

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

Q & A

CINDY:

"I had the pleasure of stumbling across your 'GOLF TIPS' page while browsing on the Internet. Let me start by saying 'Great Pages'!

I have a question about my 'Golf Grip'. What are your thoughts on the 'Inter-locking Pinky & Index Fingers Grip'? I hope you know what I am talking about. Thanks."

ANSWER: I do. Big topic! Read on! Please call me if you need more help!

The great renowned teacher Harvey Penick said it very well indeed. The right grip for ladies is the '**TEN FINGER**' version and you should use this method right away. I also firmly agree that, over the years, the 10 Finger grip has performed best by far. This grip, where every finger ('and the thumbs') is in direct contact with the grip and your two hands are also in contact with each other ('as opposed to being separated or split'), is the most efficient 'HANDS ON' approach both short and long term.

Playing right-handed, your left, 'Target and Swing Hand' is on top with the 'Heel Pad' of your hand just below the 'Bell or Butt or End' of the grip. Don't choke down too far. Your right, 'Brace and Hitting Hand' is directly below with your left hand. The 'Target Hand INDEX FINGER' is in direct positive contact with the right 'Hitting Hand Pinky Finger'.

'**ADDRESS Grip Pressure**' should be primarily on the three smallest fingers in the 'Target Hand' and on the three smallest fingers in the 'Brace or Hitting Hands' and 'NOT' on the 'Pincher Fingers' ('thumb & index') in either hand.

"Don't Squeeze The Dickens Out Of Your Grip" as there is nothing in it to squeeze out. During the 'Moment Of IMPACT', the 'Pincher Fingers' will momentarily go to work and not before. They 'Release' their pressure as well very shortly after the ball goes away again allowing those 'Helper Fingers' to take over. You '**DO NOT**' have to help this take place. It is an autonomic response to the swing and Ball. Just let it happen with 'Soft FEELING Hands'.

Is my Grip strong enough?

SEE ONE or TWO KNUCKLES:

‘See One or Two Knuckles In The Less-Than-Full-Swing Procedure’.

‘See Two or More Knuckles In The Full Swing (especially the Driver) Procedures’.

‘The Target Hand CONTROLS the Clubhead, especially the Clubface AIM’. Get it right!

Interestingly, your ‘Ball Flight’ will generally tell you if your ‘GRIP’ is right.

Standing comfortably 'CHIN TALLISH' and looking down at your TARGET - SWING HAND, (Clubface Square to the Target) before the Brace Hand goes on, you should clearly see at least **‘TWO KNUCKLES’** or even as much as **'THREE KNUCKLES'** ... the first Index and the Middle finger knuckles. At this moment or position, your Clubface must be SQUARE to the Target Line and the Pin. It must be AIMED. Your Clubhead should NOT be pointing, even a little bit, to the ‘RIGHT or LEFT’ but straight at the Pin. You will feel as though your Wrist is 'Cocked' or turned a little tight back as it will be rotated slightly away from the Target or Pin toward the Brace Side. That is what you want to feel so do not fight it even if it is unusual at first. **‘You'll Be Changing So FEELING Your Grip To Be Slightly Different Is A Great Sign!’**

This 'Two or Three Knuckle Grip' will ensure that you can rotate the hands and be **‘Turning The Clubface Through The Butt Of The Ball In The IMPACT & SEPARATION Zone’**. This will prevent your striking the ball 'Low Energy (Right for Righties) Side of Fairway Centre Line'. **‘LEAKING!’**

Swing smoothly and fully, while intensely **‘SEEING THE BALL COME OFF THE CLUBFACE!’** This will likely resulting in a slight **‘DRAW’** ... but less ‘Leaks’! Now that is a good thing right out of the blocks!

Thank you for reading this!
We are here because you are there!

Good luck!

**“Welcome Aboard!”
“Enjoy The Ride!”**

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