

HOW TO FIND THE RIGHT

GOLF GRIP

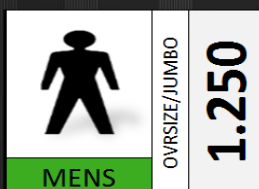
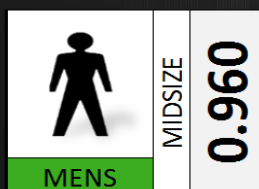
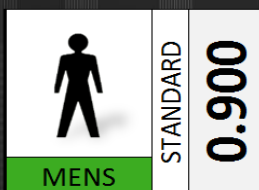
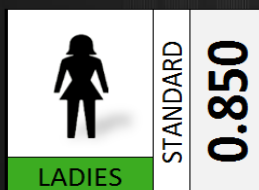
The golf grip is one of the most important component in a golf club and is the only part of the club that you actually touch. Grips are made of materials that age and wear over time and through use.

Grip Sizing

Golf grips are categorised by their circumference and diameter.

For Example

- Circumference = Mens Midsize
- Inside Diameter = 0.960

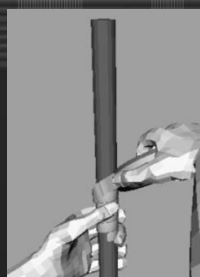


The traction that a fresh grip provides lets you hold the club lightly, whilst a worn grip causes you to grasp the club tighter, causing arm and wrist tension that inhibits proper swing mechanics and leads to a loss of power and control.

A fresh set of grips is an inexpensive and fast way to bring a noticeable change to your game.

Adding Thickness

If you would like to customise the girth of a grip, adding tape will increase thickness in small increments. The thickness increases are dependent on whether you use masking, cloth or gaffer tape.



MASKING TAPE

1 WRAP = 0.010

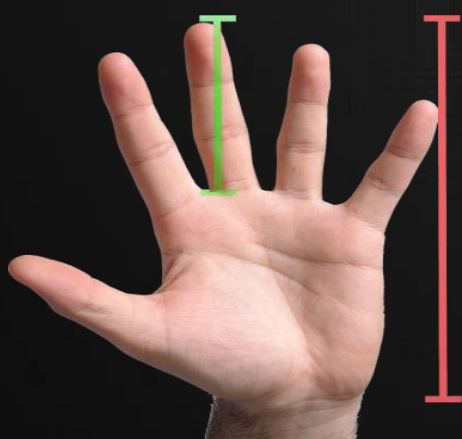
CLOTH TAPE

2 WRAPS = 0.020

Technique

To calculate the correct thickness for your grip, firstly measure the length of your middle finger (green), then measure from the start of your wrist to the tip of your middle finger (red).

Use the below table to asses whether you need to thickness via wraps or to go up in grip sizes.



	2.00" - 3.00"	3.00" - 4.00"	4.00" - Over
5.75" - 6.50"	Ladies	Ladies +2	Ladies
6.50" - 7.00"	Ladies + 2	Ladies + 4	Mens
7.00" - 7.75"	Mens	Mens +2	Mens
7.75" - 8.25"	Mens +2	Mens	Midsize
8.25" - 8.75"	Mens	Mens + 4	Midsize
8.75" - 9.25"	Midsize	Midsize +2	Midsize + 4
9.25" - Over	Midsize +2	Midsize + 4	Jumbo