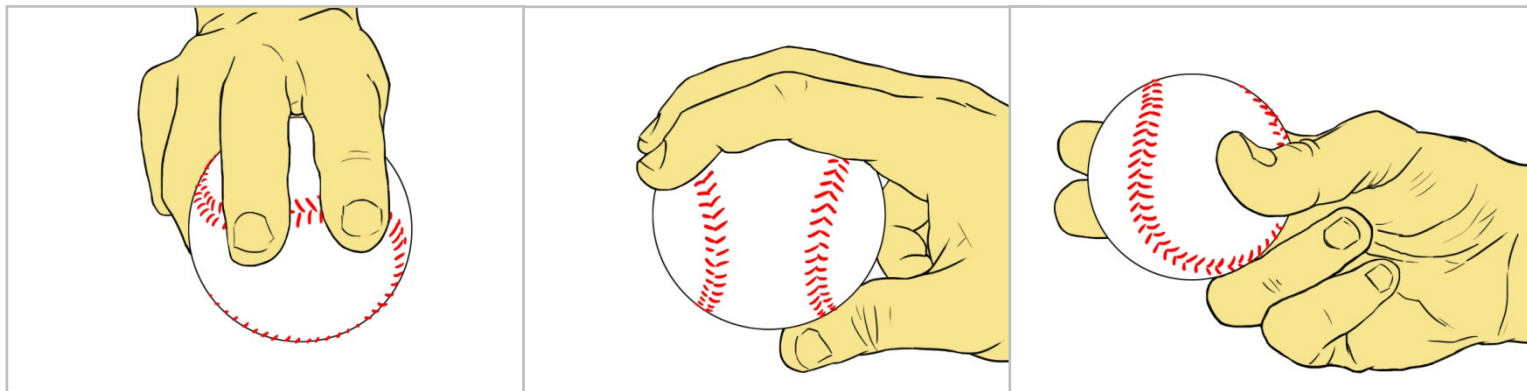


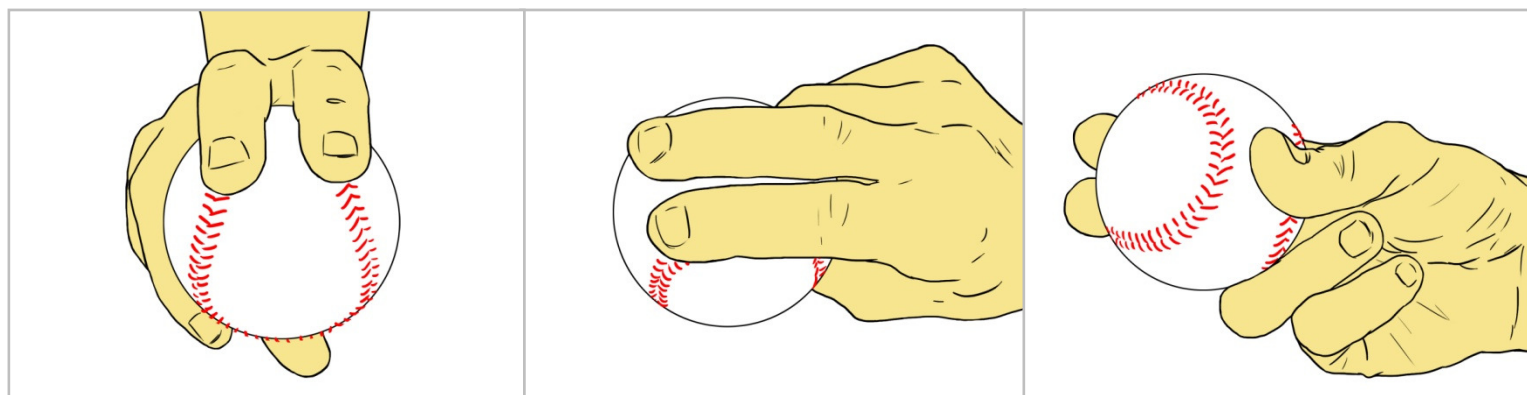
Pitching Grips Cheat Sheets

<http://www.coachkennybuford.com/pitching-grips/>

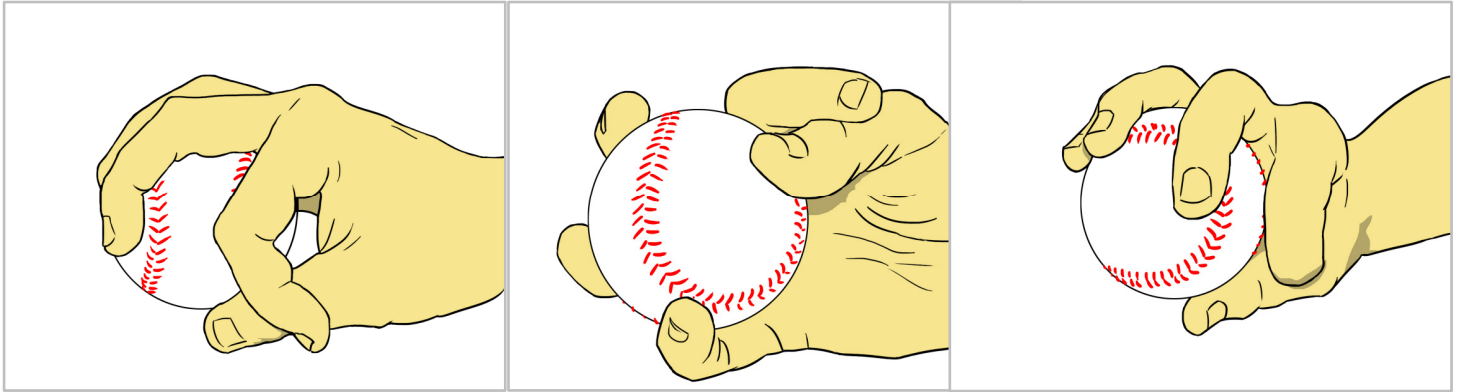
4 Seam Fastball



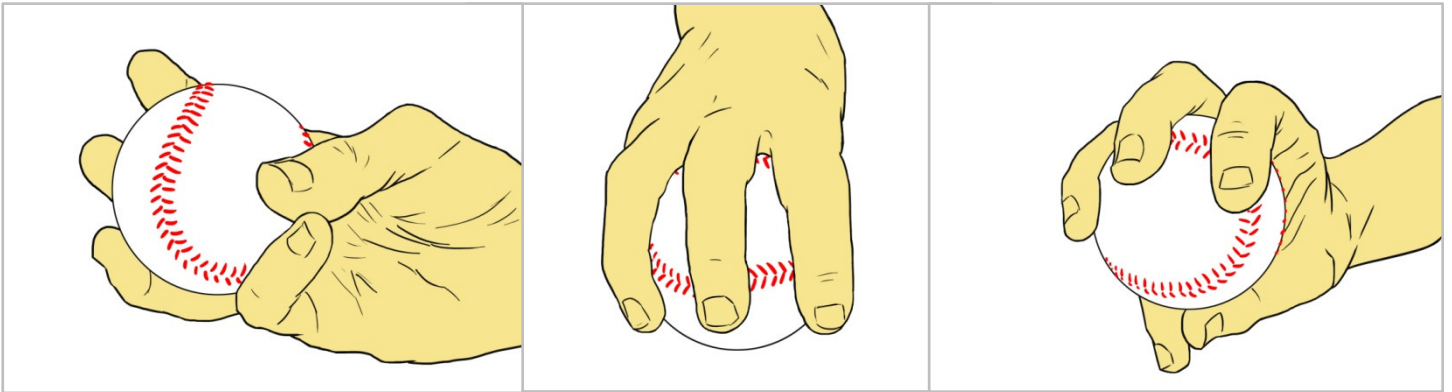
2 Seam Fastball



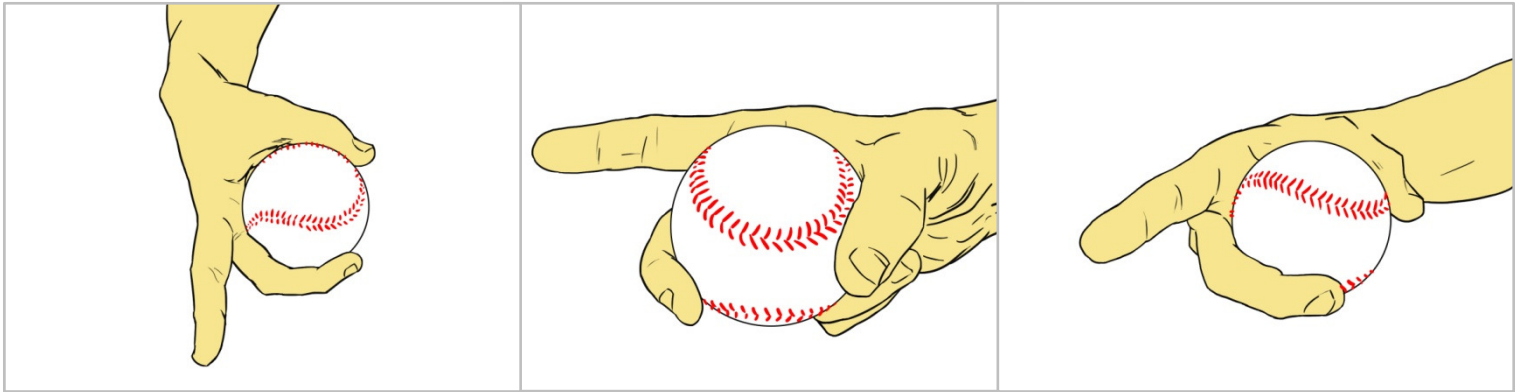
Circle Changeup



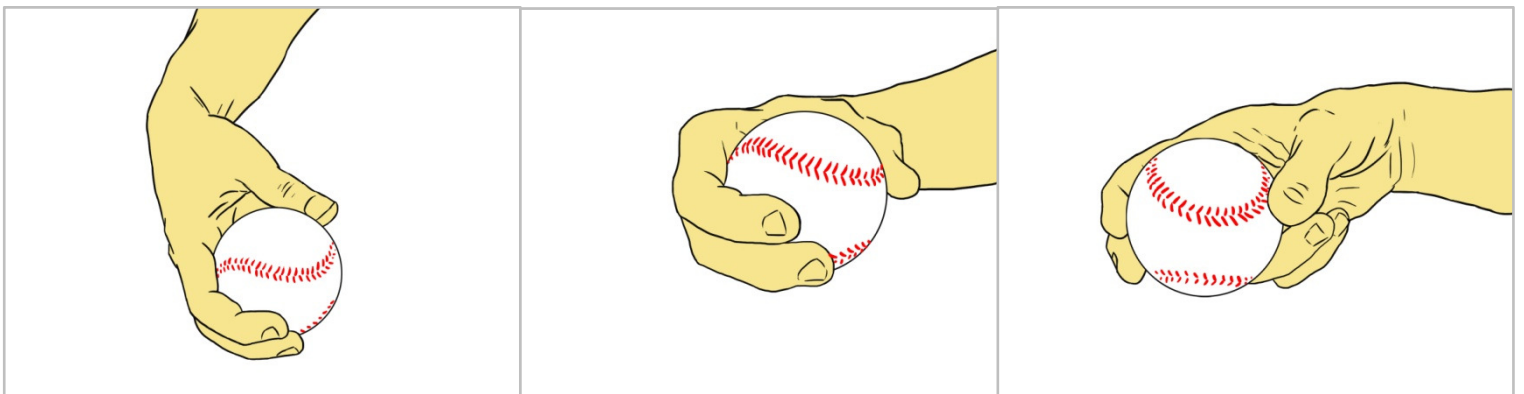
Three Finger Changeup



Beginner's Curveball (and Slurve)



Straight Curveball (and Slurve)



Spike Curveball (and Slurve)



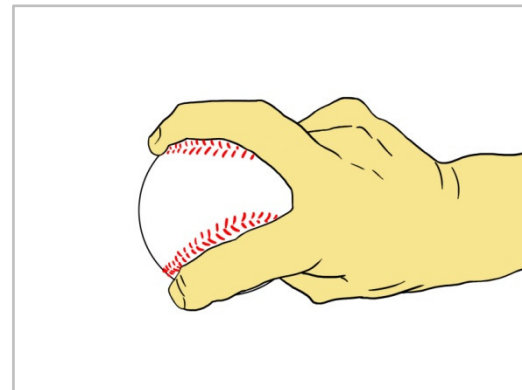
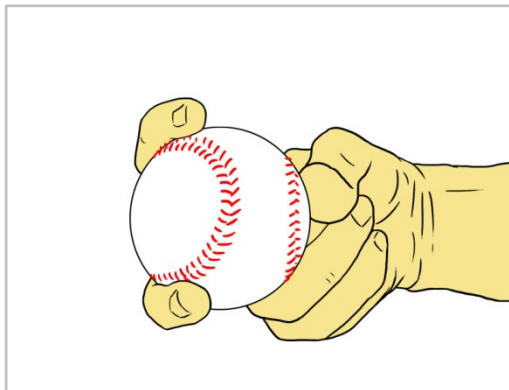
4 Seam Cut Fastball



2 Seam Cut Fastball



Split Finger Fastball



Thanks for checking this out!

If you don't already own the complete Pitching Grips 101 report (which includes step by step grip instructions and developmental drills), go here to get it now for just \$7:

<http://www.coachkennybuford.com/pitching-grips/>

If you'd like to see my complete collection of drills and online clinics, please visit:

<http://www.coachkennybuford.com/>

You can also check out my free coaching blog here: <http://www.baseball-tutorials.com/>

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