

Don't Strangle the Putter!

Asian Golf Monthly putting guru **Paul Hurrion** suggests a drill that will enable you to discover the correct grip pressure you require when putting.

THE MAIN FOCUS when playing on fast greens is to ensure you do all you can to take the 'hit' out of the stroke.

The key to putting on fast greens is pace control. Pace control is the result of energy transfer from the body into the club. It is important to remember to 'swing

through the ball'. The key is to let the ball get in the way of the putter. Don't hit at it!

The only connection you have with the putter is via the grip ... and how much grip pressure you exert onto the handle can significantly alter the energy transferred from the body into the club head.



Constant 'grip pressure' for me is the key ingredient into consistent distance control with your putting stroke. The image here was taken at Quintic indoor putting laboratory, which serves as an excellent practice facility for pace control.

Avoid Muscular 'Gridlock'

If you can see the whites of the knuckles when you take your grip, you're already in trouble. Too much pressure in the hands reduces the feel in the forearms and shoulders; you end up with a muscular 'gridlock'.

► Here's a simple, yet very effective, drill I use to ensure you always have the correct grip pressure during your stroke.

Hold the club out in front of you horizontally using your normal grip (*pictured*);

► Slowly relax the grip pressure in both hands until the toe of the club starts to drop slightly (no more than one centimetre), as I am doing in the picture;

► At the moment the putter-head begins to fall, you have found your ideal grip pressure;

► Once you have that sensation, take your putting posture. My guess is that your grip pressure is now lighter on the club than it is when you are getting ready to make a putt. It should be. This lighter, more sensitive pressure will ensure that both hands work together as one unit during the stroke;

► In the majority of cases (for right-handers), the right hand is the dominant hand with the putting stroke. That can lead to trouble and inconsistency. For a balanced and repeating stroke, they must work together.

Conclusion

To establish the correct grip pressure, hold your putter out at arm's length and simply relax your hands until the putter-head begins to fall. At that moment you have found your ideal grip pressure. A light, sensitive grip will allow your hands to work together in balance. Squeeze the life out of your grip and you effectively squeeze the feel and rhythm out of your stroke.

Dr Paul Hurrion is among the world's foremost putting coaches. His passion for golf has led to a specialism in putting analysis and advice, assisting European Tour professionals and holding PGA accredited Putting Clinics. Through his work with Pdraig Harrington, he advised Hi-Tec on the bio-mechanical design dynamics of their new CDT Golf Shoe. For further information, visit http://www.quintic.com/quintic_putting_laboratory.htm or www.paulhurrion.com

Paul has recently designed a signature range of putters for GEL Golf. For further details on the GEL Putting Alignment Mirror, visit www.gelgolf.com