

CORE-BREATHING 4 GOLF™

The Missing Link in Your Golf Game

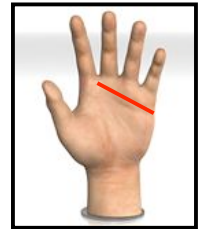
LESSON 3: HOW TO DEVELOP THE MOST EFFECTIVE GRIP

Each hand serves a different function when driving the club into the ball – and each hand can have a big effect on your performance. Any professional will tell you: the correct grip is essential to accurate striking and the effective transfer of force into the ball.

The following sequence sets you up with the best overlapping grip to drive your club on both the backswing and forward swing, from start to finish.

How To Position Your Left-Hand Grip

1. For a right-handed player, start by placing your left hand, utilizing the proper size grip with the butt end seated into the **distal transverse crease** of your palm.
2. Once the butt end is firmly set, wrap your left pinky fingertip pad around the grip, and then place your left thumb to the right of center.
3. Engage your ring-finger and middle-fingertip pads with pressure around the grip for stability. The index finger has the least amount of pressure on the grip. The pinky fingertip pad maintains the most grip pressure throughout the swing.
4. Position your left hand so the back of it faces the target. The V of your left-hand (where thumb meets index finger) should point toward your right eye.



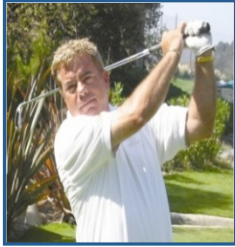
How To Position Your Right-Hand Grip

1. Place the pad of your right palm over your left thumb. The V formed by your right thumb and index finger should point toward your chin, with the thumb to the left of center on the grip. This positioning optimizes your strike force at impact.
2. On the right hand, the two middle fingers wrap around the grip without touching the left thumb. The most pressure is equally distributed through the ring fingertip pad, pinky fingertip pad and against the left-hand index finger.
3. Placement of the right index finger starts at the third joint (where the finger connects to the palm). Position and press this finger around the left thumb, bringing the right index finger around the grip and touching the right thumb. This forms a push-pull effect, where the left hand is pulling back and the right hand is pushing the club head forward into the ball.

4. The right pinky finger wraps around the club, landing in the groove between the left index finger and middle finger. This creates a locking force for the ring-fingertip pad.

There are 6 steps to energize your grip. By signing up for our Core-Breathing 4 Golf Instruction program you will receive the handout that describes this process.

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