

U.S. Open delivers gripping stuff

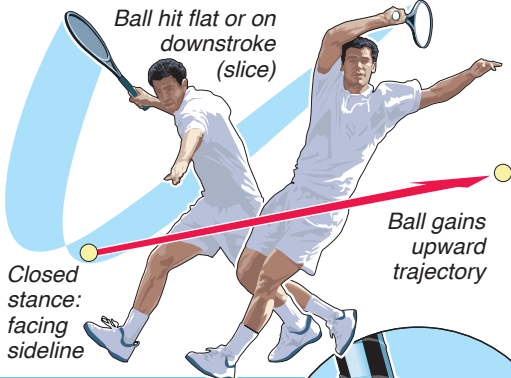
As tennis great Rod Laver said, "Grip is everything", but over the last 30 years the average forehand grip has evolved from the classic "shake-hands" position to the "frying pan" hold that generates greater topspin on high-bounce hard courts like Flushing Meadows

FOREHAND GRIP POSITIONS

1 Eastern (shake hands) grip:

Most natural, versatile position. Best suited to low-bounce grass courts

Ball hit flat or on downstroke (slice)



Closed stance: facing sideline

STROKE DIRECTION

Ball gains upward trajectory

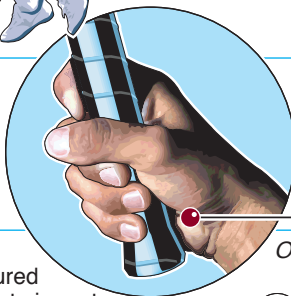
Greater power than other grips – but easy to over-hit

As used by Pete Sampras, Tim Henman

Palm behind handle reduces pressure on wrist

2 Semi-Western: Most common grip among professionals.

Mid-position allows for easier grip change during rally



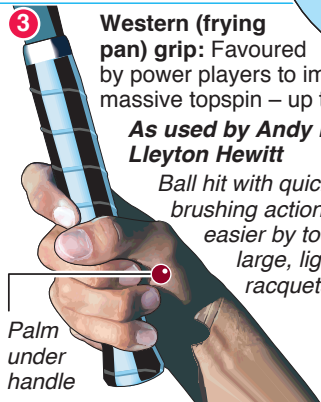
As used by Roger Federer, Andre Agassi

Palm 45 degrees further round handle

3 Western (frying pan) grip: Favoured by power players to impart massive topspin – up to 3,750rpm

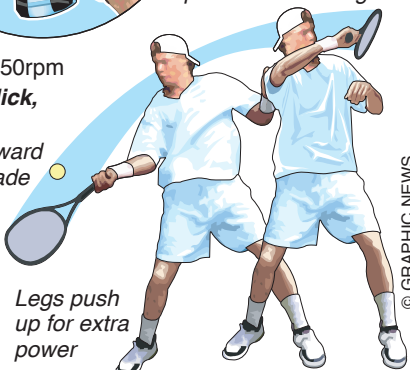
As used by Andy Roddick, Lleyton Hewitt

Ball hit with quick, upward brushing action – made easier by today's large, light racquets



Palm under handle

Open stance: facing net



Legs push up for extra power