



The Grip

Part I : check points to get it right everytime...

The position of the hands determine basically where and how the club will move in relation to the body.

A good grip allows the hands to move freely through the swing, delivering maximum power through the ball through fluidity.

It also helps find the proper body posture and angles, which helps optimize your movement.

I would refuse to teach a student who has a poor grip, and yet refuses to change it. Thank God it has never happened yet !

To help you visualize the proper hand position, look at the two following crucial points :



1. Look at the shape of your fist as you gently close your empty hand. Try to reproduce this shape on the club (index right under thumb, the skin folds and makes like a „V” at the base of the thumb). The club is held at the base of the fingers, not in the palm.

2. How many knuckles can you see on your left hand when you just let it hang down ? That's how many you should see when your hand is on the club.



Now two checkpoints for the right hand :

1. Hide the thumb completely under the right palm, get the hands as close as possible to eachother. If you have difficulty hiding the thumb (a problem for many women), check your „fist position” and shorten the thumb.

2. If you want your hands to work together, and not one against the other, make sure both "v's" are pointing to your right ear.

CHECK THE LEFT HAND



1- You must be able to hold the club with just the index, and feel a „lever action” with the back of the hand.



2- The "v" should point towards your right ear. If you have done "check 1" right, the left hand is automatically in the proper position.

If you do not see a "V", it's probably because your thumb is too "long". It shouldn't sit much past the index. To keep the proper club angle in the hand, it's necessary to have a relatively "short thumb". This will help the natural release necessary at impact to hit the ball straight.

Having your hands properly placed on the club, is your only chance to develop a fluid swing. By suppressing unnecessary tension in the hands, you greatly diminish the risks of unwanted manipulations, and you will then be more consistent.

To sum it all up, take your grip light, but don't take it too lightly... Your pleasure is well worth this little effort. Isn't it ?

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HELPFULL HINT

To help you get the grip right, I suggest you do it with your hands in front of you, arms relaxed and extended, and the club pointing to the sky. This takes the pressure off your back, and it puts your hands in a more neutral position, allowing the club to sit naturally in the fingers, not in the palm. Bend over only when your grip is set.