



Grip Buying Guide

Level 3	Level 4	Level 5-10
No Grips	HB Grips Only	HB & SR Grips Required

Measuring the Hands

We have two different ways of measuring the hand to figure out what size grip they need. If they are level 5 they probably will go with the Hot Shot HB grips. Once they move to level 6 they can do the Reisport buckle grips. If the measurements are between sizes go towards the smaller size as we do not want the grips to be too big for the hand.

Back Up Grips

Level 4 does not need a back up if they have the JR HB Grips. Once they move Level 5 they will need a back up pair for HB and for SR. The back up grips should be broken in which takes a couple of weeks. Very old worn out grips should not count as the back up.

Hot Shot Men's High Bar Buckle

Size	Measurement
00	4 1/4"
0	4 5/8"
1	5 1/8"

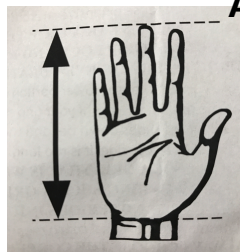


Available to purchase from Coach Matt



#R505 Men's High Bar Grip Buckle

Size	Measurement
0	Up to 6.25"
1	6.25" to 7.25"
2	7.25" to 8"
3	8" & Up



Available at www.frankendo.com/Grips.php



Hot Shot Men's Ring Buckle

Size	Measurement
00	4 1/4"
0	4 5/8"
1	5 1/8"

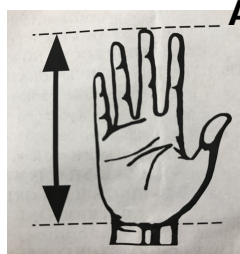


Available to purchase from Coach Matt



#R504 Men's Ring Grip Buckle

Size	Measurement
0	Up to 6.25"
1	6.25" to 7.25"
2	7.25" to 8"
3	8" & Up



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