



Consistent Golf Swing·ology

[the study and application of building
a consistent golf swing]



longer.
straighter.
more consistent.

Lesson 2 - How To Find The Perfect Grip Pressure For You

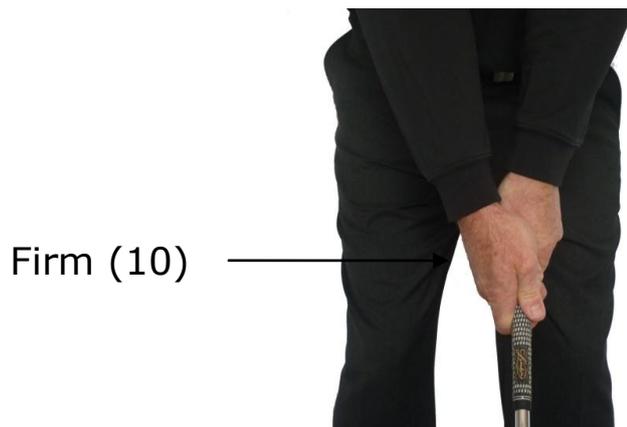
To have a consistent golf swing you don't want to hold the club so tight that you restrict your golf swing, and you don't want to hold the club so loose that you lose control of the club.

So you need a grip pressure in-between those two extremes.

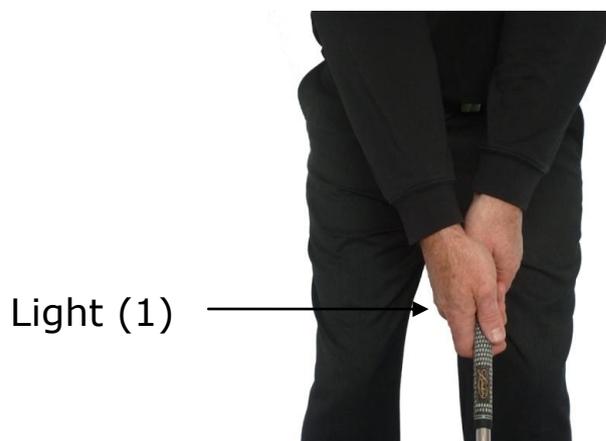
How can you form a grip with perfect grip pressure and make it consistent?

Well, when you grip the club you will instinctively know what a "firm" grip is for you; and you will also know what a "light" grip is for you.

So after forming your perfect grip, then give the club a firm squeeze and hold that for 2 seconds.



Then after doing that, let your grip relax so that you're holding the club loosely for 2 seconds, and notice that feeling.



Now find the perfect grip pressure for you that will be roughly in-between those two extremes.

If you were to number 1 as an extremely light grip, and 10 as an extremely hard grip, then I want you to number your perfect grip pressure.

It might be a 6 for you. It doesn't need to be 5. You may prefer a slightly firmer grip or a slightly softer grip. But when you find that perfect grip pressure, I want you to say inside your head "perfect grip pressure" followed by your number. And then start your swing.

"Perfect Grip Pressure"



So that's how you can create perfect grip pressure for you, and have it be consistent. I want you to add that process to what you're already doing to take the golf grip out of play.

When you follow these instructions, it's going to greatly help you to build a consistent golf swing - so don't take this for granted. And if you can find the time, you should test out your new grip and grip pressure when you're hitting golf balls, to make sure it's right for you.