

Ballantrae Lesson – #2- Grip

I hope you have all read and digested the notes from lesson #1 on Posture. That information carefully applied will help anyone's ball-striking quality and help to eliminate tops and fat shots.

Do you ever have trouble slicing? Do you lack adequate distance, especially off the tee? If you answered yes to either problem, you are in a huge group of golfers worldwide who suffer from these same problems. The number one reason for this is a poor left hand grip (Left-handers think opposite hand). Most golfers hold the handle too high in the left palm and have the hand turned too much to their left. This is what teachers refer to as a "weak" grip, meaning it is a weakly-positioned grip. Correcting this fault has two steps, one is positioning the handle of the club in the proper position within your hand, and the second is ensuring that the attitude of the hand is correct before gripping the club. The handle should actually be positioned in the left hand from the base of the little finger through to the middle of your index finger. (See Example)



Although this is still primarily a palm grip, it is more in the fingers. The attitude of the hand must be as it hangs naturally beside your left leg.



This typically means that the hand is rotated and points more inward. We measure this application by studying the “V” relationship between forefinger and thumb. The angle of the “V” should point towards your right shoulder with the club extended in front of you. If the attitude of the hand is correct, you should be able to see three knuckles with the club gripped and extended in front of you.



These two adjustments have many positive features; they will free up your wrist action and allow the club to swing more freely which will in turn add speed and a free natural release of the clubface. That adds distance and eliminates the slice.

One additional point is needed about grip pressure. Avoid holding the club too tightly. The vast majority of golfers hold the club much too tightly because it is not gripped correctly, and they feel it slipping as they swing. On a scale of 1-10, with 10 being tightest and 1 being lightest, strive for about a 3. Another indicator of problems with your grip is unusual glove wear. If your glove shows unusual wear on the heel of the palm, your grip needs work!

Try this correction process on your own and ask any Ballantrae professional staff member to check your grip for accuracy. We will verify that your grip is correct or help you fix it on the spot!