

Mnemonic Card: Palm, Paint, Pull, Place

Mnemonic: "Palm, Paint, Pull, Place"

1. Palm (Preparation)

- Feel the racket in your off hand like Bahrami.
- Let the palm guide the string face toward the net like a brush.
- Mentally whisper: "This is mine."

2. Paint (Backswing and Takeback)

- Imagine a smooth brushstroke across a curved wall.
- Emphasize grace over force. This is rhythm, not rigidity.

3. Pull (Forward Swing)

- Let the motion pull from the legs, hips, and core.
- Think: "Power comes from below."
- Feel like you're unwinding a ribbon.

4. Place (Follow-Through)

- Let the racket complete its motion by "placing" the ball.
- Follow-through should point where you want the ball to go.

Cue Ritual:

Before every rally or serve:

- Tap the ball to your racket.

- Whisper: "Palm... Paint... Pull... Place."

- Then swing. Cue and release.

Let the body learn. Let the mind watch.