

7-step pen grip.

Left Hand



1



2

Place elastic band around palm.



3

Push pen under elastic band, nib pointing at wrist.



4

Turn pen a $\frac{3}{4}$ clockwise turn.



5



6

Adjust pen to rest between thumb & forefinger.



7

Adjust for comfort.

Right Hand



1



2

Place elastic band around palm.



3

Push pen under elastic band, nib pointing at wrist.



4

Turn pen a $\frac{3}{4}$ anticlockwise turn.



5



6

Adjust pen to rest between thumb & forefinger.



7

Adjust for comfort.