

Strong hook grip

Gripping method is super important in order to make strong impact to send hit ball to far away. The below picture shows there are three different method can grip a club, and usually Golf coach recommend beginner to take neutral grip, but I think you'd better to find your best grip while you train yourself, because each of people have different fit.

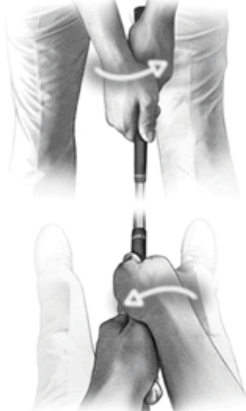
**Strong
Grip**



**Neutral
Grip**



**Weak
Grip**



Reference URL: <https://www.golfdistillery.com/tweaks/setup/grip/grip-strength/>

When I learn from my golf coach, she taught me to take Overlap method below.

- Front View -



Overlap

Interlock

Baseball



- Top Down View -



You can see more information at <https://www.golfdistillery.com/definitions/setup/grip/>