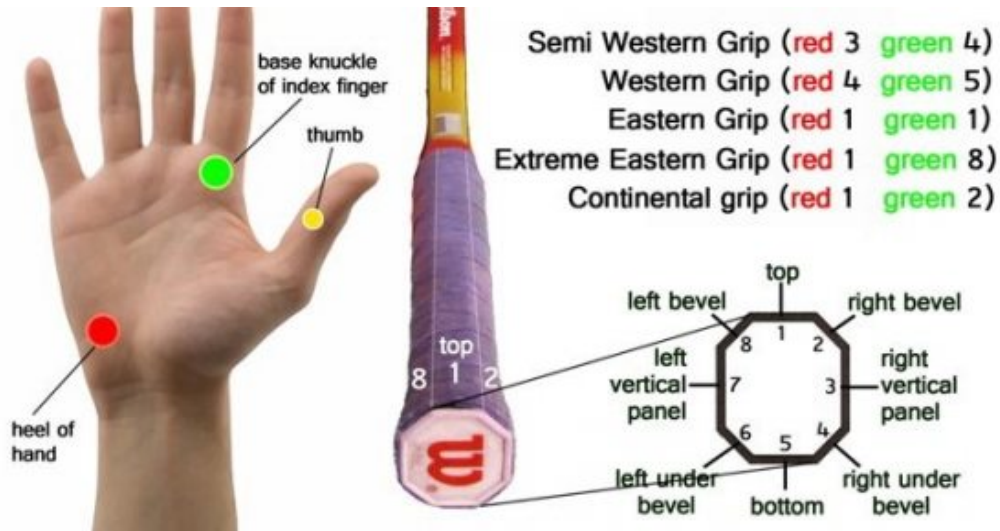
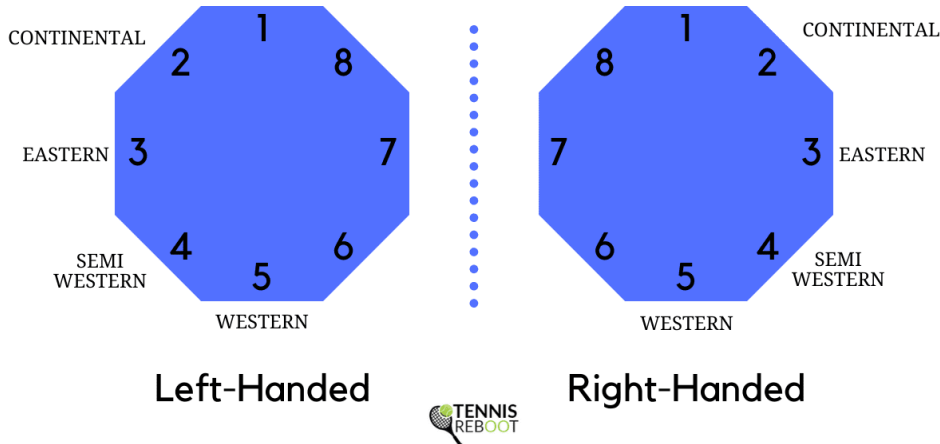


Tennis Grips



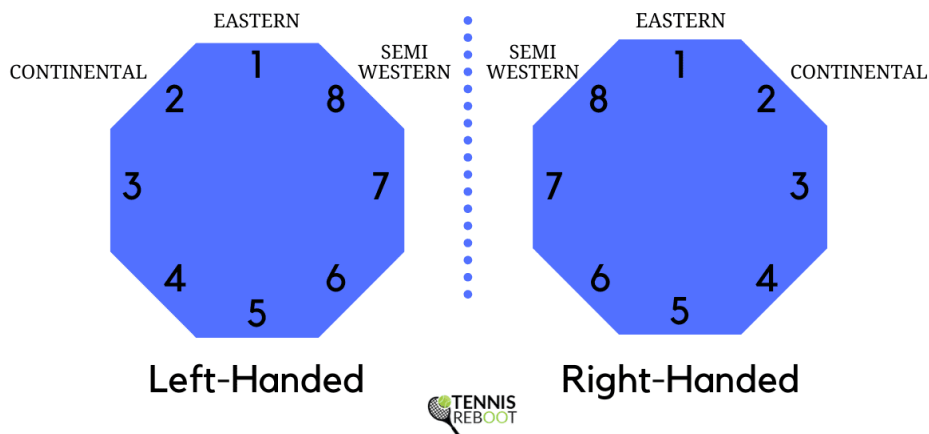
FOREHAND GRIPS



Beginners can start with the eastern forehand grip.

More advanced players can switch to a semi-western grip to achieve more topspin.

BACKHAND GRIPS



For a two-handed backhand (recommended) use the continental grip.

The continental grip should also be used for serves, volleys, and overheads.