

GRIP



(2 Knuckles Showing)

Target Hand:

- *Club diagonally across Palm and Fingers
- *Two Knuckles showing
- * “V” to rear of chin
- * No gap between thumb and index finger
- * Grip pressure slightly on the top hands last three fingers

Rear Hand:

- *Palm of hand to the target
- *Club in fingers not palm
- *One knuckle showing
- * “V” to rear of chin