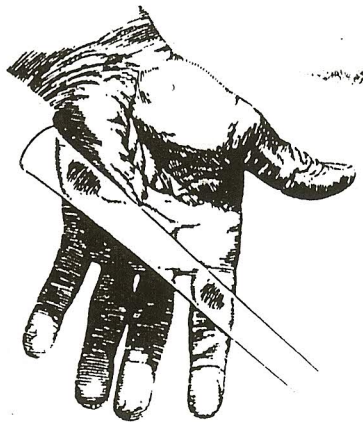


# The Grip

## *Left Hand*

Place the club so that the shaft is pressed up under the muscular pad of the heel and also lies across top joint of the forefinger.

The main pressure points are the last three fingers and the heel pad. The V should point to right eye



## *Right Hand*

A finger grip. The shaft should lie across top joint of the fingers, definitely below palm. The two middle fingers apply most of the pressure. Practice with the thumb and the forefinger off the shaft. The V points directly to the chin

