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## Palm Grip

### Left Hand:

- Place left hand on grip first. Hold club with grip at waist height and shaft pointing up about 45 degrees from the waist. This angle of the grip provides the best position to apply the left hand.
- Place grip along the base of LH fingers and BELOW the pad of the palm. Palm pad sits directly on top of grip, providing a strong Left Hand position, which makes it easier to square the clubhead. This hand position also helps create 90 degree angle of the shaft and the left arm at the top of the backswing.
- Thumb pad is directly above the grip but it doesn't touch it since the grip lies under the left palm pad.
- Point thumb to the top right side of grip, at 1 o'clock position (assuming the top middle is 12 o'clock).
- LH "V" points to the right ear, 2 knuckles should be visible when facing the golfer at address.
- The LH grip is held securely by the thumb and the last 3 fingers but the grip should not be squeezed.

### Right Hand:

- Place RH on club from underneath grip. Palm should be facing the sky when the RH is applied.
- Do NOT apply RH with palm facing target line (the "shake hands" position). This prevents the right wrist from properly hinging which is necessary for the natural golf swing.
- The grip should run diagonally from pad of index finger and just left of the MIDDLE of heel pad, leaving space for thumb.
- The RH grip MUST NOT be placed under the RH palm pad as it is with the LH. If you place the grip under the palm pad of the RH, you cannot keep the grip parallel with the right forearm. If the grip is below the palm pad you cannot create a single plane swing, the club shaft will be on a different plane.
- The top 3-4 inches of the Grip must be PARALLEL to the bottom edge of the right wrist and forearm.
- The Butt of Grip should NOT be visible when the golfer is viewed from behind, looking down the target line.
- The index finger should be extended to a "trigger" position, leaving about .5" gap between it and 2nd RH finger.
- There should be about .25" space between thumb and middle finger of RH.
- The pad of the R thumb should stay on the right side of grip; don't weaken by allowing pad to move to left side of grip!
- The Thumb is placed at 11 o'clock. The "V" should be parallel with R forearm and point to R shoulder.
- I prefer a 10 finger (baseball) grip. The key is to keep the hands together and not let them separate. You can use a 9 fingers grip by overlapping your right pinky over your left index finger.
- The proper RH grip promotes the NG stance, with the right shoulder lower than the left, spine & head angled away. The Left thumb should fit snugly between the middle of RH palm and the bottom two fingers on the RH.
- Use moderate GRIP PRESSURE.
- Try playing without golf glove for better feel. Two of the best rounds I ever shot was without the glove.
- Note: It's very difficult to use a Natural Golf hand position on a conventional/standard size grip. The standard grips are designed to be held in the fingers and are too small to be held effectively in the palms of your hands.

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