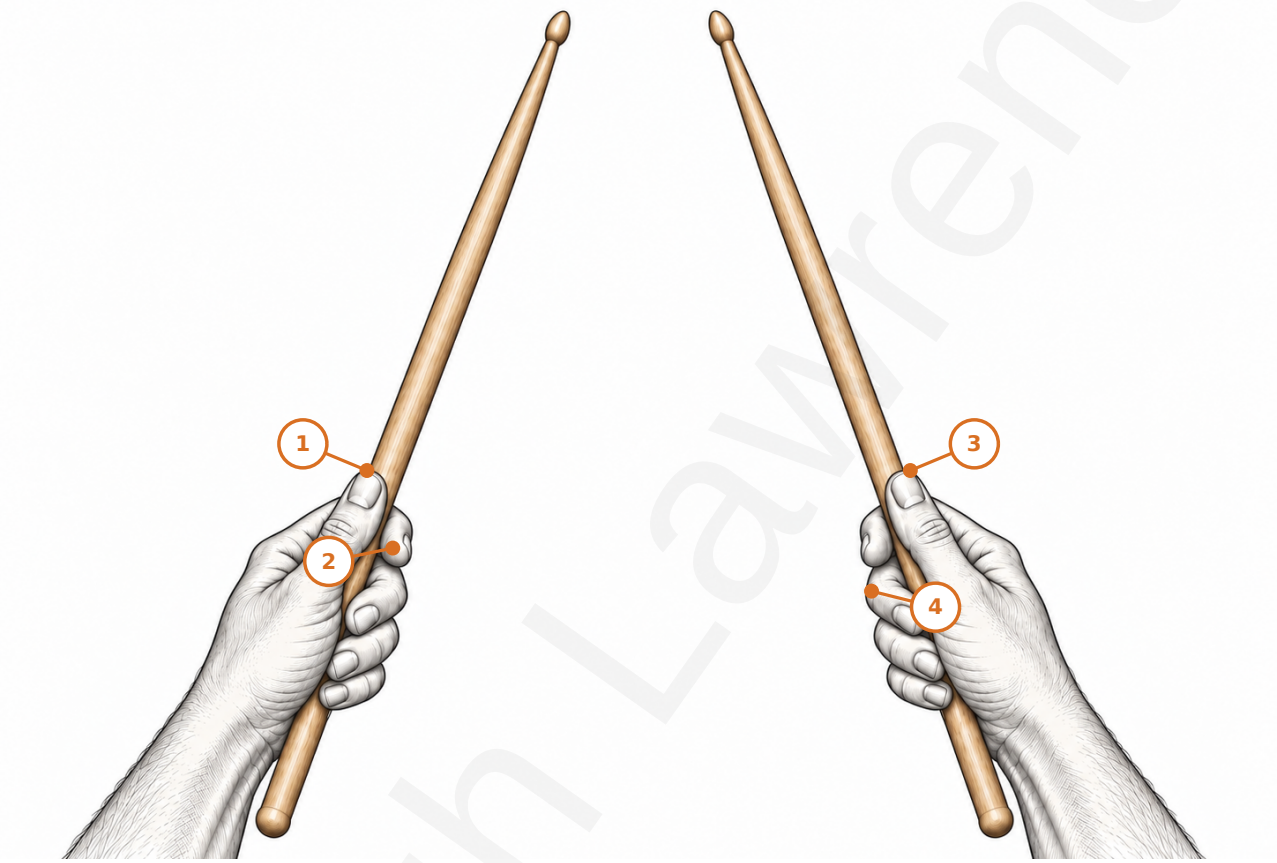
FRENCH GRIP

Matched grip - thumbs mostly up



1 THUMBS ON TOP

Thumbs point upwards.

2 PALMS INWARDS

Palms face each other.

3 FULCRUM

Thumb pad opposite the index finger.

4 USE THE FINGERS

Guide the rebound with your fingers.

RELAX • KEEP WRISTS STRAIGHT
LET THE STICK REBOUND

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