

# CORE-BREATHING 4 GOLF™

## *The Missing Link in Your Golf Game*

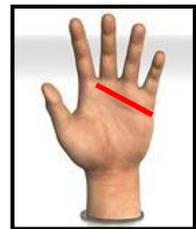
### **LESSON 3: HOW TO DEVELOP THE MOST EFFECTIVE GRIP**

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.

## How to Energize Your Grip

**KEY CONCEPT:** The three main points of pressure are in the left-hand pinky finger, the right-hand pinky finger, and the **strike-force point (SFP)** in the right-hand (see below).

1. With hands in position, engage your upper core with an exhale-pause, releasing your shoulders to a neutral, down position. This lets the hands take shape in a supple, fluid way.

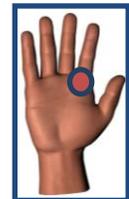
2. Inhale into your upper core and pause the breath. Bring your focus to the left-hand pinky fingertip pad as you generate muscle tension in your upper core. This creates a pressurized relationship between your upper core and your left pinky fingertip pad and thumb. The thumb is to the right of center on the grip. The ring- and middle-fingertip pads wrap around the grip to stabilize the club.

**REMEMBER:** The index finger wraps around the grip with the least amount of pressure; keep the most pressure in the pinky-thumb connection.

3. Shift your focus to right-hand activation. With your upper core still engaged, begin the swing with ring-, middle-, and pinky-fingertip pads holding the most pressure.

4. Place the pad of the right palm on top of the left thumb by rotating your wrist, creating a locking pressure as the thumb presses down. The thumb is positioned to the left of center, wrapping the index finger around to touch the thumb.

5. The index finger sets up the **strike-force point**, located at the base of the index finger where it attaches to the palm. Through the thumb and index finger pinching together, the grip becomes married to the bone. This point drives the strike force to the club head, ultimately passing the energy into the ball during your release and crossover.



6. Finish by activating pressure in the pinky fingertip. This pressure locks in place with the same amount of strength as the ring fingertip.

*By directing your core-breathing,  
you can shape your grip.*

**“Repetition is Key!”**

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