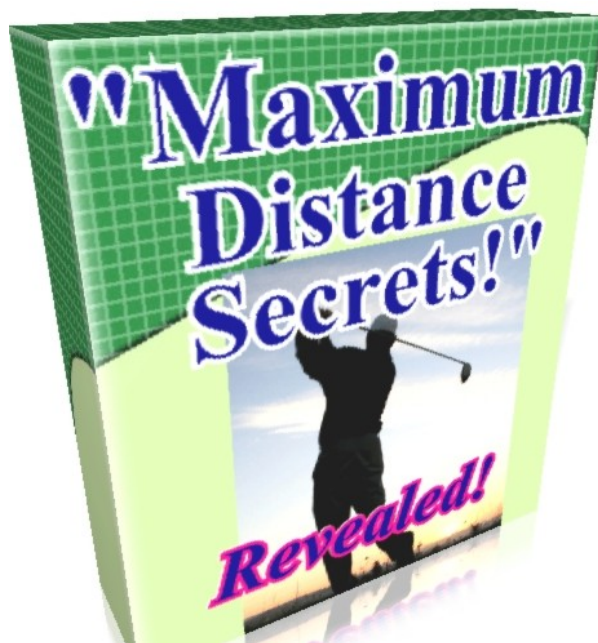


Strictly Off The Record
**"Smart Grips For Smart
Golfers!"**
Mini-Report



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I.The Grip

For all you beginner golfers out there, you may not be putting as much time and energy into your grip as you should be.

And for this mini report, we are using the term "grip" to describe your act of holding the club, not the physical grip of the club.

When they start out, most new golfers are more concerned about swinging the club for distance and hitting the ball a mile.

However, as you get more familiar with the game, you'll realize that *how you hold the club* influences your swing and the quality of the impact you make with the ball.

A. Individualizing Your Grip

Many top golf players have a unique grip, one that they personally came up. And each one is different than the grips of their competitors'.

You can certainly develop your own unique grip as you progress through the game.

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The perfect grip is one which allows you to have complete control of the club and which provides a feeling of connection between your hands and all the way down to the clubhead.

Your arms and the club become a single entity that connects by the shaft. The grip should not be too tight or it will create tension in your arms and hands, which then impairs the fluidity and flexibility of your swing.

B. The Trigger

In most discussions of the grip, excessive attention is given to how many knuckles should be visible or which eyeball the “Vs” should point at. But, too little focus is placed on the fingers that are actually resting on the shaft.

For instance, take the so-called “trigger finger” of the right-hand.

Many players, more through carelessness than by design, put their right hand on the club as if they were actually pulling a trigger. In other words, the trigger finger is stretched away from the middle finger.

This can be a big mistake. A good grip enables the hands to work together, not fighting each other for control of the club.

The more space the hands take up, the more difficult it will be for them to work together.

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The less space that they take up, the more control you will have. So resist the temptation to “reach for the trigger” the next time you grip a club.

Instead, keep all of your fingers snugly together.

II. A Guide To 3 Basic Grips

Let's talk a little bit about your basic golf club grips. There are essentially three common types of golf grips:

A. Overlapping

B. Interlocking &

C. The "Baseball" Grip.

Each are simply variations of one another other. Which one to use will depend on the size of your hands, finger thickness, & hand strength.

A. Overlapping Grip

Made popular by a famous golf instructor, Harry Vardon, the overlapping grip is when the player grips the club with his left hand, which will be top. The club tip will rest near the area where the edge of the palm meets the base of the pinky finger. The shaft will cross close to where the ring & middle fingers connect, and then across the

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middle of the index finger.

Now the player curls his fingers from his left hand around the club. His right pinky finger should be snugly placed into the groove between his index finger and the middle finger of his left hand. The shaft should be resting naturally inside the channel that he created by curling the fingers from his right hand around the grip.

His right-hand thumb should be practically on top of the shaft, and pointing straight down towards the club head. His left thumb should be resting right next to the right thumb, which is also pointing down towards the shaft. Thus the 'overlapping.'

B. Interlocking Grip

The interlocking grip is another version of the overlapping grip. Basically, you utilize the same steps as you would for the overlapping grip, except that with this grip you will rest the right pinky in the groove between your left index finger and middle finger.

Next you interlock the right pinky with the left index finger. The interlocking grip seems to suit people who have smaller hands and short fingers. Young players and many women tend to find this grip perfect when starting out.

C. The "Baseball" Grip

The baseball grip is less conventional than the overlapping or

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interlocking grip. Another name for it is the “10 fingered grip” because all 10 fingers should be holding the club. Simply grab the club with the left hand close to your body. Then, insert your right hand into the grip. The hands will touch & all eight knuckles will be lined up on the under portion of the shaft.

The baseball grip is excellent for those players who do not have strong hands. It is a little easier to hold the club like this (probably because it's more familiar). And it makes it less troublesome to move your wrists around when making a shot.

1. The Difference

In golf, the definition of a *good grip* is different from what a good grip is in other sports.

For instance, a baseball player gets a good grip of the bat by placing one hand above the other and the bat is held tightly in the palms instead of the fingers. When the player swings the bat, a massive amount of force from the wrist is applied.

The player's hands act independently of one another while swinging the bat.

However, in golf, both hands must act as *one unit* rather than two separate forces. This is because right timing and accuracy are needed to create a perfect golf swing.

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Much more than what is required for a baseball swing.

A golf swing also has a smaller target area and a large margin for error. Baseball players, on the other hand, use a relatively bigger bat and attempt to hit a relatively larger ball. (Also, baseballs don't have to be hit with as much precision as golf balls do.)

III. Gripping Your Putter

Most golf students who have trouble putting all have one thing in common. That is, they tend to grip the putter in the exact same manner that they grip the other clubs in their bag: using an overlapping grip or an interlocking grip.

These students have no idea just how important it is to hold the putter differently for the best results.

A. The Reverse Overlap Grip

As stated above, there are all sorts of ways pros grip their clubs. But let's try discussing just one that has served a lot of people well in the past as far as putting goes.

To optimize your putting, let's try learning the “reverse overlap grip” which is a favorite with advanced amateur golfers & Tour professionals.

This type of grip will help keep the putterface perfectly square to the arc of your stroke.

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The face will also travel right down through the target line. Here is a very simple 4 step guide to using a reverse overlap grip.

Step 1: Take your putter with both hands and hold it upside down so that the clubface is pointing towards the sky. The grip should be right in front of your face, kind of like holding a baseball bat before a swing.

(Holding the club this way will help you learn the proper set up for the reverse overlap grip. If you try to find it by gripping the putter in its normal fashion, close to the ground, it may be too difficult to adjust your hands to.)

Step 2: Now take your left hand and place it on the putter handle. Your thumb should be pointing down the shaft and your index finger should be kept off it for now.

Step 3: The next step is to take the fleshy part of your right hand and put it on the flat part of the grip.

The thumbs should be pointing down. So far, if you have correctly followed these instructions, all of your fingers should be neatly wrapped around the handle of your putter. All except for your left index finger.

Step 4: Finally, take your right hand and slide it down the shaft until just your left thumbnail is covered up. Both of your thumbs should be pointing straight down the shaft, and your left index finger

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will overlap the fingers of your right hand.

Once you get used to putting with this grip, you should see an immediate improvement in your shots. It is important to hold the putter like this is because your standard grip (overlapping and interlocking) will cause unwanted rotation of the clubface.

This is obviously disastrous when you need a dead straight putt.

But wait!

There's A LOT MORE than was presented here!

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