

# GETTING OUT OF THE SAND



Firstly, I would advise not going into bunkers but if you find yourself having an off day I would suggest using the double overlap or double interlock grip.

**The double overlap or interlock** grip minimises the chances of a player's hands flipping. It enables a player to work the bounce of the club more passively through the sand (bounce is the angle of the sole of the club to the ground). In my opinion this is important for the club golfer.

This grip, although it feels a little strange, will produce some of your best bunker shots, allowing you to get yourself out of those sticky situations. By developing this into a consistent shot you will bring confidence into your game.

**igolf**

To book lessons now visit  
[www.instituteofgolf.co.nz](http://www.instituteofgolf.co.nz)

**SIMPLY THE BEST  
 IN GOLF COACHING**

***instituteofgolf***  
HOME OF THE 21ST CENTURY GOLFER

01



02



03



04

