

THE GRIP

There are three distinct grips (*Standard*, *Solomon*, and *Irish*). Most players use the Standard grip and it is advised that this be the grip to begin with.

Standard



The *Standard Grip*: The shaft is grasped near the top with knuckles of hand pointing forward and the thumb up. The lower hand supports the back of the shaft with knuckles pointing backwards and thumb down.

Solomon



Solomon Grip: Both the upper and lower hands grasp the top of the shaft with knuckles forward and thumbs uppermost.

Irish



The *Irish Grip*: The knuckles of both hands point back with both thumbs pointing down. The grip is generally lower down the shaft than with other styles to allow for backswing.

It is strongly advocated that whichever grip you decide to use that you should keep both hands together so that they work as a unit.

Most right-handed people have their left hand on the top and obviously, it is vice versa for left-handers.

It is important that the player feels comfortable with his grip. It is more important that you feel natural and right than to have your enjoyment spoiled by being forced to use a "correct" grip.

When trying different grips you should use an objective test to determine which works best; hit a large number of balls at a target over different distances and record the result. Give yourself a chance to get used to a grip before making a decision to use or discard it.

Whichever grip is used, players need to develop "soft hands" - gripping the handle firmly but without squeezing it tightly, and above all not tightening the grip before impact when hitting a ball.