

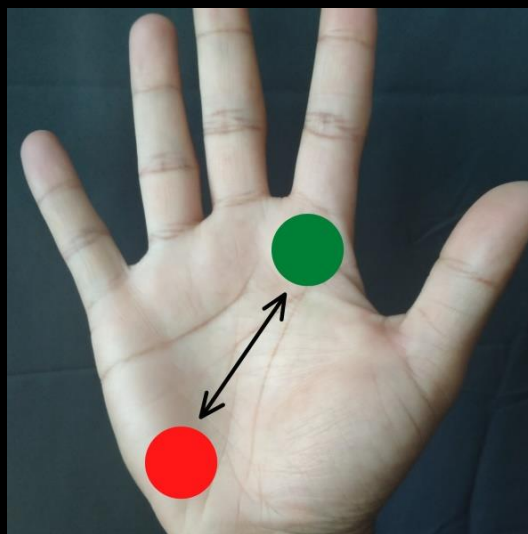
VIJAY'S TENNIS BLOGS

UNDERSTANDING FOREHAND GRIPS



This article will explain to you all the Forehand Grips in today's game of Tennis. We will go through 3 grips detailing all the different purposes and characteristics it provides. Before we look into the Forehand Grips, we need to know about Hand Reference Points, Racket Handle Bevels, Swing Lines and Leverage Shapes. So let us go through every detail! Also note that everything mentioned in this article is referenced to the right-handed player, do not worry! It is exactly the same but the opposite.

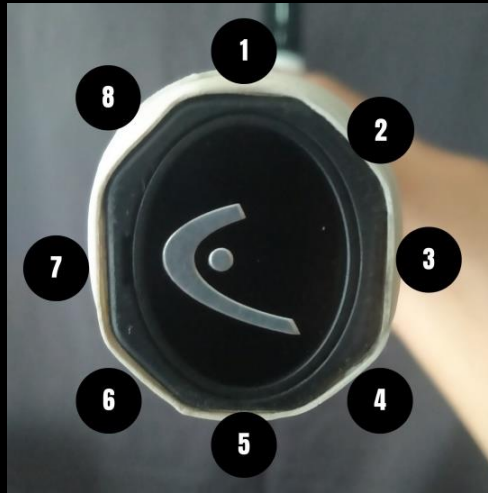
HAND REFERENCE POINTS



GREEN: Base Index Knuckle Finger (Indicates your first number of Bevels)

RED: Heelpad (Indicates your second number of Bevels)

RACKET HANDLE BEVELS

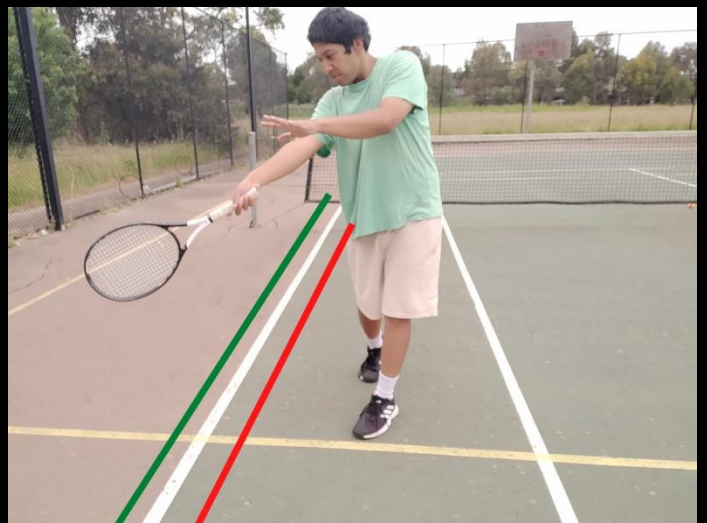
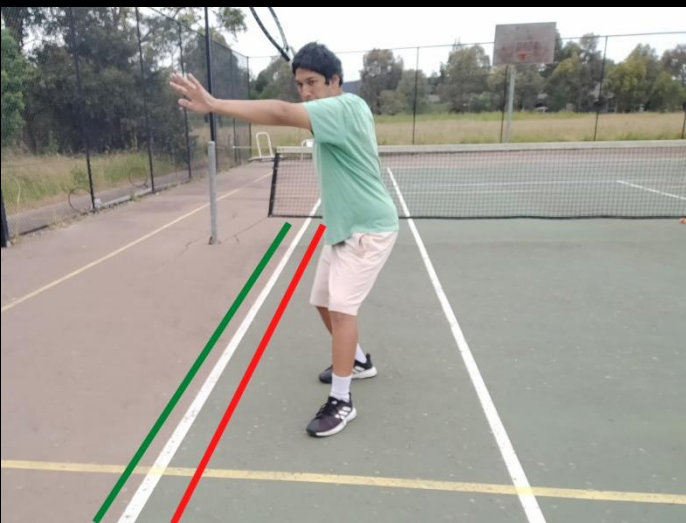


Bevels are 8 edges around your racket handle (racket grip).

SWINGLINES

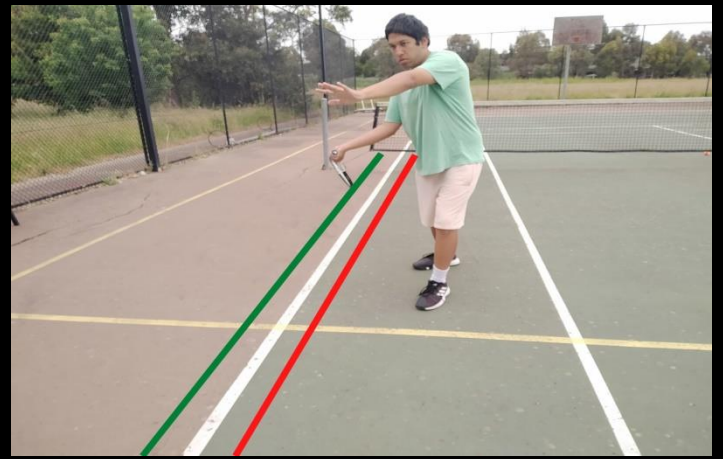
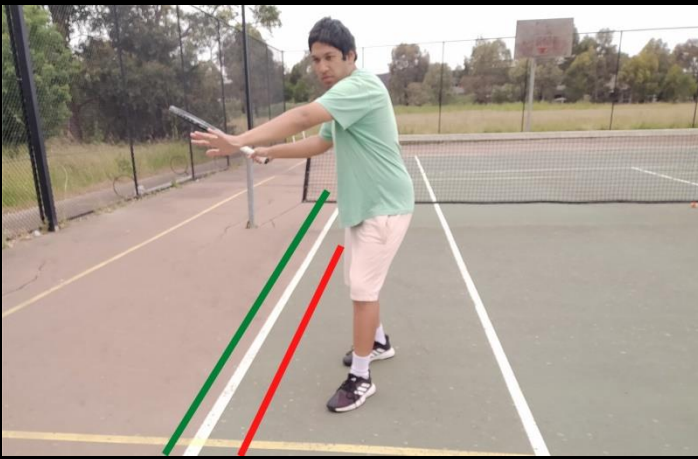
Swing Lines is how you rotate the racket around your body. Including how you take the racket back during your backswing and forward swing. Not all Forehand Grips have the same swing line. If the swing line does not match its grip's characteristics, then you will lose the overall technical fundamentals. There are two Swing Lines:

NOTE: *Green line represents outside and red line represents inside.*



BOTH IMAGES ABOVE: Inside to Outside Swing Line

The racket is travelling in from the body and then swings out away from the body.



BOTH IMAGES ABOVE: Outside to Inside Swing Line

The racket is travelling out away from the body and then swings in close to the body.

The swing line has to match according to its grip characteristics to achieve its true potential. If you take the racket away from your body on the backswing, it will be an outside swing line. If you take your racket closer to the body in the backswing, it will be an inside swing line.

LEVERAGE/CONTACT SHAPE

Leverage Shapes (also known as Contact Shape) is using a mechanical tool to gain an advantage over an object. It's using your tennis racket to gain a mechanical advantage over the tennis ball. When you create leverage, it will give you mechanical power instead of physical power. There will be a different leverage shape at contact for different grips. When we drive the racket to the ball during the forward swing, we drive the butt cap of your racket towards the ball. This is what establishes the leverage or contact shape.

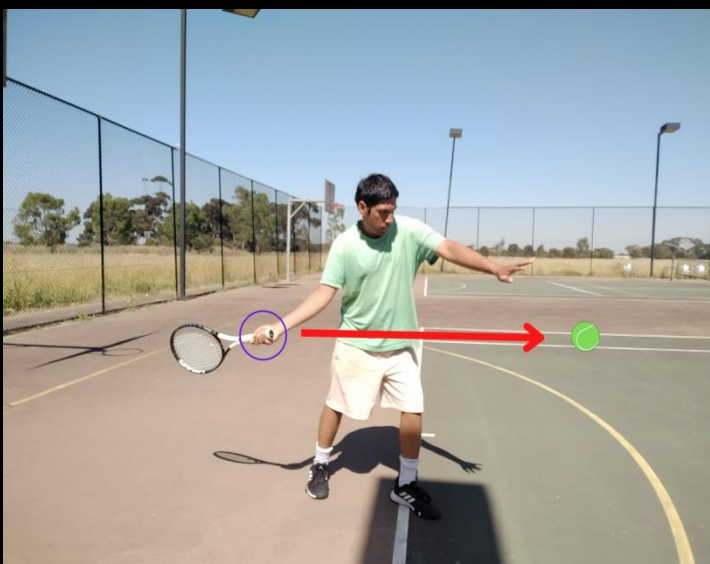


IMAGE LEFT

Image of butt-cap of the racket pointing to the ball.

NOTE: Each Grip has a different contact shape and the racket face has to be vertical at contact, when the ball is struck. If it is not then you will lose your leverage shape.

You now covered all the crucial details about Hand Reference Points, Racket Handle Bevels, Swing Lines and Leverage Shapes. We will go through each of the Forehand Grips in Tennis. Let us read them all down below:

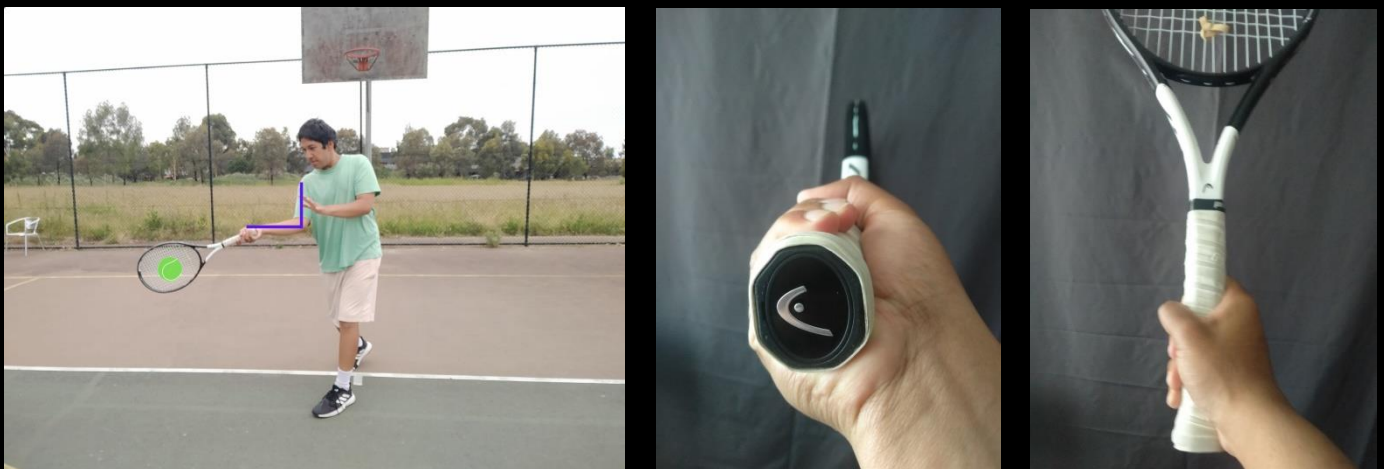
FOREHAND GRIPS

EASTERN GRIP (Refer to images below)



Bevel Number: 3-3 (Base Knuckle and Heelpad goes on number 3)
Shot Type: Forehand Top Spin
Swing Line: Inside to Outside
Extension/Rotation Type: Extension Shot

SEMI-WESTERN GRIP (Refer to images below)



Bevel Number: 4-4 (Base Knuckle and Heelpad goes on number 4)
Shot Type: Forehand Top Spin
Swing Line: Inside to Outside
Extension/Rotation Type: Rotation Shot

WESTERN GRIP (Refer to images below)



Bevel Number: 5-5 (Base Knuckle and Heelpad goes on number 5)

Shot Type: Forehand Top Spin

Swing Line: Inside to Outside

Extension/Rotation Type: Rotation Shot

I hope that this article helps you to understand on your level. These grips mentioned are for Top Spin shots on your Forehand. If you are wondering which is the best Forehand Grip to use, every player is unique and has different skill sets. There are other considerations and factors to determine what Forehand Grip is the right fit for you.

Want to know what is the right grip for you? Why not come down to see me at the courts and I will show you. Your perfect Forehand Grip! Thanks for your time to read this article.

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VIJAY'S TENNIS - 2023