



Think of graceful and fluid Chinese ribbon dancers and you'll understand the purpose of our **Swing Strips**. The best tennis players are fluid and graceful, with relaxed strokes in continuous motion. The opposite are the player with short choppy and tight strokes that generate little spin and power. The instructions for Swing Strips are quite simple. Use them to practice your strokes, trying to keep the strips in continuous motion. Then, like any other training device, switch to your regular racquet and maintain the same relaxed fluid swing patterns. Guaranteed to help players become more graceful and fluid like the pros.

## SERVE



**SERVE** – Start in the modified position (photo on left) and see if you can keep the Swing Strips in continuous motion to contact (photo in middle). They should absolutely NOT touch your back if you have a fluid, continuous swing and follow through (photo on right).

## FOREHAND



**FOREHAND** – Start in the modified takeback position (photo on left) and move into a quick racquet drop before quickly swinging forwards through the stroke (photo in middle). The goal is to keep the Swing Strips in continuous motion. The Swing Strips should absolutely NOT touch your body at all and be sure to let them follow through fully (photo on right).

## BACKHAND



**TWO-HANDED BACKHAND** – Start in the modified takeback position (photo on left) and move into a quick racquet drop before quickly swinging forwards through the stroke (photo in middle). The goal is to keep the Swing Strips in continuous motion. The strips should absolutely NOT touch your body at all and you should let them follow through fully (photo on right).

**NOTE:** If needed, you can regrip or use an overgrip to keep the Swing Strips handle in good condition.