



Messermeister



KNIFE SKILLS

HOW-TO: PINCH GRIP A KNIFE

The classic Pinch Grip is used by most chefs to maintain full control of the knife. This type of grip is the most efficient way to use the weight of the knife, the sharpness of its blade, and your arm strength, which makes it for easy cutting.

The best way to Pinch Grip a knife is to pinch your thumb and index finger on each side of the bolster (top of the blade). The spine of the knife should rest above the second joint of your index finger. Lightly grip the handle with your three remaining fingers.

Your other hand is used to steady the item being cut to maximize safety and efficiency. Be sure to keep your finger tips and knuckles curled under and slight pressed down to keep your item steady. See the [Knife Skills How-To: The Guide Hand](#) for more information.

THE GRIP HAND: The Classic Pinch Grip

