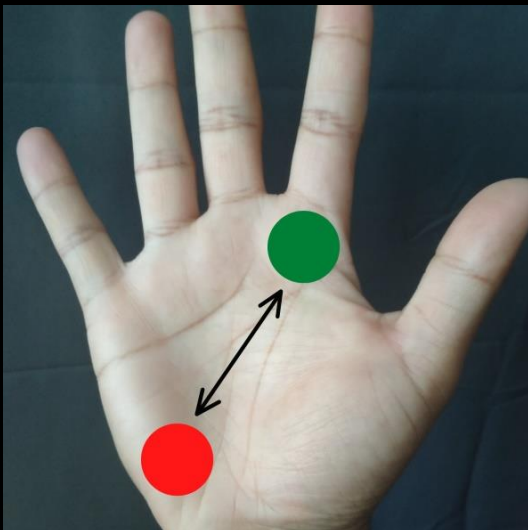


UNDERSTANDING SINGLE BACKHAND GRIPS



Single Backhand grips will be the topic of this article. Single-Handed Backhands is a thing of art. They are amazing to watch, especially when all the players hit them clean. I reckoned they look better than Two-Handed Backhands, sorry boys and girls, no offence! First, let's cover Hand Reference Points, Bevels on the Racket Handle, Swing Lines and Leverage Shapes. Then we will finally cover the 2 main Single Handed Backhand Grips used on the Professional Tour. Here we go! This article refers to the right-handed player but it is exactly the same, just the opposite!

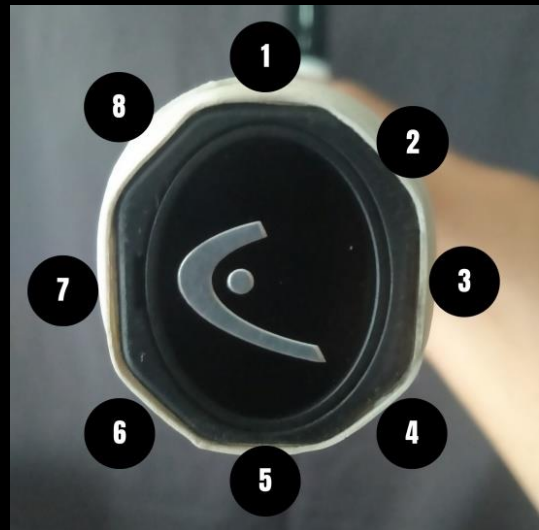
HAND REFERENCE POINTS



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).

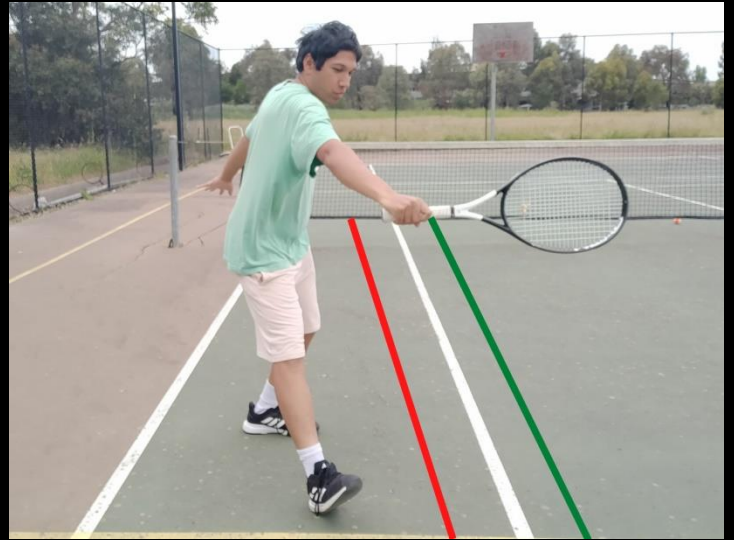
SWINGLINES

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 Single Handed Backhand 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.*

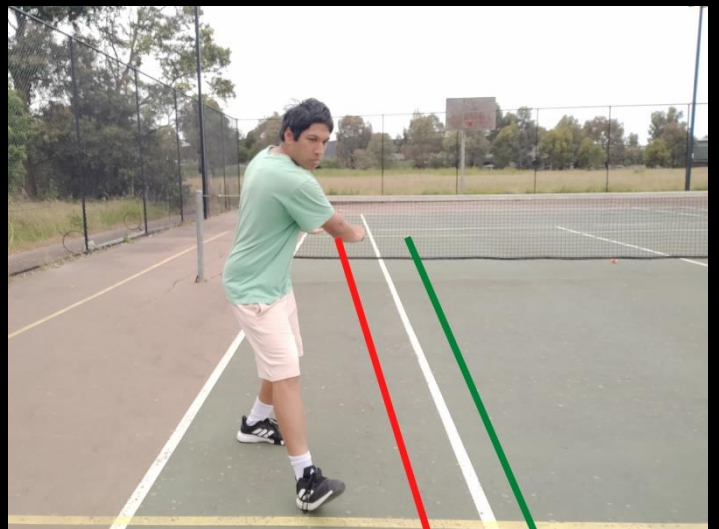
BOTH IMAGES BELOW: Inside to Outside Swing Line

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



BOTH IMAGES BELOW: 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 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:

SINGLE-HANDED BACKHAND GRIPS

EASTERN GRIP (Refer to images below under each details)

Bevel Number: 1-8 (Base Knuckle goes on number 1 and Heelpad goes on number 8)

Shot Type: Single Backhand Top Spin

Swing Line: Outside to Inside

Extension/Rotation Type: Extension Shot



SEMI-WESTERN GRIP (Refer to images below under each details)

Bevel Number: 7-7 (Base Knuckle and Heelpad goes on number 7)

Shot Type: Single Backhand Top Spin

Swing Line: Outside to Inside

Extension/Rotation Type: Extension Shot



I hope that this article helps you to understand on your level. These grips mentioned are for Top Spin shots on your Single Handed Backhand. If you are wondering which is the best Single Handed Backhand Grip to use, every player is unique and has different skill sets. There are other considerations and factors to determine what Single Handed Backhand 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 Single Handed Backhand Grip! I love One Handed Backhands because to me it looks fantastic and looks greater when you master the shot all together! Thanks for your time to read this article.

**Vijay Benakal
Vijay's Tennis - Founder and Director**



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