



## Talking in the 19th Hole

### WEEKLY TRAINING 3

THE GRIP. There is no perfect grip. Proof of this is that there are good players with different grips. There are good players with weak, neutral, and strong grips (due to the rotation of the hands), and there are those with interlocking and overlapping grips (due to the way the hands are joined). However, the relevance of the grip is evident with phrases like these:

- “A good swing starts with a good grip.”
- “I’m only as good as my grip.”
- “A good grip does not ensure a good swing, but a bad grip is the most likely cause of a bad swing.”

The relevance of a good grip is because the hands are the only part of the body that comes into contact with the club. The hands control the angle of the clubface during the swing and especially at impact, where it counts most.

Even though there is no perfect grip, there are some details that characterize an efficient grip. Let's see some points:

- The left hand.
  - When closing the hand, the grip is held primarily by the fingers.
  - The thumb is placed to the right of the center of the grip,
  - The vertex formed by the index finger and the thumb points between the chin and the right shoulder.
  - 2 or 3 knuckles are visible depending on the size of the hand, and another reference is to see the glove logo.



- The right hand.
  - The right-hand holds the grip mainly in the fingers.
  - The lifeline and the cushion under the right thumb cover the left thumb.
  - The right thumb is to the left of the center of the grip.

- The vertex formed by the index finger and the thumb points between the chin and the right shoulder.
- The right index finger is in the form of a trigger or hook.



Among the ideas that I use the most to improve the grip of my students are:

- Place a tee in the middle of the thumb and right forefinger. If the grip is taken correctly, the tee will be slightly to the right of the center of the grip. This drill helped me correct my grip, even though I had been holding it badly for 30 years.



- Open and close the hand. I ask the player to open his right hand and check that the grip is on the fingers.



- No gaps or holes. As the hands are the only part of our anatomy that is in contact with the club, I pay great attention that my students do not have holes in their grip. If the grip has holes, the transmission of energy generated by the body's movement will leak. If the hands are well placed they will be able to work as a unit.



- Shape the grip. In this exercise, the student puts his hands in front and apart, simulating the correct position of the grip. Then he joins them together and separates them over and over again. This helps to achieve a correct grip naturally.



- Observe the grip. I help the students to place their hands correctly on the grip. Next, I ask them to observe their hands to learn the technical details of a correct grip and check it frequently.



When we correctly place our hands on the grip, it should feel like two pieces of a puzzle are joined. Joining your hands correctly in the grip is the first step to reaching the correct positions throughout the swing.

An excellent full grip unifies the hands, encourages them to work together, and sensitizes the player to the position of the clubface during the swing. The hands work together, not in opposition. The grip is an alliance of the two hands, not a battle for supremacy.

A prevalent mistake in golf teaching is that we pros let beginning players make full swings with the right hand in a strong position and hold the palm's grip, which causes the player to swing with a dominant movement of hands. My recommendation for beginner, intermediate and advanced players to get used to a correct grip is to practice chip and pitch shots. As in these strokes, the swing is smooth and controlled.

They will allow you to get used to a correct grip. A proper grip will encourage the player to initiate the backswing with a dominant shoulder movement. The grip is not particularly comfortable for players at this stage of learning or change and is not intended to be.

Many golfers struggle their entire lives with grips that promote poor swing movements, poor ball contact, and variable flight paths. To persuade these players to change their grip, I have several stories illustrating the importance of a good grip. Unfortunately, many of my stories are unsuccessful because the students still have the wrong grip.

Players continue with their wrong grip because:

- They justify themselves by saying that they feel comfortable that way. I tell them that comfort does not mean that the grip is correct.
- They ignore details.
- They are not willing to go through that period of discomfort experienced when changing the grip.

Most of the professional colleagues I have worked with have a good grip. The grip says a lot about a person's level of play. Seeing a player with their hands well placed on the grip is like looking at a work of art.

It is never too late to get a good grip. I took it badly for 30 years. If I can change it, surely you can too. To see some details of the grip visit:

<https://youtube.com/playlist?list=PLsYr1uC75ERjk5eSCfUtF10sCicXX9Bjz>

## THE SEQUENCE IN THE CHIP

Players who have a poor sequence in full swing invariably have it in their chip shot. A good strategy to help these players is to train the chip by doing the correct sequence.

The sequence in the backswing is initiated by the shoulders and followed by the arms, hands, and the club. The downswing sequence of movements is first the lower part of the body (feet, knees, hips); second trunk or torso (abdomen, chest, shoulders); third arms and hands; and fourth the club.

The start and accompaniment of the lower body on the forward swing are very subtle, but it does exist, especially on long chips.

Exercises to develop the correct sequence on the chip:

- The inclined inverted prayer. Take the chip address without a club. Spread your hands, bring them together, and lean them slightly from left to right. Turn your shoulders on the backswing. Take a slight pause. Continue swinging forward in the correct sequence.



- The engines. Take the swing imagining that the engines are shoulders in the backswing and lower body in the forward swing. If these motors dominate the movement, the sequence will be correct.



- Show the grip. In the address for the chip, take the club from the shaft. The grip will be on the left pelvis. Turn your shoulders. Take a slight pause. Start the downswing in the correct sequence. Hold the angle of the wrists so that at the finish, you show the grip.



- The 1-2. In a normal chip address, count one on the backswing, two on the forward swing. Mark the transition.
- Hold the triangle. Imagine that the shoulders, arms, and hands form a triangle in address. Hold the triangle on the backswing and forward swing.





- Butt end stuck to the navel. Place the butt end of the club on the navel and take a little grip on the shaft. Turn your shoulders on the backswing and turn your abs and chest on the downswing. Keep the club connected to your navel.



<https://www.youtube.com/watch?v=OIVQOcD1Pyk&index=12&list=PL08A19072F094A817>

<https://www.youtube.com/watch?v=dkrXFwj6mh0&list=PL08A19072F094A817&index=13>

[https://www.youtube.com/watch?v=KCKUZAe\\_Izw&list=PLkNO-D-4wcwXWsbKONROAkCkdrCzFhKl&index=3](https://www.youtube.com/watch?v=KCKUZAe_Izw&list=PLkNO-D-4wcwXWsbKONROAkCkdrCzFhKl&index=3)

Improving your grip on address and sequence on the chip will make you a better player. **FORE.**

Mateo Melgar Ochoa – Golf Pro

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