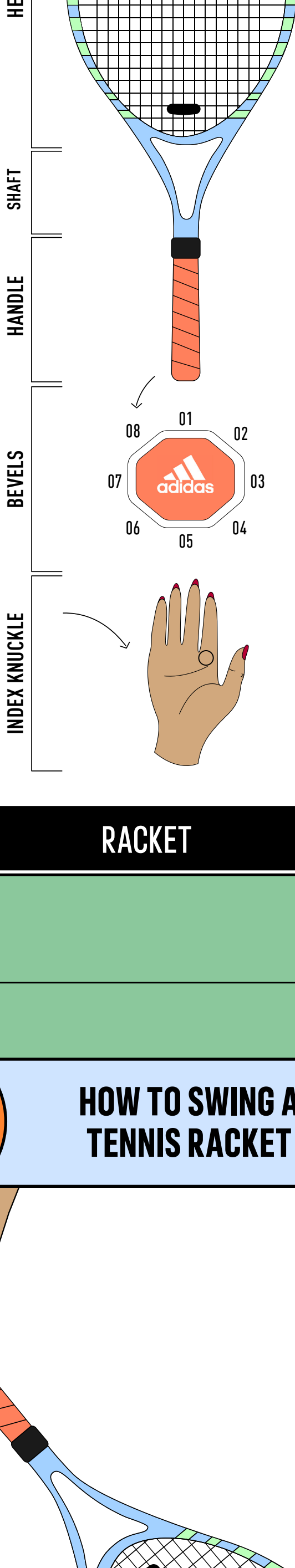
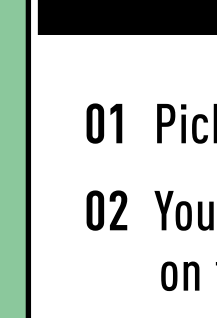


HOW TO SWING A TENNIS RACKET



RACKET

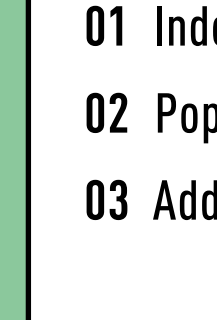


HOW TO SWING A TENNIS RACKET

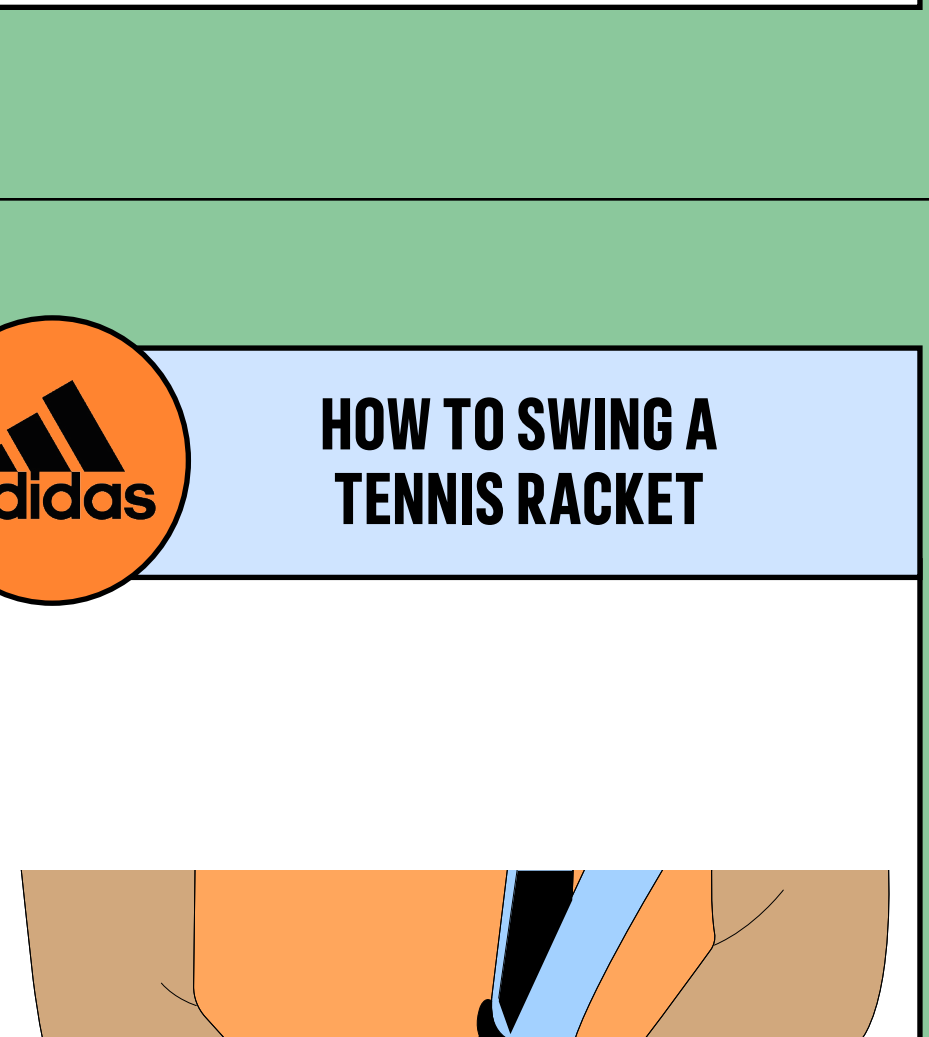


FIND YOUR GRIP

- 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

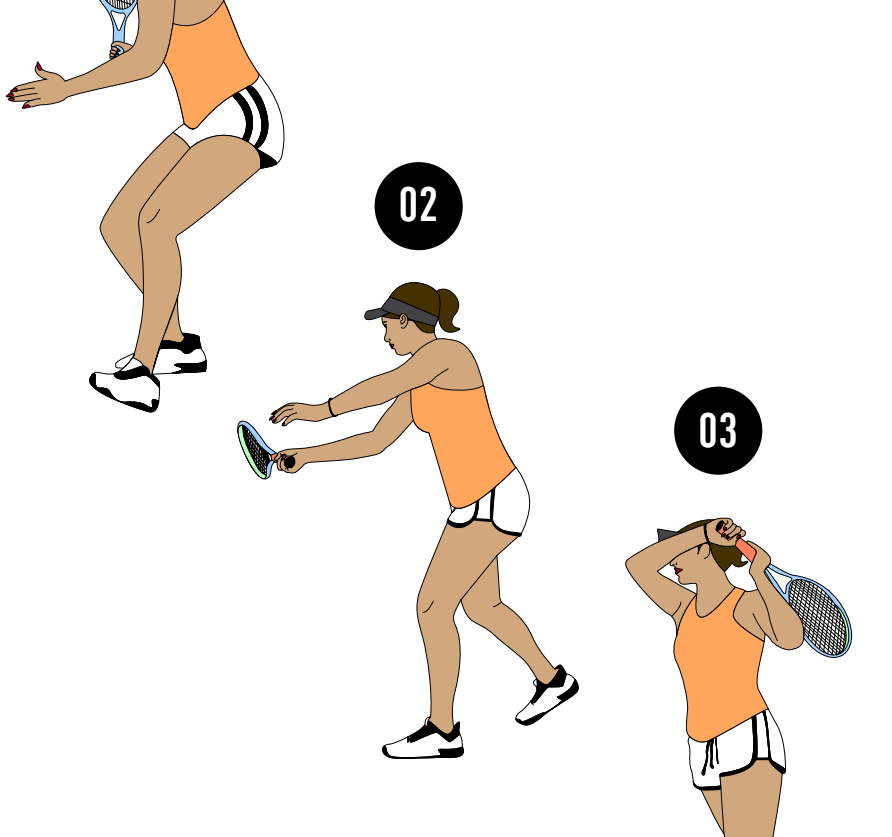


SEMI-WESTERN GRIP

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

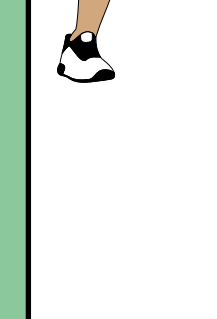


HOW TO SWING A TENNIS RACKET

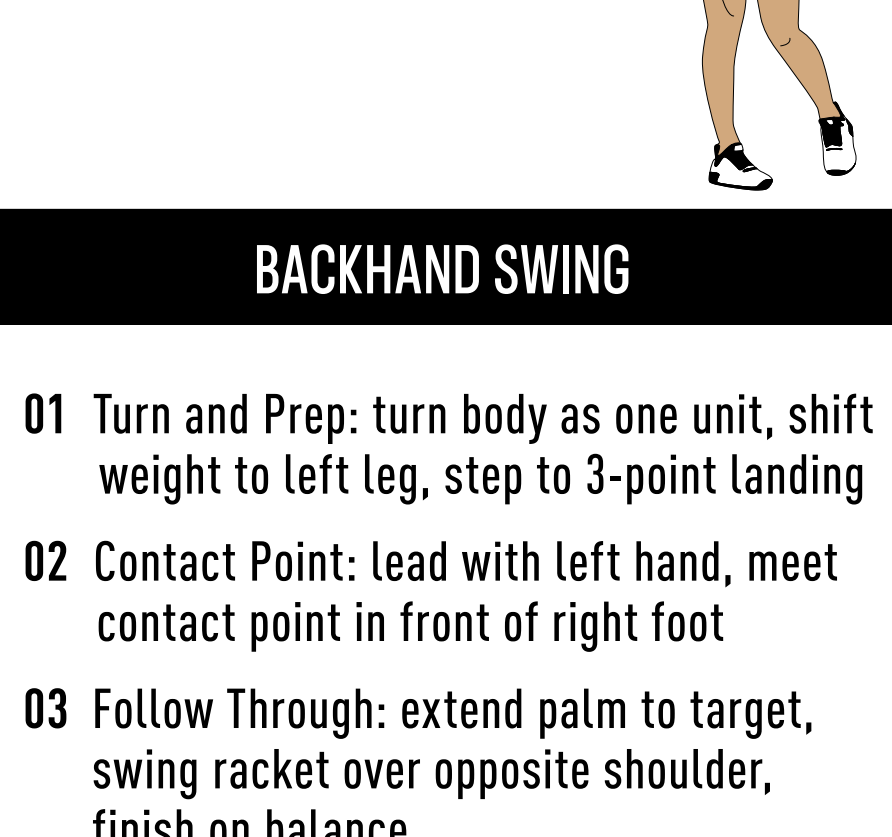


BACKHAND GRIP

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



HOW TO SWING A TENNIS RACKET

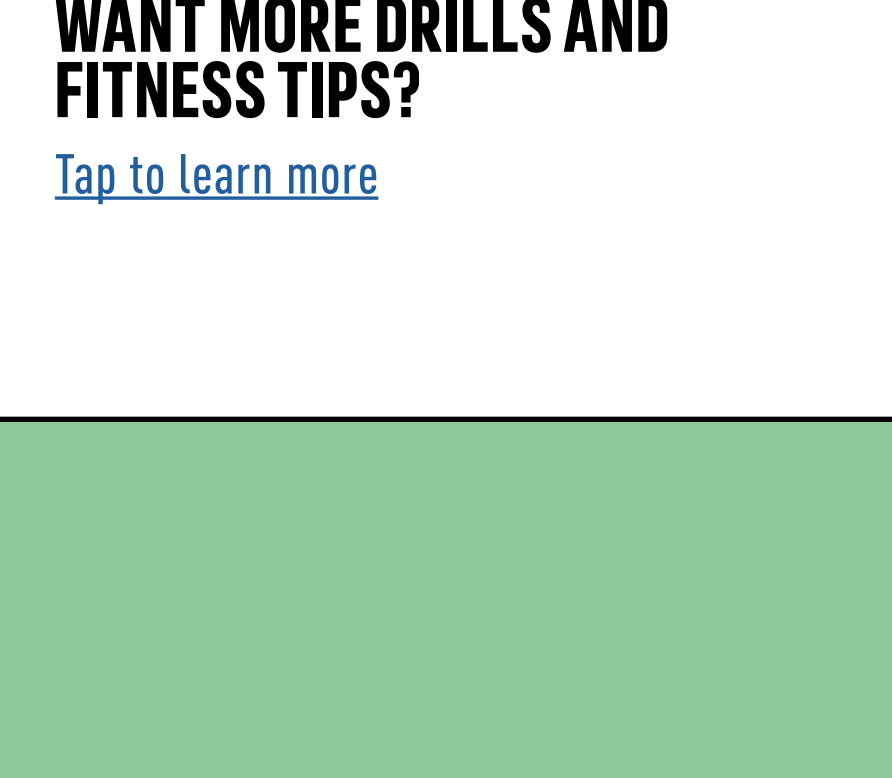


READY STANCE

- 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



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

HOW TO SWING A TENNIS RACKET

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