

### Recommended

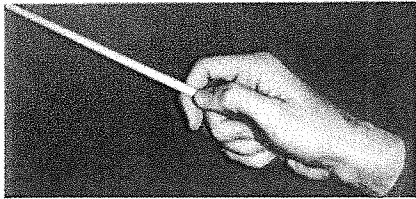


Figure 6. The basic grip. Note the bent thumb.

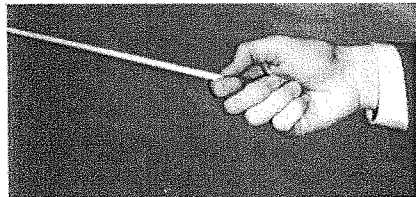


Figure 8. Contact of the ring finger.

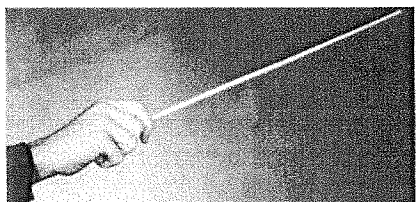


Figure 10. Baton pointing forward.

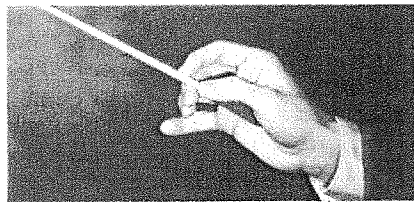


Figure 7. The light grip.

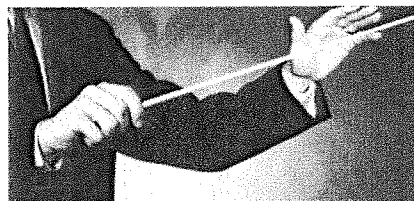


Figure 9. The basic grip: palm toward floor. Little finger relaxed.

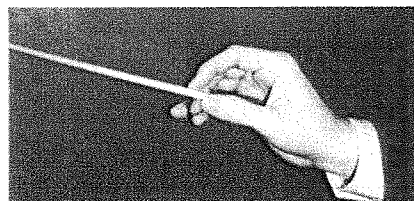


Figure 11. The light grip. Second finger replaces first.

### Not Recommended

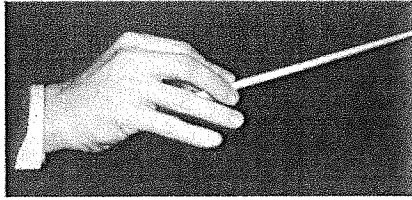


Figure 12. First finger on top. Ring and little fingers stiff.

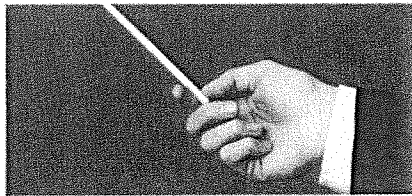


Figure 14. Heel of stick under little finger.

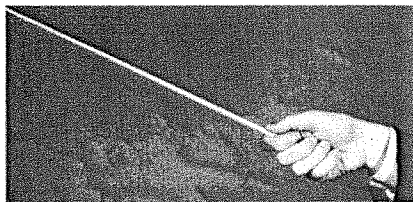


Figure 16. Inefficient wrist position, palm not facing floor.

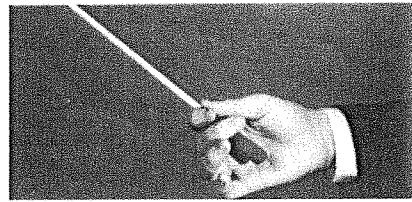


Figure 13. Heel of stick not contacting palm of hand. Thumb stiff and flat.

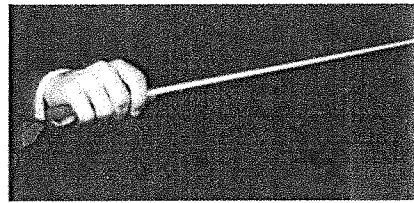


Figure 15. Heel of stick protruding beyond hand. Baton points left.

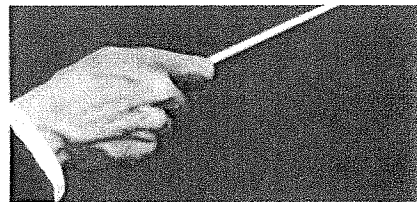


Figure 17. Strained wrist position: Heel of stick is under little finger.

