

# Get a Grip

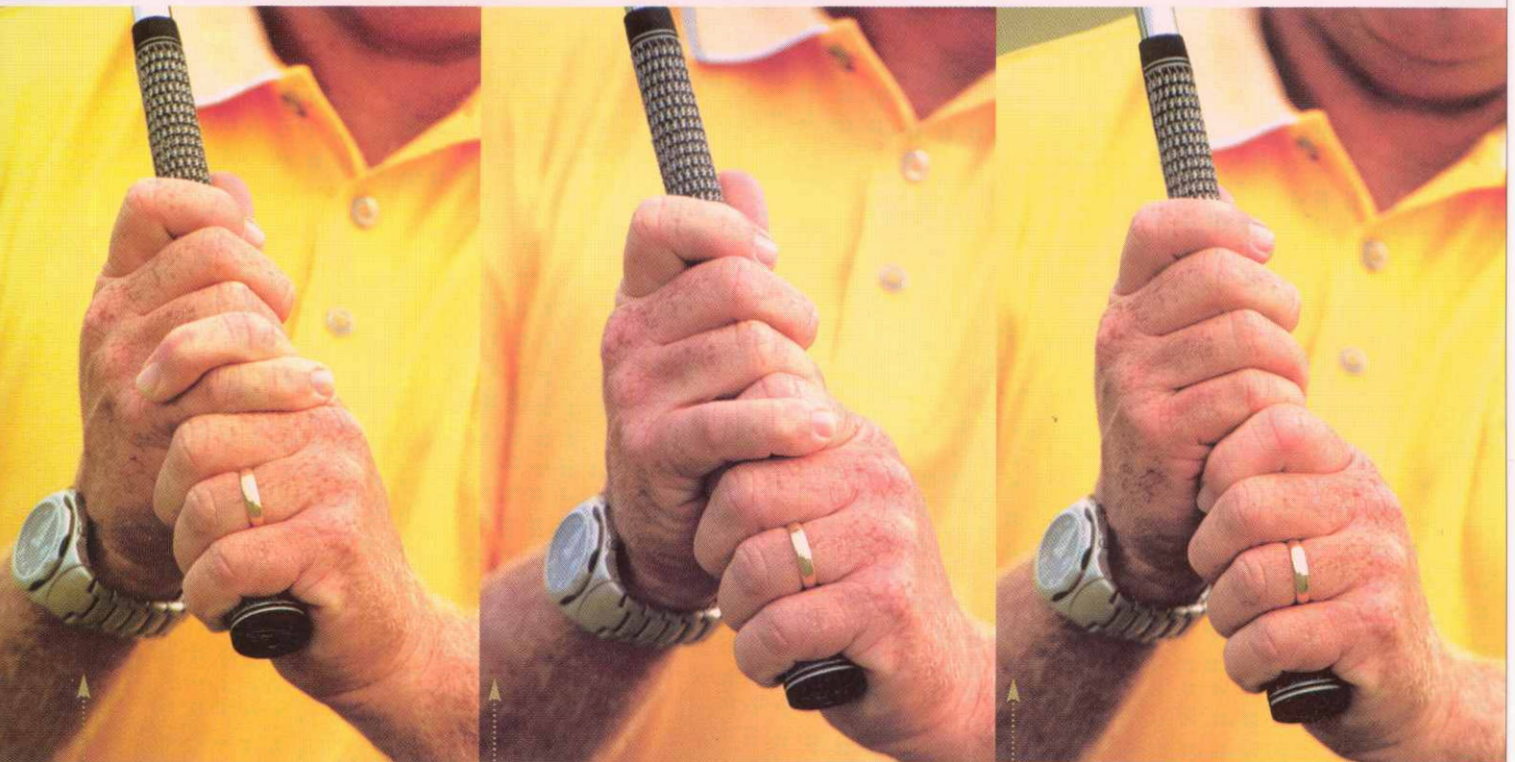
The swing's most basic building block is worthy of regular revision

**Y**our method of grip is very much an individual part of your game. However there are a few proven guidelines to follow. Take some time out to revise the basics and fine-tune your grip.



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## Finding Your Grip



Golfers with short fingers place a premium on club security while allowing the forearms to remain relaxed. The interlock grip is best here and a club with a reasonably thin grip will be your best option.

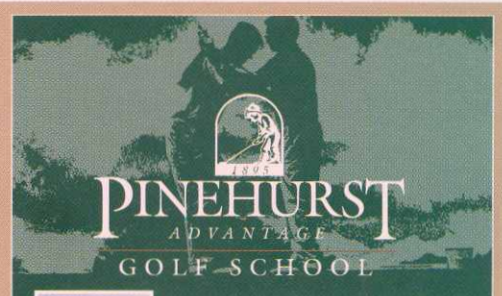
Golfers with big hands need a thicker grip on the club, to afford security of the club while maintaining a light grip pressure. Strong hands are a super asset in golf and the club should have a grip that allows firm pressure without being too tightly held. The traditional overlap grip is appropriate.

New lady players and young children are usually well served by the 10-finger (baseball) grip. This allows slightly more hand on the club, which provides better club and hand unity at the top of the backswing.

## Weak Strong

The most important factors when it comes to grip are comfort, club security and having the club in a neutral position. This will result in a higher percentage of shots with the club-face square at impact. The outcome is much more shots closer to the target. Right are two non-neutral grips.

While it's important to have your own grip, make sure you have your wrist angles correct at address (opposite page). Notice the change in angle of the wrists for a weak grip (left wrist convex) and strong grip (right wrist convex).



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