



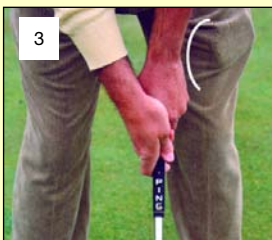
## THE GARY PIKE GOLF ACADEMY

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### If I had a perfect grip

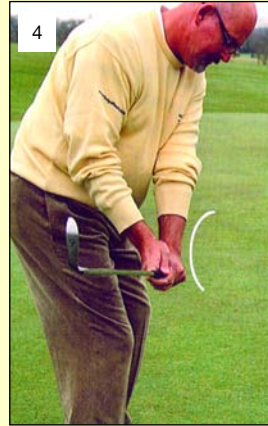
The grip has more than one function within the golf swing. It obviously connects the club to the arms, but equally important roles are; creating leverage and shaft lean through impact. This article is written for a right handed player. If you are left handed, the opposite applies.



**Assembly**  
Firstly let's assemble the left hand on the club. The club's grip should run along the base of the fingers (pic 1) and as the hand is folded round the club you should see two things; three knuckles of the left hand and a slight dish shape in the back of the hand (pic 2).

You need to decide if you will use the

interlock, overlap or two-handed grip. I am not concerned which one you choose, but it is vital that the right hand is pulled up close to the left (pic 3), which will encourage the grip to work as a unit.



### Grip Pressure

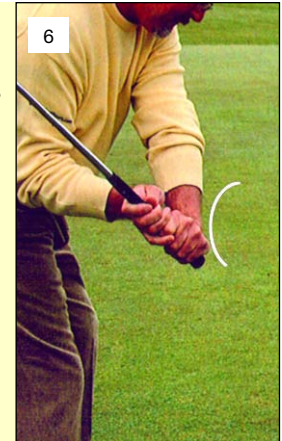
It is imperative that the pressure remains soft during most of the swing. Inevitably the pressure increases during the downswing and in to impact, but as the grip forms the hinge between the top lever (left arm) and the bottom lever (the club shaft), the softer the grip. This will create greater angles which in turn provide improved leverage and added distance.



### The Dish Angle

The slight angle you create in the back of

the left hand is a vital component of the grip as it is required to lever the club and create clubhead speed and distance. This angle does not change through 90% of the swing. As in picture 4 (halfway in backswing), picture 5 (top of the backswing) and picture 6 (halfway in downswing) the angle is unchanged.



### Impact

Due to centrifugal force, the shaft of the club rises slightly at impact and the line between the shaft and the left arm is pulled into alignment. This is the only time the dish angle flattens and bows fractionally (pic 7). However, picture 7 also shows the alignment of the hands; they have returned to their start position albeit slightly forward.