow swings with AimDisk on.
- **Unclip it** and set it aside.
- Hit 1 full shot with the same feel.
- Repeat 5 times.

Chips are fine with it on. Full shots: always unclip first, so the ring doesn't crack.

PUT IT TOGETHER

Your 10-minute practice

Do this three or four times a week.

Minutes 1–2	**Put it on.** Check the ring lines up with your target.
Minutes 3–4	**Stop and Check:** 5 slow takeaways to hip height.
Minutes 5–6	**Slow-Motion Swing:** 5 swings, checking all three spots.
Minutes 7–8	**Chip and Watch:** 10 short chips with it on.
Minutes 9–10	**Feel It, Then Hit It:** 3 slow swings, unclip, 1 full shot. Repeat.

Easy tips

Use a mirror or a phone. Watch a slow swing.

Practice at home. Mind ceilings and lights.

Start with a 7-iron. Then try your trouble club.

Little and often. 10 minutes beats 1 long session.

Watch the videos

Point your phone's camera at the square, or type this into your web browser:

aimboxshop.com/aimdisk/guide

Need help?

Email us at **customerservice@aimboxshop.com** and we'll walk you through it.