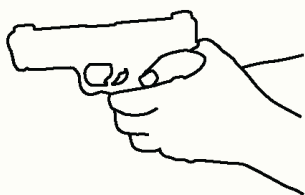


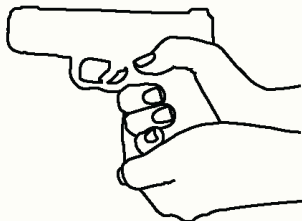
#FindoutFridays

Fix your Shooting Grip



Thumbs Crossed

X



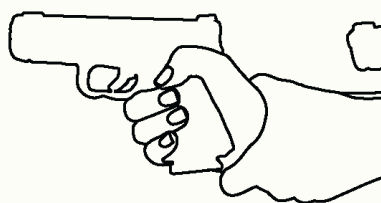
Teacup Grip

X



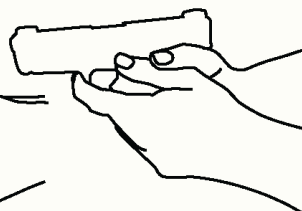
Revolver Grip

✓



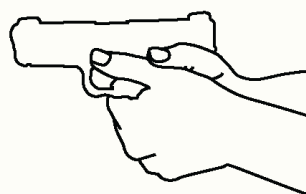
Gripping the Wrist

X



Index Finger in Front of Trigger Guard

X



Proper Grip

✓

X Thumbs Crossed

Crossing the support hand's thumb behind the strong hand's thumb can block the slide on a semi-automatic handgun.

X Teacup Grip

With the teacup grip, the support hand does nothing to absorb recoil.

✓ Revolver Grip

When gripping a revolver, keep your support thumb out of the way.

X Gripping the Wrist

Disregard what you've seen in the movies, this is not an advisable shooting grip.

X Index Finger in Front of Trigger Guard

Some people think putting the support hand's index finger on the front of the trigger guard helps mitigate recoil, but it weakens the grip overall.

✓ Proper Grip

Stacking your thumbs provides the best overall two-handed grip while keeping your thumb out of the way of the slide. Make sure your support hand's thumb doesn't interfere with any of the handgun's controls.