

Set-Up for *PermaWrist*[™] Tennis Swing Training Aid

The following assumes that you are a right handed player. If you are left handed, then any reference to right and left should be reversed.

<p>STEP 1. Take the elastic cord and insert the loop over the butt cap of the racket.</p>	
<p>STEP 2. Slice the inserted loop all the way to the open throat of the racket. Take the other end with the attached hook and insert it through the throat of the racket.</p>	
<p>STEP 3. Place the arm band just below or above your elbow of the right arm depending on your preference. Your arm band consists of an inner elastic band and outer inelastic band that has a narrow strip for receiving the hook from the elastic cord.</p> <p>First, put on the inner flexible band snugly around the arm with the narrow</p>	

<p>strip aligned with the back of your hand. The inside tip of the inner band is designed to be fastened to the outside of the band.</p> <p>Second, put on the outer band by wrapping it around the inner band, threading it through the plastic slot, pulling on the tip to tighten the outer band and then fastening it with the Velcro fastener at the tip.</p>	
<p>STEP 4.</p> <p>While holding the racket with your right hand, use your left hand to place the hook through the small strip on the arm band.</p>	
<p>STEP 5.</p> <p>While holding the racket with your right hand, use your left hand to remove the loose end of the cord from the open cord guide of the hook, adjust the length by pulling on the cord and reinserting the cord into the guide. The tapered slot in the hook will lock the cord in place.</p> <p>You are now ready to play!</p>	

	
<p>Volleys:</p> <p>You can either use the above instruction or place the cord loop around only one side of the throat frame and insert the loose end through the loop as shown.</p>	
<p>One handed backhand:</p> <p>Use the above instruction for forehand, except the narrow strip for receiving the hook on the arm band should be rotated to be aligned with the right thumb.</p>	
<p>Two handed backhand:</p> <p>A two handed backhand is similar to a forehand of a left handed player. Accordingly, the arm band should be worn on your left hand (top hand) and any reference to right and left should be reversed.</p> <p>Since the arm band is now placed on a left hand closer to the racket's throat, you may need to shorten the elastic cord.</p>	

Serves:

At the point of impact, the racket should be at about 30-40 degrees to the arm to increase power through pronation (serving leverage). See the racket angle of Roger Federer and Novak Djokovic shown to the right. Also, the following video is a must see that illustrates the importance of this concept.

<https://www.youtube.com/watch?v=7bsYFra60Q0> ("Serving Leverage" by tennisonvideo).

Place the cord loop around only one side of the throat frame and insert the loose end through the loop as shown above for Volleys.

Adjust the cord length until the forearm is at about 30-40 degrees to the racket. This would provide the proper feel of the racket angle on impact. Now, you are ready to serve!

