
USPTA Exam GRIPS Complete Study Questions And Answers

Where do you place the HEEL of the hand for an EASTERN FOREHAND Grip? ☒ Panel 3

Where do you place the BASE KNUCKLE INDEX FINGER of the hand for an EASTERN FOREHAND Grip? ☒ Panel 3

What are the advantages to an Eastern Forehand Grip? ☒ 1) Easy to generate power

2) Waist-high Balls

3) Adaptable to different surfaces

4) More Support

5) Topspin

6) Good for beginners since it promotes good contact

What are the disadvantages to an Eastern Forehand Grip? ☒ 1) Requires a grip change

2) Weak on slice

3) Low Volley

4) Finesse and touch shots

5) Difficult to hit high balls

Where is the contact point on the Eastern Forehand Grip? ☒ In front of the body w/ vertical racquet face

Often referred to as the shake hands grip. ☒ Eastern Forehand Grip

Where do you place the HEEL of the hand for an Eastern Backhand Grip? ☒ Panel 1

Where do you place the Base Knuckle for an Eastern Backhand Grip? ☒ Panel 1

What are the advantages of the Eastern Backhand Grip? ☒ 1) Easy to generate power

2) Waist-high Balls

Uspta Study Guide

**Lisa Donald, Anil Desai, Suzan Sage
London, James Chellis, Matthew Sheltz**



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