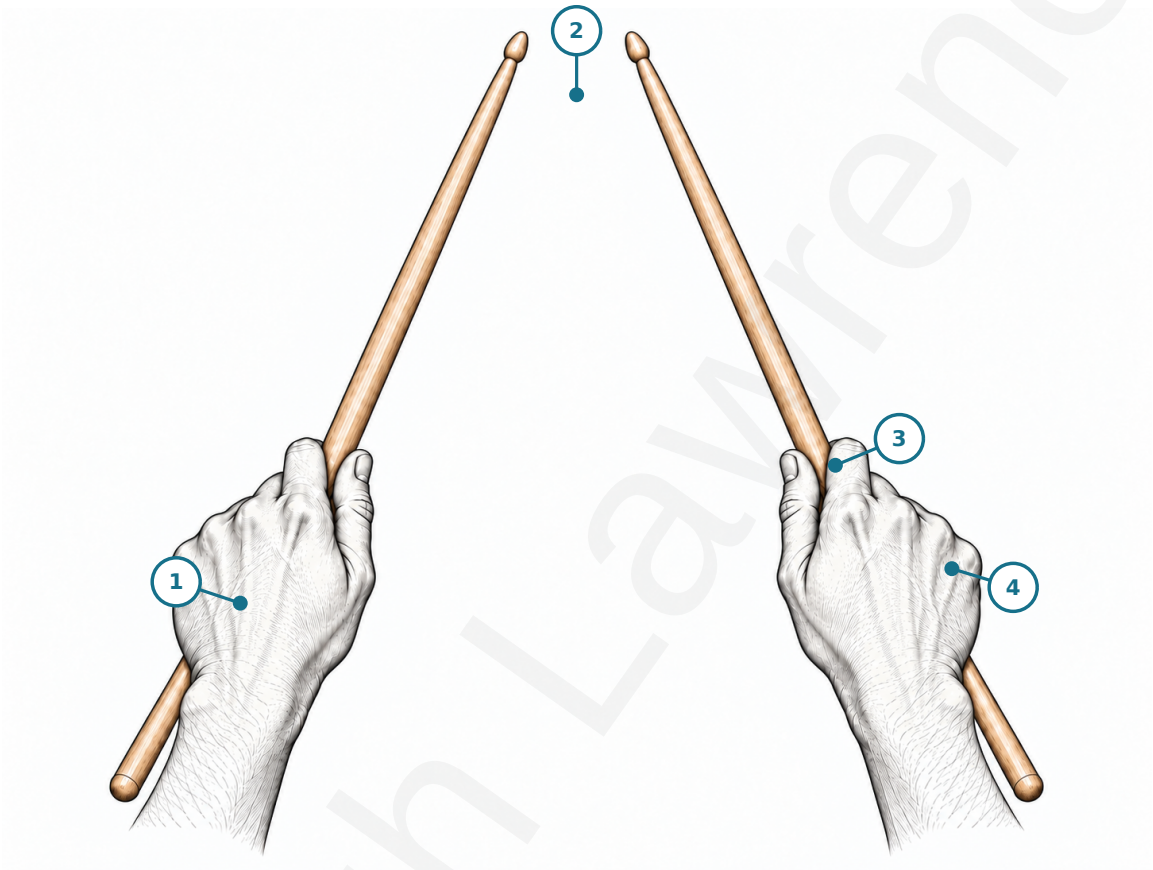
GERMAN GRIP

Matched grip - palms mostly down



1 PALMS DOWN

Backs of hands face up.

3 FULCRUM

Thumb pad opposite the index finger.

2 RELAXED V

Stick tips point towards the centre.

4 FINGERS WRAPPED

Keep fingers lightly touching the stick.

RELAX • KEEP WRISTS STRAIGHT
LET THE STICK REBOUND

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