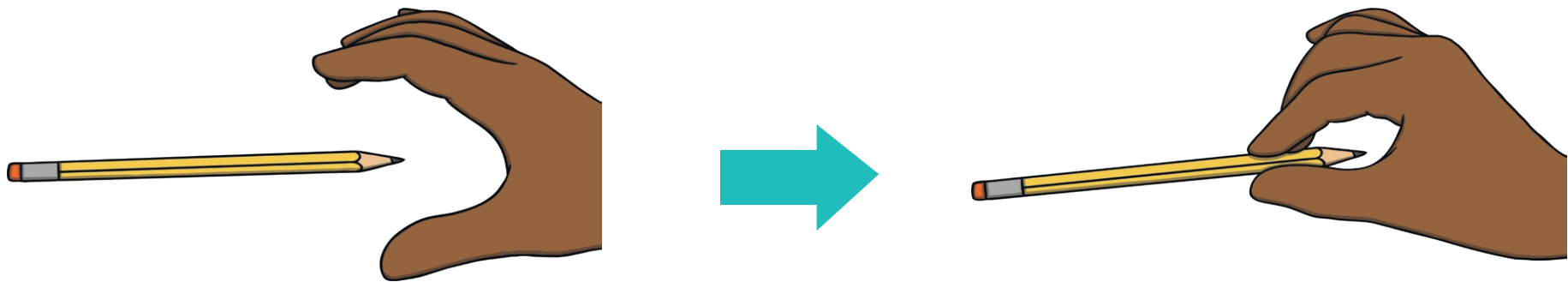
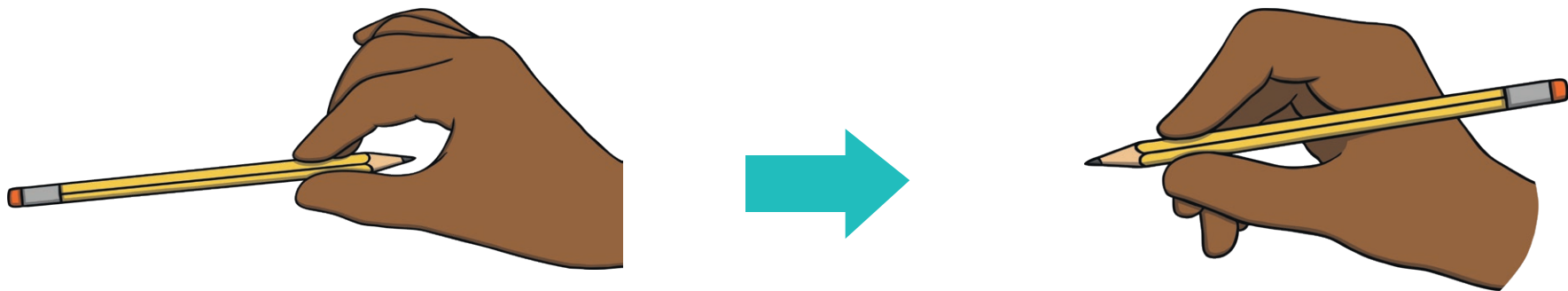


Step 1 - Nip



Choose the writing tool that is best suited to the task. 'Nip' it towards the end between your thumb and forefinger.

Step 2 - Flip



Once you have nipped the writing tool between your thumb and forefinger, 'flip' it around so that it is resting on your hand.

Step 3 - Grip

Once you have flipped the writing tool around so that it is resting on your hand, make sure that:

- it is pinched between the ball of the thumb and the forefinger;
- it is supported by the middle finger;
- all other fingers are tucked away.

