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Putting Grip to Stop the Flip

Getting the Handle in Your Lifeline is Fundamental to Great Touch!

By Top 100 Teacher & Golf Channel Lead Instructor, Brad Brewer

The Problem

Are you playing “army” golf with your putts? Miss to the left, miss to the right, stand up, sit down fight, fight, fight!? This can be extremely frustrating especially when you feel as though you have done everything right! Consider this: You could be making a perfect stroke with an incorrect position of the club in your hands.

What you typically do

Whether you are reverse overlap or cross handed, most golfers tend to grip the handle with the same grip as their full shots (see Fig 1)





Low in the fingers is correct if we desire to execute a “power hinge.” But not ideal for the one piece motion desired in a rhythmically accelerating putting stroke (Fig 2.)

What you should do

In your forward hand, grip the handle high into your life line and arc your wrist forward feeling the weight of the club head downward (Fig 3.) Notice that now the putter and forearm are directly in line. Do the same exercise with your back hand and then place both hands onto the putter. This new grip position will create a variety of good additions to your putting stroke. First off the shaft will be more upright causing your eyes to line up better over the ball, and, the arc to swing is more straight back and through.

Secondly, the putter will naturally release lower with the club face staying square to the target line for a longer period of time. Thirdly and most important is that your ability to control distance will greatly improve because the golf club, hands and arms are now swinging more in synch as a rhythmic pendulum motion.



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