

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

'YOUR' GRIP

This title is no happenstance. This writer has purposefully inserted the word "YOUR". Each one of us has a special personality and physiology. Thus, every 'Grip' is ever so different. Learn what your special conditions are based on need and results. You can and must be a little flexible with your 'Grip'. Remember, it is the second of 'The 5 Set-Ups' ... the most basic of golf basics!

Let us see if we can make this 'GRIP' simpler? Take a sharpie and draw a line along your 'Target Life Line' ... it generally runs from the base of your 'Target Wrist; to the third digit or base of your 'Target Index Finger'. You might also draw a line up the middle top of the 'Target Thumb' as a reference. It is suggested that you also draw a similar 'Life Line' on your 'Brace Hand'. Why? Because the 'Wrist Hinge Actions' have to match to accomplish proper mechanics.

The 'Strength Of The Grip' (its armed coil position) may vary as the club's 'Accumulate Load & Stores' enables more 'Power' in the 'Delivery Release Stage'. (see 'ALSDR'). Whereas your 'Putter' is best served with a 'Weak Neutral Grip', your 'Long Shafted Clubs' need to do more 'Work'. Especially with your 'Driver' as your selected tool, you may decide to have this hand placed slightly 'Strong' on the golf club handle. That means the 'V' formed between the contacting 'Target Thumb and Index Finger' will point slightly towards the 'Brace Shoulder'. (see '1, 2 & 3 Knuckle Grips')

With this 'Target Hand' in place, your 'Brace Hand' is invited to the party.

Look at this 'Brace Hand' in two ways. It has a 'Life Line'. The 'Brace Thumb', while in contact with the 'Index Finger', looks like a 'Chicken Drum Stick'. Place this 'Meaty Digit', nestle this 'Drumstick' atop of your 'Target Thumb'. Match the 'Target Thumb and Brace Sharpie Lines'. The exact 'Fit' depends on your chosen Grip'. The '10 Finger Basic' places the 'Drum Stick' down towards the 'Target Thumb Finger Nail'. If you elect to use the 'Short Vardon', the 'Drum Stick' will be slightly higher and actually fit a little more snugly.

If you wear two gloves, you will not have to remove the 'Sharpie Line'!

"Welcome Aboard!"
"Enjoy The Ride!"

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