



HOLD, DON'T SQUEEZE

The grip is your only connection with the golf club and therefore plays a crucial role in determining the quality of the shot, says PGA pro Michael Balderstone.

MOST GOLFERS grip the club too tightly, especially in pressure situations like on the first tee or finishing off a good score.

To get the correct feeling, imagine you are holding a tube of toothpaste without its lid on. Too much pressure will release the toothpaste, but the correct amount of pressure (that would not squeeze out any toothpaste) combined with the proper placement of the hands, will give you your greatest chance to produce longer, straighter shots.

If you grip too tightly, your arms and shoulders will be tense and your wrists won't hinge properly. This leads to a serious loss of power and control, and a complete loss of rhythm. Gripping the club too tightly can also cause thin, weak shots that slice. A lighter grip enhances wrist hinge – a vital power source in the swing. This light pressure also increases the amount of clubface rotation, thus improving your chance of squaring the club at impact.

It may feel like you are losing control of the club, especially at the top of the backswing – ignore this feeling and give away 'control' to gain control. Relax your grip – it's not a white-knuckle ride, it's only golf!



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