

# Suzy Cues

## Getting a Grip:

If you want to connect with your clubface, you'd better get a grip. To make a solid strike at the ball, your club must make correct contact. A solid hit is born from of a solid grip.

A poor grip makes for poor results, destroying the wrist hinge, stealing power, direction, and distance from a golf swing. Grips are individual, often suited to ability and preference, but not all grips let you swing correctly. If yours clutches the shaft like a vice, you are showing tension, not love. Let your grip caress the club. Eliminate rigidity in your hands, arms, and shoulders. Your club will then be free to swing.

## Details:

- ❑ Accept that your hands must work together, not singly, both pulling equal weight.
- ❑ Position the club in the fingers of the left hand, not in the palm.
- ❑ Place the club in your left hand across the hand's pad directly under where the fingers meet the hand. Check to see if your left thumb and forefinger form a V, pointing right of your head.
- ❑ Hold the club in the air, off the ground, when taking your grip. It makes it easier to place the club in you fingers not the palm. Check to see if you are a palm gripper. Examine your golf glove. Right-handers will show wear on right heel of their glove.
- ❑ Place your right hand on the club with the first three fingers gripping the shaft. Your left thumb will fit into the right hand as a hotdog fits its bun, both palms facing each other. Now, check to see if your right thumb and forefinger form a V, pointing right of your head.

That's it. At first any change in grip will feel foreign and uncomfortable, especially if it's a trusted old friend. Resolve to make the change. You will find that getting a correct grip improves your game.