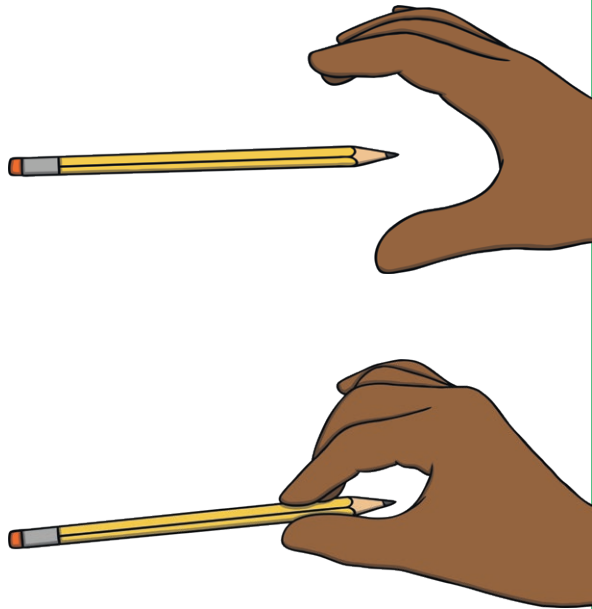


How to Grip a Writing Tool

1

Nip

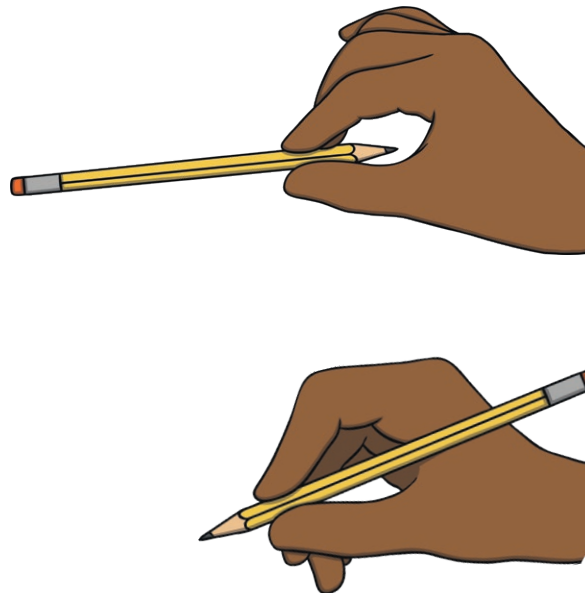
Choose the writing tool that is best suited to the task. 'Nip' it towards the end.



2

Flip

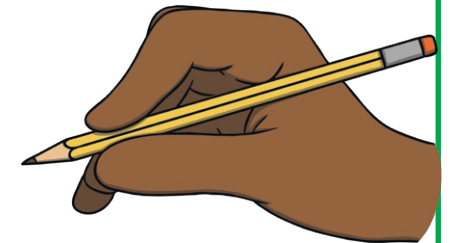
'Flip' the writing tool around so that it is resting on your hand.



3

Grip

'Grip' the writing tool. Make sure it is pinched between the ball of the thumb and the forefinger, supported by the middle finger with the other fingers tucked away.



Check - Does your grip provide **stability** and **freedom of movement**?