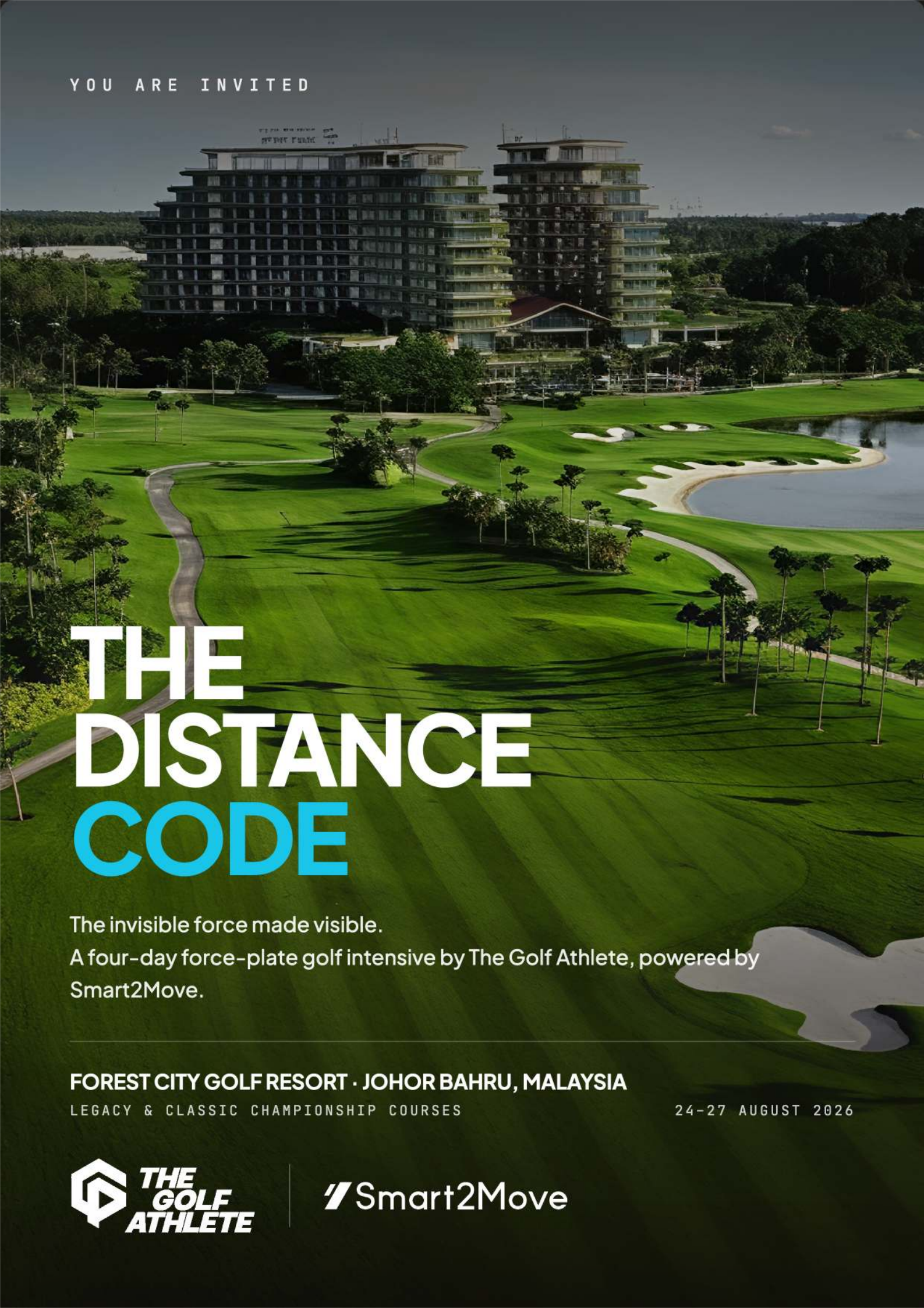


YOU ARE INVITED

# THE DISTANCE CODE

The invisible force made visible.
A four-day force-plate golf intensive by The Golf Athlete, powered by Smart2Move.

**FOREST CITY GOLF RESORT · JOHOR BAHRU, MALAYSIA**

LEGACY & CLASSIC CHAMPIONSHIP COURSES

24-27 AUGUST 2026

THE GOLF ATHLETE | Smart2Move

4-DAY FORCE-PLATE + GOLF INTENSIVE · THE DISTANCE CODE

# MOST PROGRAMS TEACH THE SWING.
# THIS ONE TEACHES THE GROUND.

Most golf programs teach you the swing. This one teaches you how to use the ground — and how not to leak power on the way up.

Over four days you learn what the world's best players know instinctively: ball speed, direction, and shape all start from a single question — how efficiently do you push the ground?

The event is built around three progressive layers of ground force — force production, pressure shift, and the moment of impact — all measured on Smart2Move plates, all before-and-after documented, all take-home.

**12**
ATHLETES ONLY

**1:4**
3 COACHES · RATIO

**4**
SMART2MOVE PLATES

**3**
FORCE · PRESSURE · IMPACT






THE DISTANCE CODE · ADULT EDITION

# FOREST CITY GOLF RESORT, JOHOR BAHRU

DATES

**24–27 August 2026**

FORMAT

**4 Days · 3 Nights**

FIELD

**12 Athletes · 1:4 Ratio**

*Where physical preparation, technical coaching, and on-course execution are trained together — and measured, before and after, on Smart2Move plates.*

# WHY GROUND FORCE IS THE SPINE OF EVERY GREAT GOLF SHOT

Every ball you strike is the outcome of a chain of forces — flowing through the ground, up the legs, into the torso, out the hands, and finally through the clubface. If any link in that chain leaks, distance and control leak with it.

Smart2Move's force plates measure this chain in a way no swing camera can. They show — in numbers — where you produce force, where you lose it, and where you're leaving distance on the table.

### 01

### Force production

The vertical and rotational force you create from the ground. This is your raw distance ceiling.

### 02

### Pressure shift

How your weight moves left-to-right and back-to-centre through the swing. This is your consistency.

### 03

### Impact

The alignment of force, sequence, and clubface as the ball leaves the face. This is your shape and control.

**Every drill, station, and lesson at this event maps back to one of these three dimensions.** And every improvement is measured on the plates.



THE GOLF ATHLETE · FOUNDER

# Kiran

Kiran is the founder of The Golf Athlete and one of Asia's most-followed golf-performance coaches, building a 250,000–strong community around measurable, athletic improvement.

At the event he leads the movement and force side of the methodology — how the body's firing order and point of application turn physical capacity into clubhead speed. His approach integrates strength, speed, and movement directly into the golf swing.

## CREDENTIALS

- Vietnam National Golf Fitness Coach
- PGA International Conference speaker
- Puma brand ambassador
- 400,000+ combined community
- Founder — The Golf Athlete

METHODOLOGY LEAD · GOLF & SMART2MOVE

# Wonjun

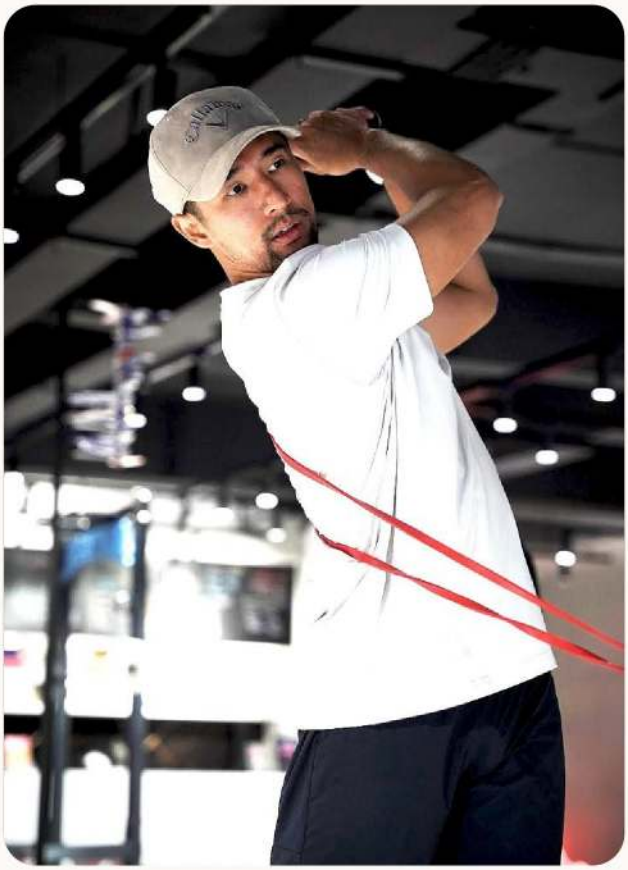


Wonjun is a Smart2Move-certified golf performance coach and the event's methodology lead. His coaching is built around measured biomechanics — using force-plate data to make every swing change observable, repeatable, and defensible.

Trained in Korea and based in Indonesia, Wonjun works across junior development, elite amateur, and Asian Tour players. At the event he runs the Smart2Move assessments and the sequence-and-path coaching at the heart of the method.

## CREDENTIALS

- Smart2Move Certified — Level 1 · Level 2 in progress
- PGA of Korea tournament-player background
- Active coach to Asian Tour pipeline players
- Methodology lead — The Distance Code
- Published case studies in measured biomechanics



STRENGTH & MOVEMENT COACH

# Leo

Leo is a strength and movement coach specializing in golf-specific athletic development. He works alongside Kiran at The Golf Athlete, focusing on the physical capacities that translate directly into ball speed, control, and on-course endurance.

At the event Leo leads the on-course rounds and the force-magnitude station — jump-and-throw power work for vertical force and rotational speed, the "extra meters" off the tee — plus the mobility that keeps you fresh across three full days.

## CREDENTIALS

- Strength & Conditioning certified
- TPI-trained movement assessor
- Lead trainer — The Golf Athlete Academy, Jakarta
- Works across junior, amateur & professional clients

THE EDGE

# MEASURED.
# NOT GUESSED.

This event runs on Smart2Move force plates — the same technology used by tour players to understand exactly how their body produces speed and direction.

On Day 1 we capture your full baseline. Day 2 turns that data into training. On Day 3 we overlay your final force profile on the Day 1 baseline — and you see, in numbers, exactly how your force production, distance, and consistency improved across the three days.

**The only force-plate-driven event of its kind in the region.**

POWERED BY SMART2MOVE · 4 FORCE PLATES ON-SITE



# FOUR DAYS. BUILT FOR DEPTH.

A focused ground-force intensive — not a broad retreat. A small field, measured outcomes, and more individual attention than any peer event in the region.

| 4 | 12 | 1:4 | 4 |
|---|---|---|---|
| EVENT DAYS | ATHLETES ONLY | COACH-TO-ATHLETE | SMART2MOVE PLATES |

| | | |
|---|---|---|
| Day 0 · Sun 24 | **Arrival + Welcome** — transfers, welcome pack, meet-the-coaches, welcome dinner | ARRIVE |
| Day 1 · Mon 25 | **Baseline + Split Program** — two-station Smart2Move baselines · split 1–on-1s and on-course | MEASURE |
| Day 2 · Tue 26 | **Swap + Pair Clinic** — morning swap · six-hour pair clinic across three coaches · Smart2Move Long Drive | TRAIN |
| Day 3 · Wed 27 | **Final Assessment + Ryder Cup** — final capture · Improvement Boards · 6v6 match play · TGA Ryder Cup Trophy · gala | COMPETE |

**Every athlete gets:** a full Smart2Move baseline and final assessment, 1–on-1s with Kiran and Wonjun, a pair-clinic across all three coaches, two championship rounds, and a personal Improvement Board to take home.

# DAY 0

SUNDAY 24 AUGUST · ARRIVAL & WELCOME

**Rolling**

### Arrivals + airport transfers

RESORT

Check in and collect your welcome pack — co-branded Smart2Move × TGA polos, jerseys and goodies. Settle into the Forest City Golf Hotel.

**Late afternoon**

### Meet-the-Coaches session

RESORT

Settle in and meet Kiran, Wonjun, Leo and Michael (Smart2Move) informally.

**19:00 +**

### Welcome dinner

RESORT

All 12 athletes, the full coaching team, and the Smart2Move team together. Casual — it sets the tone.

> FORCE PLATES TODAY
>
> Not yet — the plates go live tomorrow morning with your baseline.

# DAY 1 ★

MONDAY 25 AUGUST · BASELINE + SPLIT PROGRAM

**06:00–07:30** — **Breakfast**
RESORT

**08:00–11:00** — **Smart2Move baseline assessments**
RANGE · TWO STATIONS · 30 MIN SLOTS

**11:00–12:00** — **Lunch**
CLUBHOUSE

**12:30–17:00** — **Split program**
COURSE + RANGE

- **Group A** — 18 holes with Leo & Euvann; scores set the handicap
- **Group B** — 1-on-1 block in trios: 45 min each with Kiran & Wonjun

**18:00 +** — **Dinner**
RESORT

**FORCE PLATES TODAY**
Baseline capture — the reference every later number is measured against.

# DAY 2

TUESDAY 26 AUGUST · SWAP + PAIR CLINIC + LONG DRIVE

**06:00–06:30** — **Breakfast**
RESORT

**06:30–11:00** — **The morning swap**
COURSE + RANGE

- Groups reversed from Day 1
- **Group A** — 1-on-1s in trios (Kiran & Wonjun)
- **Group B** — 18 holes with Leo & Euvann

**11:00–12:00** — **Lunch & recovery**
CLUBHOUSE

**12:00–18:00** — **Pair clinic — six hours, six pairs**
RANGE + GYM + SHORT GAME

- 6 pairs matched by Day 1 problem-set
- **Wonjun** — sequence + path
- **Kiran** — magnitude + power
- **Leo** — mobility + capacity
- Rotating short-game station

**18:00–19:30** — **Smart2Move × TGA Longest Drive Competition**
18TH HOLE

Hit balls before dinner. The winner takes the Smart2Move Longest Drive Trophy.

**19:30 +** — **Dinner**
RESORT

**FORCE PLATES TODAY**

Pair-clinic drills driven by your Day 1 force pie — measured, matched, and targeted.

# DAY 3 ★

WEDNESDAY 27 AUGUST · FINAL ASSESSMENT + RYDER CUP

**06:00–07:00** — **Breakfast**
RESORT

**07:00–09:00** — **Final Smart2Move assessment**
RANGE

- Re-measured vs Day 1 baseline (Wonjun & Kiran)
- Improvement Board generated + event photos

**09:00–10:00** — **Progress review + Improvement Board handover**
RANGE

A one-on-one walkthrough of your before/after data, with your coaches' recommended next step.

**10:00–10:30** — **Transition to course + light lunch**
CLUBHOUSE

**10:30–16:00** — **Ryder Cup — 18-hole 6v6 match play**
COURSE

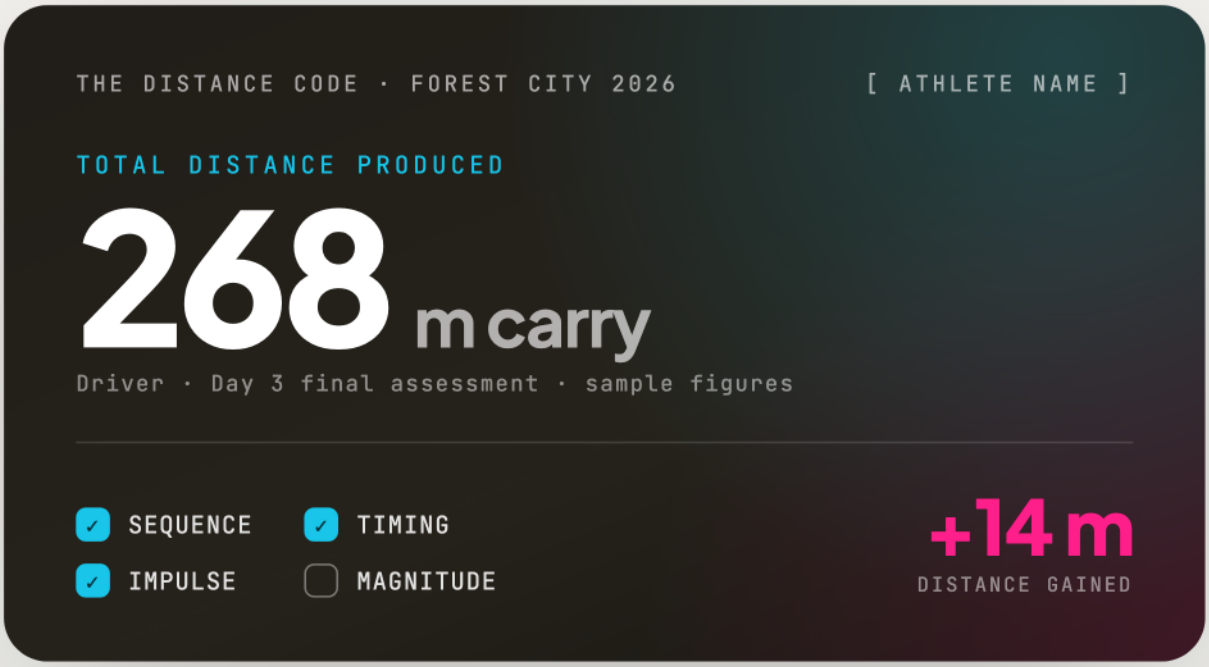
- **Team TGA** (Kiran) vs **Team S2M** (Wonjun)
- TGA Ryder Cup Trophy to the winning team

**16:00–17:00** — **Closing dinner + prize ceremony**
RESORT

- Before/after reveal + Improvement Boards
- Both trophies presented
- Event finishes 17:00 — in time for departures

# THE BOARD YOU TAKE HOME

Every participant leaves with a personal Improvement Board — the physical scorecard of what you built over four days. Total distance produced at the top. Distance gained at the bottom. And a four-category breakdown — Sequence · Timing · Impulse · Magnitude — showing where you mastered the fundamentals of ground force.




*Camera-ready — designed as a content and take-home piece. Figures shown are illustrative.*

## THE GOODIE BAG

- 2 × golf polos
- 2 × golf tees
- Force Pedal bundles
- GolfGeek gloves
- TGA backpack

# COMPETE FOR THE TROPHIES

Day 3 closes with a 6-versus-6 Ryder Cup — **Team TGA** (Kiran-led) against **Team S2M** (Wonjun-led), built from your Day 1 and Day 2 scoring, head-to-head match play across 18 championship holes.




AWARDED DAY 2 EVENING

## Smart2Move Longest Drive Trophy

Cast in the shape of the S2M mark. Won at the Smart2Move × TGA long-drive competition on the 18th, before dinner on Day 2.




AWARDED DAY 3 ROUND

## The TGA Ryder Cup Trophy

A shared perpetual trophy carrying the TGA mark — the winning team's names are engraved, and it returns to be contested at the next Distance Code.

# FOREST CITY GOLF RESORT, JOHOR BAHRU



## LEGACY COURSE

CHAMPIONSHIP 18

The tournament stage — championship golf for the split-program rounds and the Day 3 Ryder Cup.



## CLASSIC COURSE

CHAMPIONSHIP 18

A second championship layout, giving the event 36 holes of variety across the week.



## PRACTICE RANGE

HOME OF THE ASSESSMENTS

Where the Smart2Move baselines, 1-on-1s, and pair clinic run across all three days.



## SHORT GAME & PUTTING

TOUCH & SCORING

Wedge and putting surfaces for the rotating short-game station.

# 5★ FOREST CITY GOLF HOTEL

Three nights (24–27 August) at the resort's 5-star golf hotel — single occupancy — with pool, gym, spa and recovery facilities to keep you fresh across the four-day event.









PREMIUM ROOM OPTIONS · POOLS, GYM, SPA & RECOVERY · RESORT DINING

# EVERYTHING, HANDLED

## PERFORMANCE

- ✓ 1-on-1s with Kiran and Wonjun — 45 min each
- ✓ Two-station Smart2Move baseline + final assessment
- ✓ 6-hour pair clinic across all three coaches
- ✓ Before/after force-profile reveal
- ✓ Personal Improvement Board to take home
- ✓ Coaches' recommended next step + 8-week pathway

## GOLF

- ✓ Two 18-hole championship rounds (Days 1-2) — with Leo on-course to guide and assist
- ✓ Day 3 Ryder Cup 6v6 match-play tournament
- ✓ Smart2Move + TGA Longest Drive Trophies to be won
- ✓ On-course coaching with a rotating coach team
- ✓ Green fees + cart included

## ACCOMMODATION & DINING

- ✓ 3 nights luxury 5★ Forest City Golf Hotel
- ✓ Single-occupancy premium room
- ✓ Daily breakfast at the resort
- ✓ All lunches at the clubhouse
- ✓ Welcome dinner + nightly dinners
- ✓ Closing gala dinner + prize ceremony

## LOGISTICS & KIT

- ✓ Round-trip airport transfers
- ✓ Welcome pack — co-branded S2M × TGA polos, jerseys & goodies
- ✓ 12 Ryder Cup event polos + full event kit
- ✓ Photographer + videographer all days — personal content delivered
- ✓ Fully managed schedule + on-site support

# FOUR DAYS BUILT THE FOUNDATION. THE EIGHT WEEKS THAT FOLLOW BUILD THE GAME.

Every participant leaves with a recommended next step from their coaches — most commonly the **TGA 8-Week Program.** Individually programmed. Continuously measured. Delivered in person at the TGA Academy — built to translate what you learned at Forest City into a lasting change in how you swing and score.

This isn't a sales tack-on. It's how ground force becomes permanent.

01

### Individually programmed

Your plan is built from your own Improvement Board — the exact dimensions you need to develop.

02

### Continuously measured

Progress checked against your Forest City baseline, so gains keep compounding after you leave.

03

### Built to last

Eight weeks of structured work that turns a four-day breakthrough into a permanent change.

Your coaches hand you the next step in person, at your Day 3 progress review.

THE DISTANCE CODE · 4-DAY INTENSIVE

~~$3,499~~

# $2,299

USD PER ATHLETE

FIRST SMART2MOVE OFFICIAL EVENT IN SEA

Launch pricing for the first 12 athletes. Includes everything listed on the previous pages — a 1:4 coach-to-athlete ratio. Places allocated on a first-come basis — full payment confirms your spot.

# THREE STEPS TO YOUR PLACE

1

## REGISTER VIA SWINGPASS OR WHATSAPP

Sign up through the SwingPass link, or message us on WhatsApp and we'll handle it manually.

2

## PAY 100% TO CONFIRM

Full payment via the SwingPass link or bank transfer (details sent on WhatsApp) confirms your place instantly — only 12 available.

3

## FINALISE EVENT DETAILS

Work with our concierge on add-ons — travel, rooms, and extras.

### Reserve your place

[ SwingPass registration link ]
WhatsApp +62 813 1621 1072 · tgax.indonesia@gmail.com

# TERMS & CONDITIONS

### 1 · ELIGIBILITY & ATTENDANCE

The event is open to golfers aged 16+. Places are confirmed only on receipt of full payment. Attendance for the full four-day program is expected.

### 2 · SUPERVISION, RESPONSIBILITY & CONDUCT

Participants are responsible for their own conduct. The organiser reserves the right to remove any participant for behaviour endangering others, without refund.

### 3 · HEALTH, MEDICAL & INSURANCE

Participants must declare relevant medical conditions and hold valid travel and medical insurance for the duration of the event.

### 4 · PROGRAMME CHANGES

The organiser may adjust the schedule, coaching staff, or course access due to weather or operational needs while preserving overall program value.

### 5 · EVENT INCLUSIONS

Inclusions are as listed in the "What's Included" page of this brochure and supersede informal descriptions.

### 6 · WHAT IS NOT INCLUDED

Airfare, visas, personal insurance, alcohol, and personal expenses are not included unless explicitly stated.

### 7 · ACCOMMODATION & GUESTS

The event is single occupancy. Accompanying guests may be accommodated at additional cost, subject to availability.

### 8 · ROLE OF ORGANISER & DELIVERY PARTNERS

The event is delivered by The Golf Athlete, with Smart2Move as measurement partner. Venue services are provided by the resort and course operator.

### 9 · PHOTOGRAPHY & MEDIA

Participants consent to photography and video capture during the event for marketing use unless they opt out in writing in advance.

### 10 · PAYMENTS & FEES

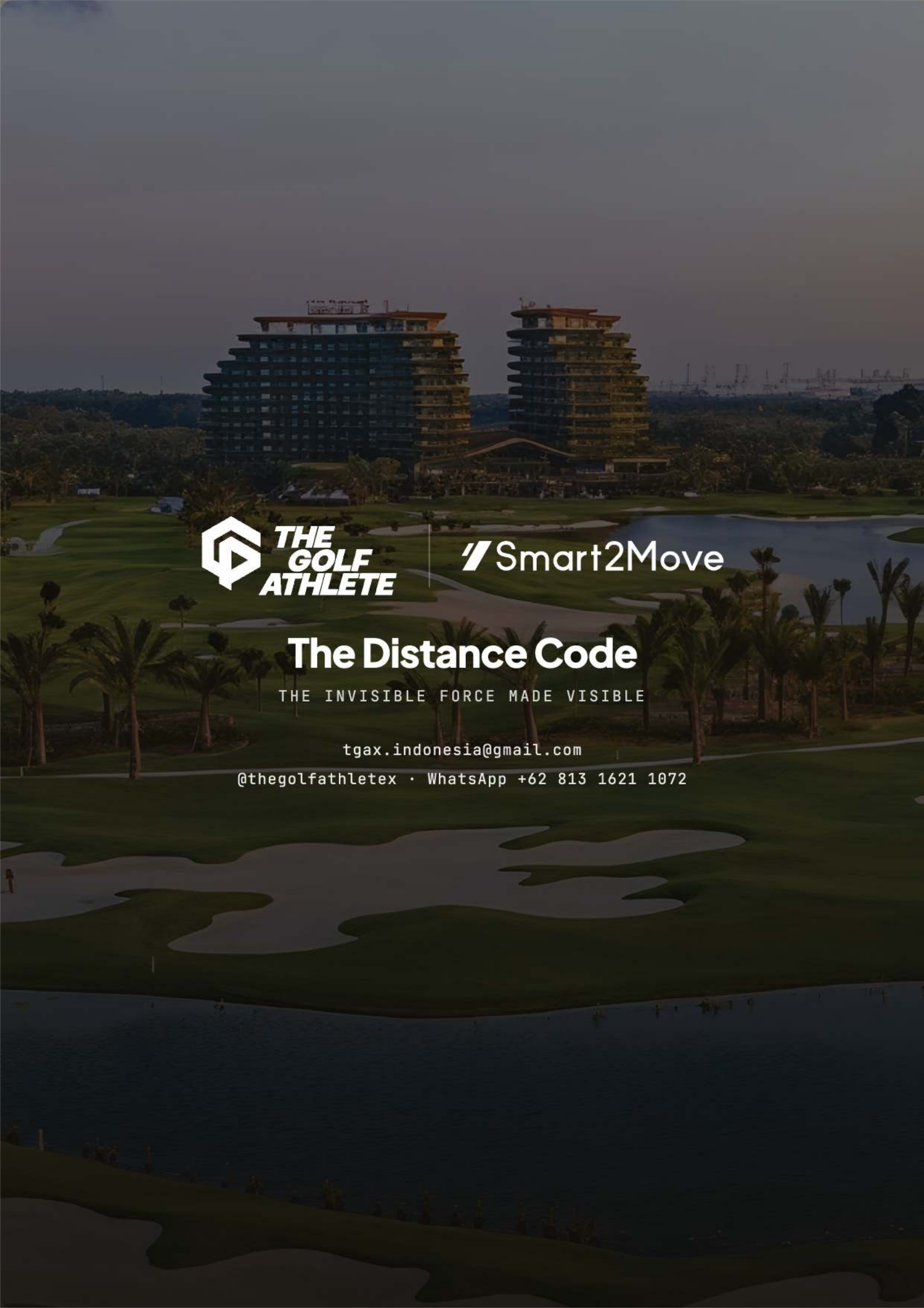
Payment is made in full (100%) at registration, via the SwingApp link or bank transfer. Payments are non-refundable. Fees are quoted in USD.

### 11 · CANCELLATIONS

Cancellations are not accepted once a place is confirmed. Substitutions may be permitted at the organiser's discretion.

### 12 · LIABILITY & FORCE MAJEURE

The organiser is not liable for losses arising from events beyond reasonable control, including weather, travel disruption, or force majeure.


THE GOLF ATHLETE
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