

Strong, Neutral or Weak

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Slow Hips - Weak grip
 Mid Speed Hips - Neutral Grip
 Fast Hips - Strong Grip

The secret to understanding the grip pressure is squeeze so you do NOT affect your wrist movement

How to match grip strength to your swing

A quick study on hand position proves that you'd better get this part of your grip right



Weak Grip

YOU HAVE SLOW HIPS, If your belt buckle points only slightly ahead of the ball and your right foot is still planted on the ground. The chances of your hands leading your clubhead are nil, as is the likelihood of the clubface rotating open.



Neutral Grip

YOU HAVE MID-SPEED HIPS If your belt buckle points slightly in front of your left foot and your right heel is off the ground. You'll tend to get your hands a little ahead of the clubhead on your downswing with the face rotating open slightly, especially with longer clubs



USE A NEUTRAL GRIP Minimal hand rotation, with the V formed by the thumb and forefinger pointing straight up or slightly right of your chin



Strong Grip

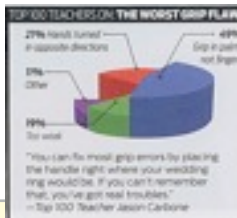
YOU HAVE FAST HIPS If your belt buckle points at the target and you're all the way up on your left toe. You need max control of the club to offset the fact that your hip speed causes the clubhead to lag behind your hands and open the clubface



USE A STRONG GRIP Left hand rotated more to the right on the handle, with the V formed by the thumb and forefinger pointing toward your right shoulder



USE A WEAK GRIP Left hand rotated more to the left on the handle with the V formed by your thumb and forefinger pointing toward the left side of your chest



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