



# DYLAN GOLF

## GRIP

“We strike a golf ball with the head of the club, and we hold the club with the hands. It follows, therefore, that the method of holding the club must be of real importance. The manner of holding any tool or implement must obviously be suited to the way in which it is used, if the best results are to be obtained.” Ernest Jones 27

I like to use the example of holding a table tennis bat. Our hand goes onto the bat handle very naturally neutral because the bat handle is flat on both sides. The bat itself becomes an extension of the palm of our hand so we instinctively know where the bat is and what we are doing with it while playing table tennis. In golf, especially the right hand for a right-handed player, the hands needs to be placed so that the club head becomes an instinctive extension of the right hand. This way we know where it is and is very important for the compressing action of the golf ball.

There are three general types of grip. The overlap, the interlock, and the baseball. The first is the little finger of the right hand overlaps the left between the forefinger and index of the left. The next is interlocking the little finger of the right with the forefinger of the left. The last is a baseball grip; hands simply touch each with no overlap or interlock. The preference is yours.

A neutral grip is very important if we want to simplify this game and will save more than a little grief later on as I have experienced with many students who had to change their grips after many years playing inconsistently with a faulty grip.

