

To Obtain A Correct Stick Length



Stand up straight as you can.

Then get someone to measure you from the floor to the knuckle joint at your wrist.

By using this length measurement for your stick, it allows the arm to be locked straight when your full weight is applied to the stick.

Get help when measuring – If you do it yourself, the tendency is to lower your shoulder as you look down and your stick may then end up too short!

