

Swing thought...

MATCH YOUR RELEASE TO YOUR GRIP STYLE

A look at the world of tour pro golf shows us it is quite possible to play great golf with a variety of grip hand positions. Zach Johnson would be a great example of a strong-grip player – lead hand more on top of the handle, trail hand more underneath – while Jon Rahm's hold is relatively weak, with the palms more to the sides of the handle. The key for these two players – and for you – is that they match their release of the golf club to their hold. Let's see why this is important... and how you can make sure you are doing the same thing.

STRONG GRIP: DEVELOP A 'HOLDING-OFF' RELEASE



1 DIGITAL WATCH

In a strong grip, the Vs formed by thumbs and forefingers point towards the trail shoulder and three or more knuckles are typically visible on the gloved hand as you look down.



3 BODY SLAM

Your release pattern, then, needs to be one that limits forearm rotation. The best way to do this is by hitting not with your hands and arms, but with your body. Rotate hard with your lead hip and shoulder and your hands and arms become more passive. That's why strong-grip players often look quite face-on to the target at impact.



2 COMING ON STRONG

If this is your preferred hold, you need to be aware that it's a grip that puts the clubface into a strong or closed position. Here in the delivery position, the clubface is already looking down at the ball. If the hands and forearms were to over-rotate from here, the face would look left at impact and you'd hit some big hooks.

**WEAK GRIP
TURN TO
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STRONG GRIP

BENEFITS

- ◆ By putting the clubface into a strong or delofted delivery position, it encourages shaft lean... adding power.
- ◆ It moves the trail forearm into more of a 'karate-chop' position, a stronger one in terms of transmitting force.

WEAKNESSES

- ◆ It takes flexibility to turn your body hard through impact, and not everyone can do it.
- ◆ The strong clubface is constantly at risk of over-rotating and hitting damaging hooks.