

HOW TO HOLD THE CLUB

1. Hands go on the club one at a time - first the left and than the right (for right handed golfers)

2. You should be able to place the club in the left hand as it hangs naturally at your side - this will help get the golf club in the fingers more than the palm of the hand.



WHY? The fingers allow more feel in the swing - it will allow you to hinge your wrists in the backswing and forward swing - more so than placing the club too much in the palm.

Placing the left hand with the club in the fingers allows also for more power and accuracy.

3. Right is placed on the club by fitting the life line in your right hand over the thumb of your left hand. It should fit there easily and is placed on the club with very little tension. You don't want the RIGHT hand to control in the grip - it just sits there and goes on for the ride.



GOLF PRESSURE:

Another big area of the golf grip is PRESSURE - how tight do you hold the club. MOST of us hold onto the club way TOOOO tight. If there were a scale of 1 - 10 - 1 is the lightest and 10 is the most - you should hold the club with about 3-5. Remember you don't want to tense up - kills the swing. It should feel like a firm but relaxed handshake.