1. **Preparation** - The player approaches the ball on a 45-degree line. As the player takes their racquet back in their backswing, unlike the Traditional backhand with an eastern grip, where they will have to change their grip from the forehand position, they will not switch their grip from the semi-western forehand grip to the eastern backhand grip. They will keep the semi-western grip in place. The semi-western grip is found by placing their base-knuckle on their index finger on the grips #4 (3 1/2) bevel to establish the proper grip. By doing this, the ball will be struck on the same side of the racquet face as the topspin forehand. From there the racquet will continue back with the racquet head below the dominant hand. This is assisted by the bend of the elbow of the playing arm being put into a 90-degree angle, with the elbow itself being at nose-level. Once the backswing is complete, the first move for the racquet will be forward and up, as it moves toward the contact point.

2. **Contact** - The fully-extended arm should begin to move up and forward to meet the ball. The arm will unfold, or straighten, as the racquet face gets closer to the ball. At the moment of contact, the arm should be nearly completely extended and the racquet face should be at almost a vertical position. The more vertical the swing path, the more topspin that will be produced. The acceleration and steepness from the backswing to the contact point on the ball is critical when producing power and revolutions on the ball.

3. **Finish** - After contact, the playing arm will continue to move forward and up, possibly opening the front shoulder up to the court. The racquet will have started on the non-dominant side and will end on the dominant side above the point of contact. Depending upon the force of the swing, the player may use either an inside (turn-in or possible cross-handed turn) or outside turn (turn-out). This will be determined by whichever turn is the shortest to recover to the Hub.