

Hand positions for left-handers

When it comes to holding a pen, there seem to be three main hand positions that left-handers choose.

- 1 Over the top sometimes called inverted. The wrist is twisted right round so that the pen comes down from above the line of letters. If you want to change from this position first move the paper over to your left then flatten your hand slightly. Your wrist then straightens.

Advantages

You can see what you are doing. You do not smudge your work. You can make your letters slant forward easily.

Disadvantages

It is awkward and can hurt you. It may slow your writing down. It is difficult to make an undercurve or joining stroke.



This hand is twisted so the pen comes from above the line of writing.

- 2 From the side. Provided you make your fingers work and do not push the pen with your whole hand, this can be an effective way to write. Notice the way the paper can slant.

Advantages

You can see what you have just written. You do not smudge. Letters are usually upright.



This hand comes in from the side

- 3 From below. Provided you slant your paper and have it well to your left, you should see what you have just written.

Advantages

Your fingers probably move more freely with less pushing. It is easier to join up and lets the writing flow. You are less likely to be criticised.

Disadvantages

Your writing may slope backwards.



This hand comes from below the writing.