



GRIP-A-LINE



GRIP IT

Fundamentals of
the Golf Grip

Because consistent shotmaking
demands a consistent grip.

© 2024 CorleyQ Enterprises LLC
<https://grip-a-line.com/>



The “GRIP IT” Fundamentals

Welcome to the 'GRIP IT' Fundamentals. Mastering your golf grip is essential for achieving consistency and precision in your game. This guide uses the 'GRIP IT' acronym to break down the complexities of the golf grip into simple, easy-to-remember elements. Whether you're a beginner or an experienced golfer, these fundamentals will help refine your grip and enhance your performance.

G Grip pressure

R Relax

I Incline the shaft

P Pad at 12 o'clock

I Index at 3 o'clock

T Hands **T**ogether



Grip pressure



Grip pressure

Find the perfect pressure for control and flexibility

“Good golf begins with a good grip.”

Ben Hogan

The Importance of a Proper Grip

A solid golf swing starts with a proper grip. Your connection to the club is crucial for consistency and control. Inconsistency in your grip leads to unpredictable swings. A poor grip can give rise to other issues, such as losing your feel for the club, difficulty in swinging on plane, and unwanted movements of the clubface during your swing.



Grip With Your Fingers

Ensure the club is held with your fingers rather than in the palms of your hands.

For your gloved hand, the grip of your club should sit diagonally from the middle joint of your index finger to

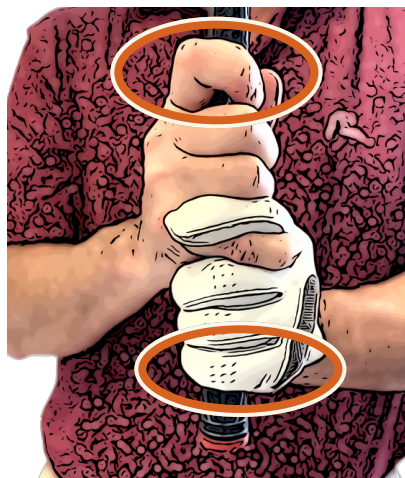


Grip pressure

the base joint of your pinkie. When wrapping your middle, ring, and pinkie fingers around the club, ensure the grip rests in your fingers, just below the pad of your gloved hand.

Grip Pressure

Focus your pressure on the pinkie of your gloved hand and the pinchers (index finger and thumb) of your non-gloved hand. Keep it modest, around 2-3 on a scale of 1 to 10.



Use modest pressure in the encircled fingers in your grip.

**“The pinkie and pinchers
should be the clenchers.”**

GRIP-A-LINE™



Relax



Relax

Keep your hands and body relaxed for a natural swing

“Relax? How can anyone relax and play golf? You have to grip the club, don’t you?”

Ben Hogan

The Essence of Relaxation in Golf

Ben Hogan's quote might sound contradictory, but it highlights a crucial element in golf - relaxation. In actuality, Ben emphasized the importance of relaxation to enhance the delicacy of feeling in golf. This is essential for achieving a smooth and natural swing.

Relaxation and the Grip

Many golfers, both beginners and experienced, often grip the club too tightly, especially under pressure. This leads to tension in the hands, arms, and shoulders, transforming a dynamic setup into a rigid posture, ultimately losing the feel for the club and the swing.



Relax

Focus on Light Grip Pressure

We've discussed focusing grip pressure on the pinkie of your gloved hand and the 'pinchers' (index finger and thumb) of your non-gloved hand. All of your other fingers should remain relaxed. They play a supportive role and should not contribute to tension.



Visualization

Imagine your fingers as passengers on a journey, with only the 'pinkie and pinchers' actively driving the swing. This mindset helps in maintaining a relaxed yet controlled grip.

**“If you think golf is relaxing,
you’re not playing it right.”**

Bob Hope



Incline the shaft



Incline the shaft

The right shaft angle for effective clubface alignment

Align the Clubface First

Begin by aligning the clubface to your target. Square the clubface to your target line, with grooves perpendicular to it. This initial step enhances accuracy from the outset.

Correct Shaft Inclination

When using an iron, allow the shaft to tilt slightly towards the target. Ideally, it should point just beside your belly button - not directly at it. In the accompanying image, observe the 'Y' shape formed by the arms and the club, highlighting the subtle tilting of the shaft. This positioning promotes proper clubface alignment and impactful shots.

Don't over-tilt the shaft. Excessive angle can disrupt alignment and lead to swing issues.





Pad at 12 o'clock



Pad at 12 o'clock

Positioning your lead hand for optimal grip

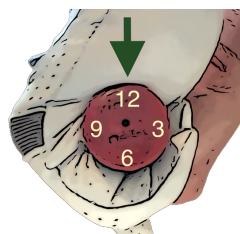
The Pad is at 12 o'Clock

Ensuring the pad of your lead (gloved) hand is correctly positioned on the club's grip is crucial for a reliable and consistent grip.

Position the pad of your palm directly on top of the club's grip, aligning it with the 12 o'clock position. This positioning helps maintain a balanced and neutral grip.

Grip Strength

With a correct grip, you'll see two knuckles on your lead (gloved) hand. Utilizing the GRIP-A-LINE™ alignment marks on your golf glove can simplify hand positioning. When aligned correctly, these marks should point straight down the shaft, and the back of your hand facing your target.



The pad of the gloved hand sits at the 12 o'clock position on the grip of the club.



It's easy to see if the markings are aligned.



Pad at 12 o'clock

As illustrated below, a “weak” grip is achieved by rotating the hands toward the target and a “strong” grip by rotating away from it.



WEAK



NEUTRAL

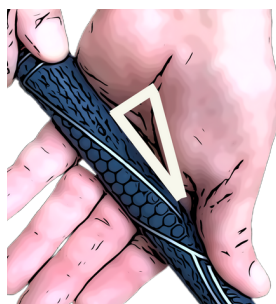


STRONG

Illustrations of “Weak”, “Neutral”, and “Strong” grips, each showing Grip-a-Line alignment.

Mind the Gap

A correctly positioned grip creates a gap between the palm and the top of the club's grip. Your thumb should rest atop the grip, slightly angled (11:30 for right-handers, 12:30 for lefties). Remember, the thumb should be relaxed, without exerting downward pressure.



Location of the gap created in a proper grip



Index at 3 o'clock



Index at 3 o'clock

Aligning your trailing hand for balanced power

Positioning the Index Finger

Place the first phalange of your index finger (bare hand) at the 3 o'clock position on the shaft, directly opposite your target.

The GRIP-A-LINE™ tattoo on your index finger should be directly on the side of and parallel to the shaft.



Index finger with a GripRite tattoo, showing its alignment with the club shaft.

The Role of the Pinchers

Your index finger and thumb (the “pinchers”) are crucial in controlling the club:

- **At the Top of the Backswing:** The index finger supports the club.
- **At Impact:** The index finger helps compress the golf ball.
- **After Impact:** They facilitate the club's toe release.
- **End of the Swing:** The thumb supports the club.



Index at 3 o'clock



Index finger support
at top of backswing



Thumb support at
swing finish

GRIP-A-LINE™ Ensures Your Grip is Square

Check your grip by raising the club face and examining the GRIP-A-LINE™ tattoo on your index finger. It should be parallel with the shaft for a neutral grip. A misalignment indicates a “strong” or “weak” grip, which might inadvertently open or close the clubface during your swing. For most shots, a neutral grip is optimal, although a strong or weak grip may be useful when trying to shape a shot.



WEAK



NEUTRAL



STRONG

Close-up images of “weak”, “neutral”, and “strong” grips, showcasing the GRIP-A-LINE™ tattoo's alignment with the shaft for each grip type.



Hands **T**ogether



Hands **T**ogether

Uniting your hands for a cohesive and powerful grip

The Right Positioning

Place your hands on the club so that they feel connected above the grip of your club. The pads of your bare hand's palm should press firmly against the thumb of your gloved hand. Ensure the thumb nestles comfortably in the 'lifeline' of your bare hand. This alignment creates a harmonious union between both hands, enhancing control and stability.

Secure them by either interlocking or overlapping the pinkie of your bare hand with your index finger.

Why It Works

This hand placement ensures that your hands work as a single unit, preventing any independent movement that could disrupt your swing. It's about creating a seamless connection that translates to more consistent and powerful strokes.





Online Instruction from Golf With Aimee

Improve Your Game

Enhance your grip and elevate your swing with online instruction from Aimee Cho

At GRIP-A-LINE™ we are avid fans of the Golf With Aimee online golf instruction and love sharing it with those seeking to improve their game.

The following pages feature links to Aimee Cho's free and premium online content, covering the FUNdamentals of the golf swing using a “simple, fun, and effective” approach.

An NCAA All-American who played for the University of Florida, Aimee was a touring pro for 10 years and competed in multiple US Opens. As an LPGA Class A TPI certified coach, she is the creator of online instructional golf content and has appeared as a broadcaster on CBS Sport Central and NBC Golf Channel's Morning Drive.



Subscribe to the [Golf with Aimee](#) YouTube Channel for an abundance of free content from Aimee Cho.



See [mpswing.com](#) for more free and premium content from Aimee Cho.

The links on this and the following pages are provided as our recommendations for instructional content and do not imply endorsement of GRIP-A-LINE™ by or affiliation with Golf With Aimee, Aimee Cho, or mpswing.com.



Online Instruction from Golf With Aimee

The next two pages include QR codes and links to free video content by Golf With Aimee on the grip as well as the golf swing as a whole.



Free grip instruction:
[How to Grip a Golf Club](#)



Premium content:
www.mpswing.com

The FUNdamentals - Level 1



[Set Up](#)



[Body
Rotation](#)



[How to
Grip a Club](#)



[Small
Swings](#)



[Half
Swings](#)



[Full
Swings](#)



Online Instruction from Golf With Aimee

The FUNdamentals - Level 2



Takeaway



8 o'clock
Position



3/4 Position



Coil



Shoulder
Angle



Elbow
Position



Downswing
Transition



Release



Hip Turn



Weight
Shift



Left Wrist
Bow



Re-hinge
& Finish



GRIP-A-LINE



© 2024 CorleyQ Enterprises LLC

<https://grip-a-line.com/>

GRIP-A-LINE™

Patent pending

Contact us: support@grip-a-line.com

Visit our
website

