



AFTON GOLF CLUB

Member

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Guy Dawson
Head Professional

The Golf Grip

The golf grip is probably the single most important aspect of the golf swing. That is because the hands are the only part of the body that are attached to the golf club. It is through our hands that we “connect” to the golf club. When giving a golf lesson, there are several things I look for in my students’ grips. The first is that the hands look comfortable and relaxed on the club. I want to see the two hands working together as one unit, “complimenting” each other. I want to see a condition in the grip where the hands are soft and the energy is flowing, not blocked. So how do we keep the hand soft and relaxed on the golf club? Simple, don’t squeeze too tightly. Almost all golfers grip the club too tightly and when we do this, the muscles in our arms and fingers tense up and we lose our feel and connection to the club head.

So remember, soft hands create feel; tight hands create tension.

*Guy Dawson PGA
Director of Golf – Afton Golf Club*

Guy Dawson has owned and operated the Afton Golf Club for the past 21 years. He is a PGA Professional and Member of the Central New York PGA. Guy has been playing golf for 47 years and has given thousands of golf lessons. If you would like to Guy to give you a quick free of CHARGE check-up of your GPS system you can contact him @607 639-2454 or guyedawson@yahoo.com