

The five stick height positions

The five positions stick height positions help to determine a variety of dynamic levels. Thinking of specific distances eliminates guesswork from developing hand control. Below is a diagram of the stick heights (in inches), the name of the position, and the relative dynamic level produced by such a position. Of course, gradual changes in dynamic levels will require a smooth transition between positions, but the purpose here is to provide a model or series of guideposts to help you control your hands.

