

The Golf Grip--top hand

Early in the year one usually struggles with one's grip. See your local PGA Professional to double check your grip. A few issues that most of you struggle with--too much of the grip in your palm. For a right handed golfer, one must, must have the grip more in the fingers of one's top or left hand.

Take a hammer and grip it. You will notice that the heel or fat pad is on top of the hammer, the hammer is more in your fingers. This allows you to hinge your wrist naturally with POWER. Now put that same hammer in the palm of your hand. Now try to hinge. Pretty hard isn't it. Now imagine trying to hit a golf ball with this grip holding a golf club--that's right--good luck.

Now grab the golf club in your top or left hand like you did the hammer. More in your fingers, fatty pad or heel pad on top. Feel the power and how natural that really feels. That is your top hand position.

Questions? See Greg or Norm or Bob or Shoe and we can help you with your grip.

Next session: the bottom hand and grip pressure.