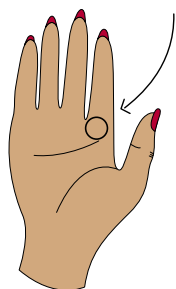




# HOW TO SWING A TENNIS RACKET

INDEX KNUCKLE



BEVELS



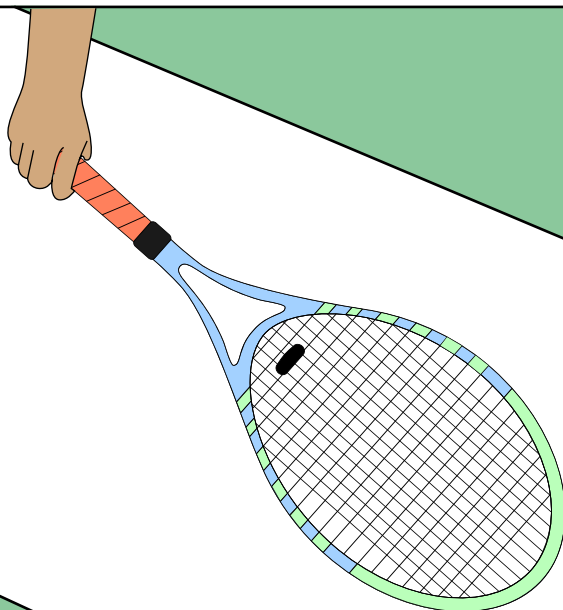
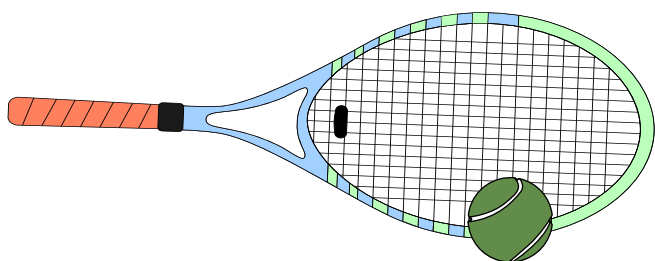
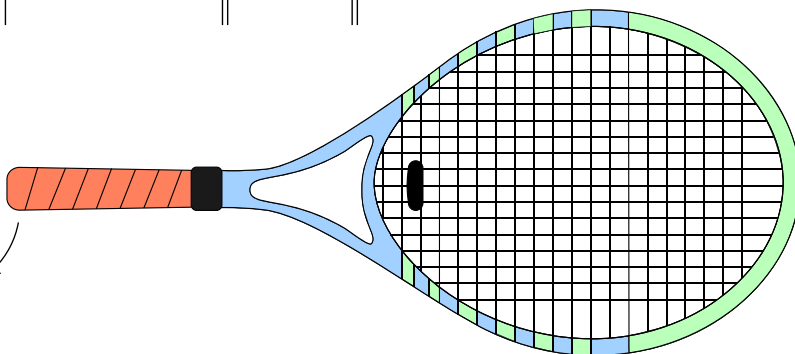
HANDLE



SHAFT



HEAD



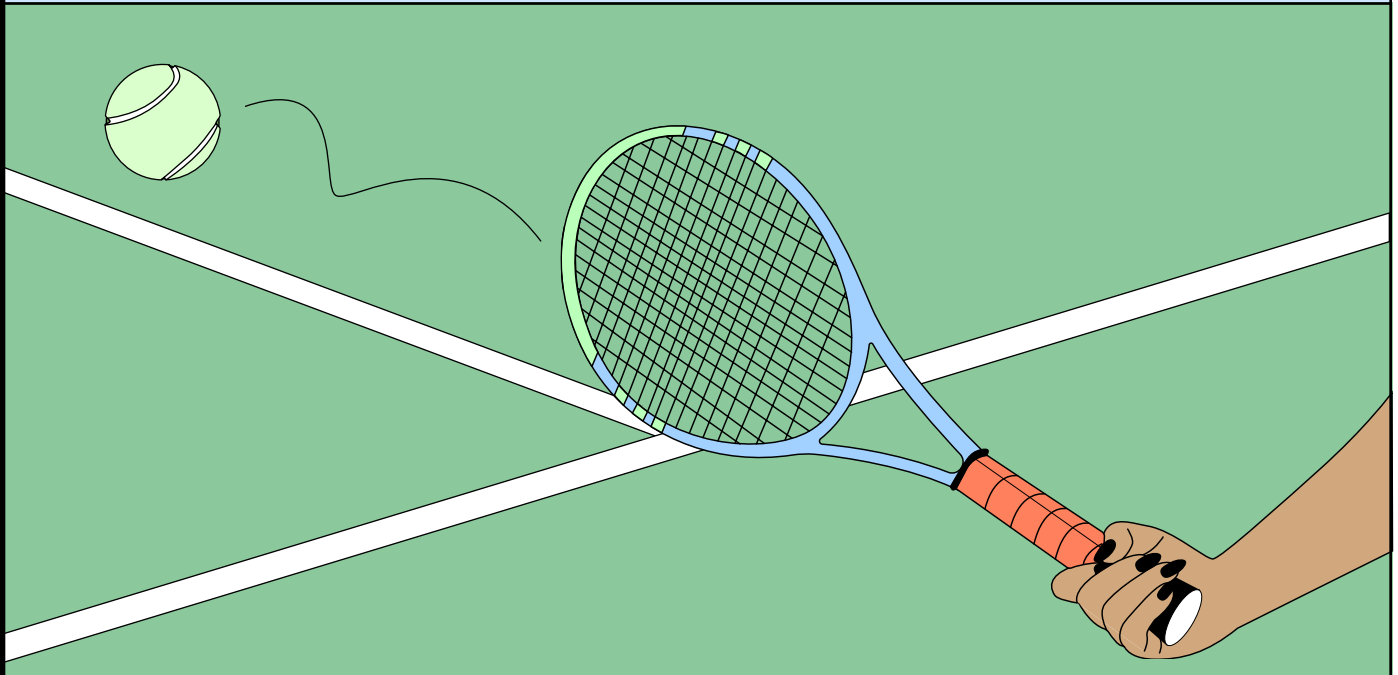
## FIND YOUR GRIP

- 01 Pick up your racket off the floor
- 02 Your pointer finger knuckle is either on the 3rd or 4th bevel
- 03 These are the two main grips used in forehand swings



# HOW TO SWING A TENNIS RACKET

SEMI-WESTERN GRIP



## SEMI-WESTERN GRIP

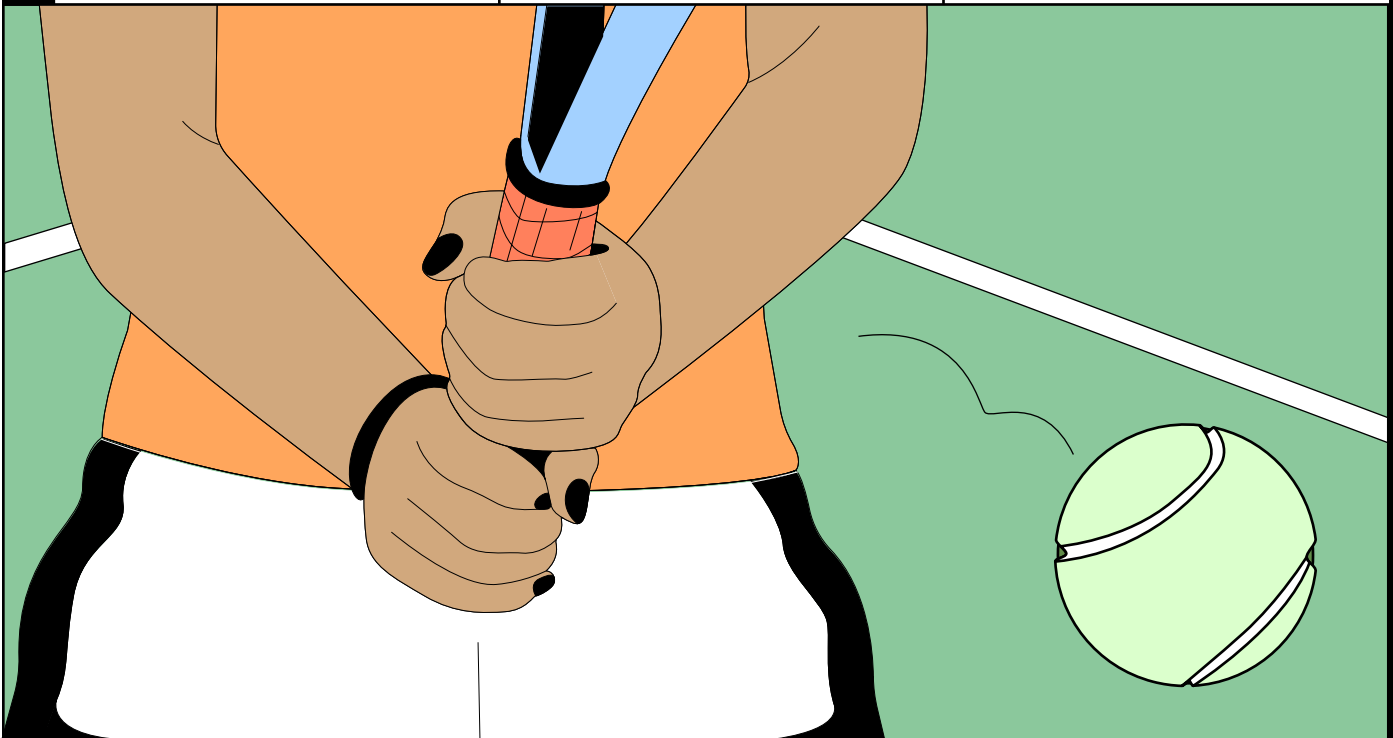
- 01 Index knuckle on 4th bevel
- 02 Popular professional grip
- 03 Adds more spin to the ball

## EASTERN GRIP

- 01 Index knuckle on 3rd bevel
- 02 Beginner-friendly grip
- 03 Easy to find, produces a flat ball

## BACKHAND GRIP

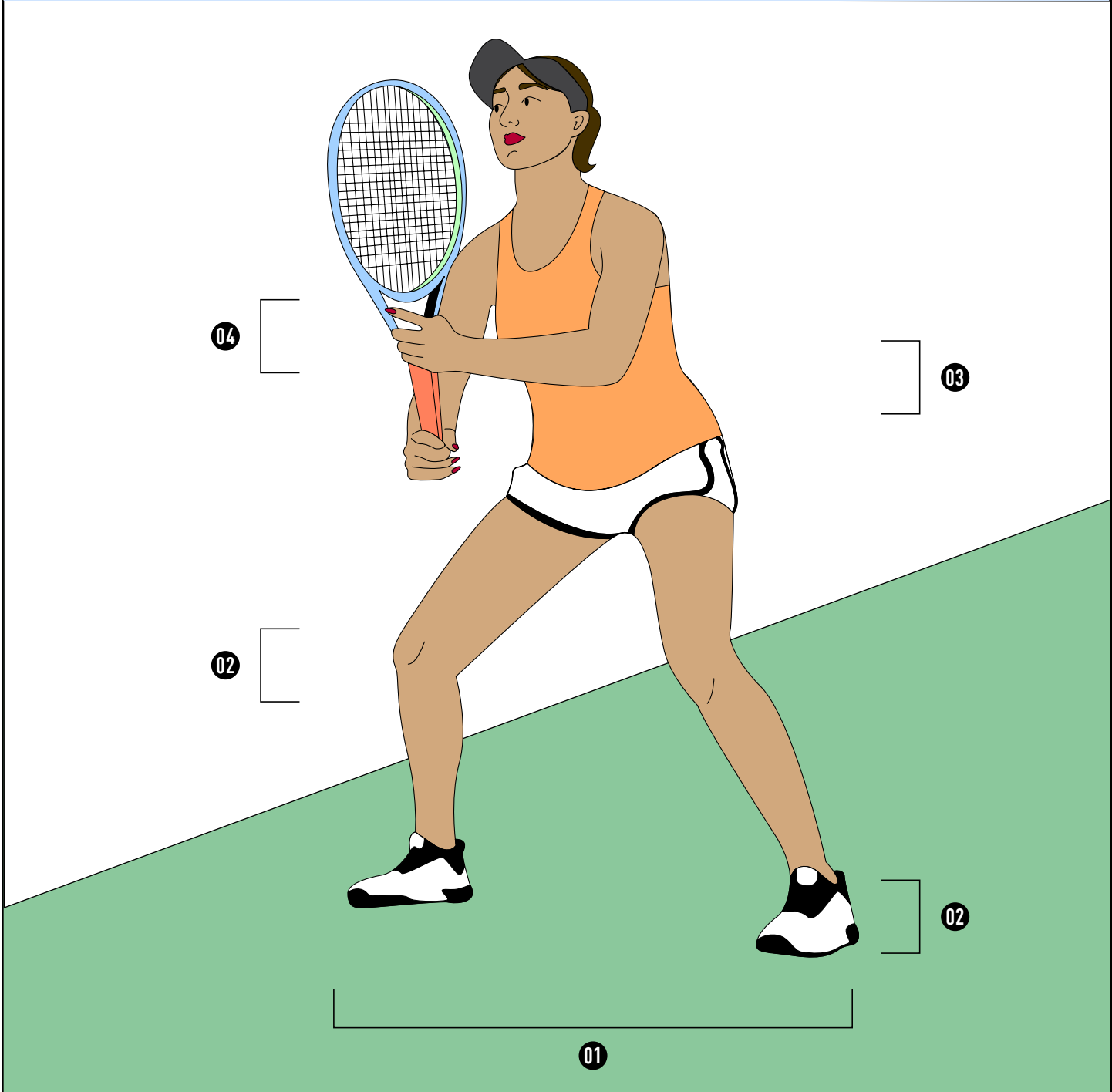
- 01 Right hand knuckle shifts to 2nd bevel
- 02 Left hand grabs handle above right hand
- 03 Left hand knuckle on 7th bevel



BACKHAND GRIP



# HOW TO SWING A TENNIS RACKET



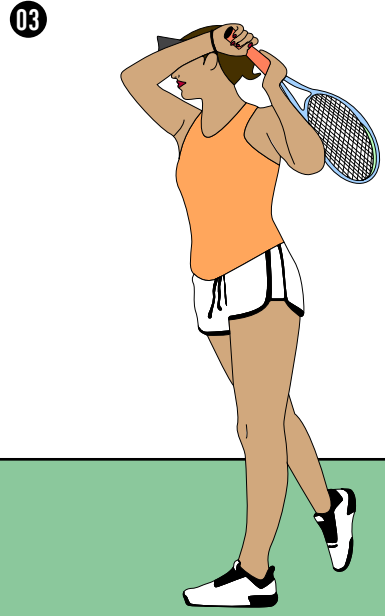
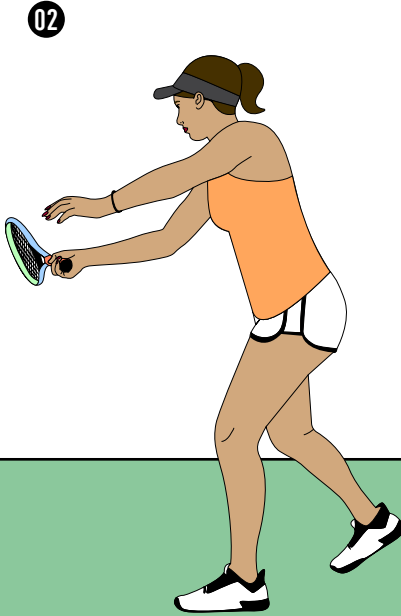
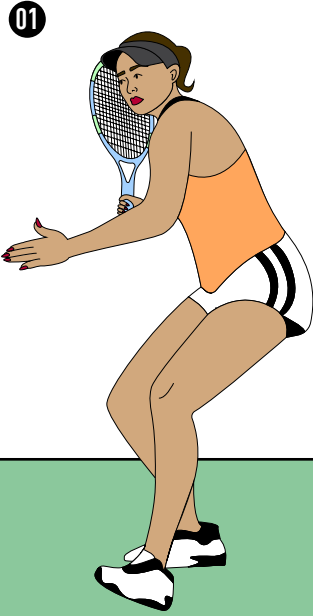
## READY STANCE

- 01 Legs wider than shoulders
- 02 Knees bent and on the balls of your feet
- 03 Elbows away from your body
- 04 Racket out in front, left hand on throat of racket



# HOW TO SWING A TENNIS RACKET

FOREHAND SWING

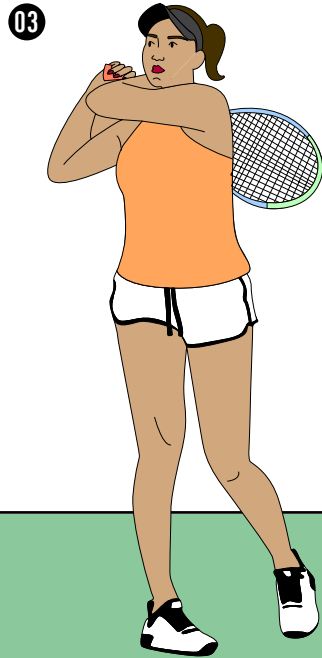
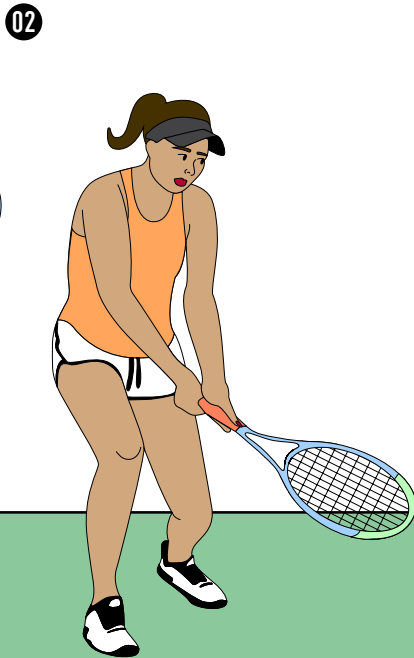
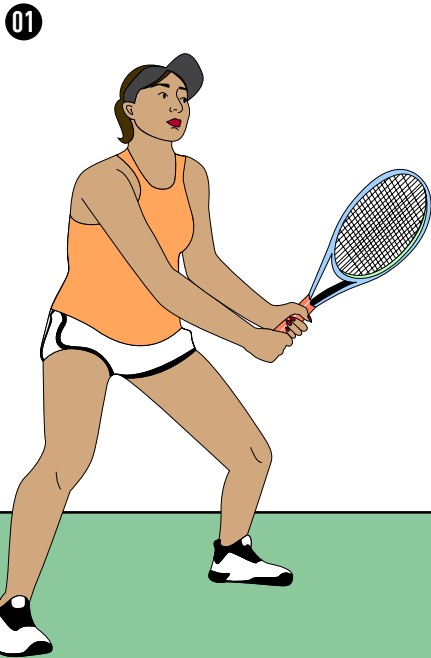


## FOREHAND SWING

- 01 Turn and Prep: rotate body 90°
- 02 Contact Point: shift weight to outside leg and bring racket out in front
- 03 Follow Through: swing racket over opposite shoulder, finish on balance

## BACKHAND SWING

- 01 Turn and Prep: turn body as one unit, shift weight to left leg, step to 3-point landing
- 02 Contact Point: lead with left hand, meet contact point in front of right foot
- 03 Follow Through: extend palm to target, swing racket over opposite shoulder, finish on balance



BACKHAND SWING