

## *Tennis for Beginners Grip Guide*

*By Tomaz Mencinger*



<http://www.TennisMindGame.com>

The goal of this grip guide is to point you in the right direction. This is not a detailed explanation of all the possible grips, since a tennis beginner is already overwhelmed with things to learn.

In fact, thinking obsessively about perfect grips and exactly where your knuckle must be would just slow your improvement and learning.

That's why you see here 3 basic grips that a beginner needs to know. You will find links to a detailed grip guide if you wish to explore grips further.

The 3 main grips are:

### *1. Eastern forehand grip*

**How to find it:** Pretend that you are playing with the palm of your hand instead of a racquet. Notice that your palm is perpendicular to the ground. Holding your hand out in that position, just place the racquet comfortably in it.

For other »tricks« to help you find this grip, and for its pros and cons, please check the [Tennis.com Grip Guide](http://www.Tennis.com/GripGuide).

When you start playing more advanced tennis with more topspin and higher racquet-head speed, you might want to move to the semi-western grip, which allows you a looser wrist and more topspin.



## *2. Eastern backhand grip*

**How to find it:** With your left hand (for right-handers), hold the racquet well in front of you, with the strings pointing forward. Now with your right hand grip the racquet comfortably from the top.

For other »tricks« to help you find this grip, and for its pros and cons, please check the [Tennis.com Grip Guide](http://www.Tennis.com/GripGuide).

This grip usually doesn't change as you progress in tennis, because it's very comfortable and gives spin, control and power. Only players who prefer extreme topspin might move to a more extreme eastern (semi-western) backhand grip.



## *3. Continental grip*

**How to find it:** With your left hand (for right-handers), hold the racquet well in front of you, with the edge pointing forward. Now with your right hand grip the racquet comfortably from the top.

For other »tricks« to help you find this grip, and for its pros and cons, please check the [Tennis.com Grip Guide](http://www.Tennis.com/GripGuide).

This grip is used for serving, hitting overheads and playing volleys.

This grip is slightly uncomfortable for forehand volleys (even for the pros), so you might experiment by moving your hand 1-2 millimeters towards the eastern forehand grip.

