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Golf Tips ?Finding That Winning Grip And The Cures For Grip Related Problems

487

The correct grip is a key fundamental component of a golfer's game and is required to have a consistently good straight game, giving you the ability to shoot low scores with ease.

When the grip is faulty, poor shots often result along with an inconsistent and unreliable game. Therefore it is essential for your game that your grip is correct if you want to take your golf to the next level.

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Firstly place the club in your left (opposite for lefthanders) hand, close your left hand around the grip as if you were shaking somebody's hand. Your thumb should be pointing down the grip, slightly to the right of centre.

Then bring in the right hand, firstly interlock the little finger of your right hand with the forefinger of your left hand. The underside of the grip should be placed on the joints of the second and third fingers of the right hand. Your right thumb should also be pointing down the grip, while your right palm should be facing towards the target with your left hand facing away from the target.

Two V's should be formed by the thumb and forefinger of each hand, these should both point somewhere between your right shoulder and eyes.

When holding the club, the club must be held firmly but with the minimum of effort. Having the correct grip allows your hands to work freely with the utmost control while a poor grip leads to a lack of club head control.

Key Points:

?Your arms and hands are relaxed.

?Your left forefinger is linked with the little finger of right hand, 2 or 3 knuckles should be visible.

?The V's created by the forefinger and thumb on each hand should point be to between your right shoulder and eyes. These V's should be pretty much parallel to each other.

?The grip should be comfortable yet held firmly with little effort, it is vital that the club head does not open or close on impact.

To test that you have a good grip, it should feel as though both your hands work together as if one. When you lift the club and move it, your hands should feel comfortable and secure.

Problems and cures for slightly faulty grips: You may find that you are slicing the ball; this could be due to a problem with your grip, (although it may be due to other reasons mentioned in my other article that aims to solve the slice) try rotating your grip slightly clockwise around the grip; also try holding the club more in the palm of your left hand.

If you have problems with hooking the ball, make a conscious effort to feel the ends of the fingers on your right hand pushing upwards through impact with the ball. This should help prevent you from closing the clubface on impact and so helps prevent you from hooking the ball.

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