

Grip - Making Sure your Hands and Fingers are "Together"

by Bob Menzies, PGA Professional

All too often I will see a new student who's hands or fingers are not properly placed on the club/grip. Sometimes their hands, and especially their fingers, are not acting as a **"togetherness"**. We would all like to have our hands and fingers **united** on the club/grip itself. When your hands and fingers are not "together/connected", then your hands start to work independently from one another. If there are any gaps between your hands and fingers, then your hands almost start to act like a brother and sister fighting - in which there is no harmony/unity.

Whether you choose to play with an overlapping, interlocking, or ten-fingered grip is purely based on your own personal preference. The size of the grip installed on your clubshaft can also be adjusted slightly for hands that are exceptionally large or small. For example, your hand size, grip size, finger length, or even the strength and flexibility of your fingers and wrists, can all determine whether you might need to use an overlapping, interlocking, or ten-fingered grip. (Please refer to my web site at www.bobmenzies.com for further information on obtaining a proper grip/hand position). However, once your hands are properly positioned on the club/grip, what then matters most is that your fingers are **together**, as well. One of the best quotes I ever heard about proper placement of the hands on the club/grip at address was from golfing legend, Jack Nicklaus. He said, *"When my hands are on the grip, I always try to occupy the least amount of space on the grip as possible"*. He was referring to not wanting any gaps or spaces between his hands or any of his fingers while they are positioned on the club/grip.

Please keep in mind that during the initial stages of changing your grip, you may feel uncomfortable. However, with repetition, that uncomfortable feeling will soon go away.