The Golf Grip Instruction Manual

This manual is an overview of how to “Hold” the golf club. How we “Hold” the club is commonly referred to as our “Grip”.

There is another use for the word “Grip” in golf and this refers to a component is on the end of the shaft and is where we place our hands to “Hold” the golf club. Golf club grips are usually made of rubber, leather, or some composite material.

When someone says, “My grips are getting worn”, they are talking about their golf clubs and not their hands.

For reference this manual is for right handed golfers. Left handed golfers would do the reverse of what is shown.

A proper grip is essential to playing good golf consistently. The hands are the only part of your body that has a connection to the golf club. The way you personally grip the golf club will influence the clubface angle at impact and how fast you are able to swing the club.

A good grip helps return the club head square to the ball at impact without hindering the natural centrifugal force generated by the swinging of the golf club. You can play golf without a good grip, and some do it well, however a noted instructor once said, “If you don’t have a good grip, you don’t want to have a good swing.” And conversely, you need a good grip in order to have a good swing.

Every golfer has their own personal grip.
Hand Alignment Positions

There are three basic hand alignment positions with many variations in between.

The Weak Position
The Neutral Position

A Neutral position is defined as having the crease lines formed by the thumbs and the index fingers and they point to the right ear and toward the right shoulder.
A Strong position is defined as having the crease lines formed by the thumbs and the index fingers and they point to the outside right of the shoulder.
Every individual has their own personal “natural” hand position.

The way to find your “Natural” hand position is to stand tall and let your arms hang to your side, relaxed. From this position, the arms are hanging comfortably on your sides. Some hands will turn in more than others. Pay attention to the left thumb. For those lefties, simply do everything in reverse.

The thumb of the left hand indicates how the hands will be placed on the golf club. This will be your “Natural” position for placing your hands on the golf club grip.

This is my “natural” hand position. Since my thumbs are pointing inward I will need to use the “Neutral” grip. The more your left thumb turns to the right the “Stronger” your grip will be. The more your left thumb turns to the left the “Weaker” your grip will be.

My left hand is rotated slightly to the right so I will want it rotate it slightly to the right when I place my hands on the club.

This “natural” grip allows me to return the clubface to ball with the face pointed square at the target line.

If I were to place my hands in the “Weak” position I would hit all of my shots to the right.

If I were to place my hands in the “Strong” position I would hit my shots to the left.
The Types of Hand Placements

The Ten Finger Grip

The ten finger grip, or baseball grip, has all of the fingers of each hand touching the club.

The Overlapping Grip

The overlapping grip has the right pinkie finger “overlapping” the left index finger.

The Interlocking Grip

The interlocking grip has the right pinkie finger “interlocked” the left index finger.

No one grip is better than the other. The choice is your personal preference.
Hand Definitions
Left Hand

The left hand Grip Line is defined as a line from the middle knuckle of the left hand, across the knuckles of the other three fingers to the heart line.

The heel pad is placed on the TOP of the golf club grip.

Right Hand

The right hand Grip Line is more in the fingers.

The right hand thumb pad will COVER the left hand thumb.

Trigger Finger
Middle Knuckle
As you can see from the prior page the club is placed along the left hand grip line. The hand is turned slightly to the right placing the heel pad completely on the TOP of the club. Close you right index finger around the club.

If your hand is placed properly you will be able to lift the club.
Caution: Do not place the club under the thumb pad to do this—WRONG! It must be placed under the heel pad.

If you hold it under the thumb pad instead of the heel pad you won’t be able to wrap the rest of your fingers around the club.
Remember – this is the correct way.

Close the rest of the hand around the golf club. You will notice there is a small portion of the golf club grip not covered by the hand. Not gripping all the way to the end will afford better support at the top of the backswing. Some may call this “gripping” down on the club.

I have applied extra pressure in this photo to show how much heel pad is on top of the club.
Another check to see if the left hand is holding the club properly.

Having the heel pad on top of the golf club is very important. We put a line on this club to show the center top line. See how much the heel pad is on top.

Check the butt of the club. There should not be any gaps between the grip and the little finger.

The golf club is now being held in the proper left hand position. For me the crease formed by the thumb and the index finger is pointing between my ear and my shoulder. The thumb is slightly on the right of the club.
Now we add the right hand.

We place the golf club in the grip line of the right hand.

Slide the hand up into a comfortable position. Cover the left hand thumb with the right hand thumb pad.

The trigger finger middle knuckle will rest slightly on the right side of the golf club.

There should never be a gap between the upper thumb and the trigger finger. It should always have a crease line as in the upper photo.

The trigger finger middle knuckle NEVER goes under the club.
The completed grip looks like this.

Placing the hands on the club in the proper position should be practiced until it becomes second nature.

You should be able to do it with your eyes closed.

You should practice taking your grip for 30 minutes every day for a week before attempting to hit a golf ball!
Grip Points

The grip points for the left hand are the last three fingers. The thumb and index finger are for support at the top of the swing.

The grip points for the right hand are the two middle fingers and the thumb pad. The thumb pad applies pressure against the left hand thumb. The right hand thumb does not grip and remains soft but does provide support at the top of the club.

The trigger finger does not grip the club but the middle knuckle does apply some pressure against the right side of the golf club.
Grip Pressure

Much has been said about how tight the golf club should be held.

Some have said to hold it like you would hold a bird, but what kind of bird, and what are you going to do with it?

The accepted way to find out how tight to hold the club is a simple exercise.

Holding the club in both hands as lightly as possible, count from 1 to 10, and with each increment grip the club a little tighter with the number 10 being the hardest grip strength you have.

Do the exercise again but this time stop when you reach the number 4. This is the correct pressure for the golf grip.

Once you have a comfortable gripping pressure, be sure to hold that pressure constant throughout the entire swing. This allows you to swing the club head with centrifugal speed rather than manipulated force.