

“Feel the connection” with the Lock-in Golf Grip

lockingolfgrip.com/videos



The LGG creates an extension feeling of your body. Which in turns, allows you to hit it farther and get more consistent. After training, users reported feeling like the golf club had become part of their own body. Simply ensure the LGG is pressed up against the back of your hand throughout the entire swing then let your brain take over the rest. Set it to a strong, neutral, weak or anywhere in between. Just attach it to any driver or iron to create that muscle memory.

As quoted in Technology Networks, Neuroscience News and Research -

“Doctoral student Ken Arai from the Research Center for Advanced Science and Technology (RCAST) at the University of Tokyo became interested in this research as a way to explore the limits of human “plasticity” — in other words, our brain’s ability to alter and adapt to external and internal changes. One example of plasticity is the way that we can learn to use new tools and sometimes even come to see them as extensions of ourselves, referred to as “tool embodiment,” whether it’s an artist’s paintbrush or hairdresser’s scissors.”

Use your LGG at your local driving range or at home to create consistency. Feel the connection on the back of your hand as you pull through the hitting zone.

After it was featured at the 2019/2022 PGA Merchandise Show, the Lock-in Golf Grip is now being used by many PGA Teaching professionals all around the country to assist in their private lessons. Ask any golf professional, they will tell you that the grip and wrist hinge is the most misunderstood aspect of the golf swing. Once this is mastered, other body compensations will occur naturally throughout the golf swing.

Two Sizes available

The S/MED and the L/XL. The S/MED is used by players that typically wear a small or a medium glove size, and is designed to fit over any standard grip or smaller. The L/XL is used by players that typically wear a large or an extra-large glove size, and is designed to fit over any standard or oversized grip.

For the left and right hand

It Is available for right-handed and the left-handed golfers. For the right-handed golfer, the LGG fits over your left hand. Conversely. for the left-handed golfer the LGG fits over your right hand.

-Creates clubhead awareness. By attaching the golf club consistently to your hand for every swing, the brain will start to treat the golf club as an extension of your arm. Just think about it, if you attached your arm slightly different to your body every time you needed to pick up something, your brain would get confused. This is similar to gripping the golf club slightly different every time you swing. Did you know that 90% of all the average golfers grip the club slightly different for every swing and they won't even know it. Follow the six-step program and create that consistency.

-Adjustable grip settings. The LGG can be attached to any of your irons or driver. Just attach it to the butt end of the grip and adjust to the desired setting. Then use it to practice your chipping, pitching and full swing. Follow the six-step program to obtain your full potential!

-Teaches you the proper wrist hinge. The wrist should hinge as natural as possible. Therefore, no forcing of wrist rotation should ever be used in a golf swing. Our six-step program explains and walks you through drills that will create muscle memory to allow the wrist to hinge naturally. 'Feel the force don't force the feel'.

-Indirectly forces correct body movements throughout the swing. Incorrect body movements are created from the results of an inconsistent grip and/or wrist hinge. Once you have corrected your grip and wrist hinge, your body will make adjustments in order to square up the face. You will naturally start rotating your hips correctly on the downswing in order to hit it straight.

Prepare to practice:

Step 1) Select a club that you want to practice with. It is recommended to start with a nine or eight iron at first. Then using the white writing utensil supplied, mark a line at the top of the grip that references the leading edge of the golf club head. Then, attach the Lock-in Golf Grip to one of the three positions shown below. (Note: More PGA players are going to the strong grip in order to hit the ball farther). And, the stronger the grip, the more you need to open up your hips on the downswing to hit it straight. Try these settings and adjust it needed. Tighten so that it does not slide around. (Note: attaching to your hybrid is done the same way. See below for attaching to your driver).

Stronger Setting



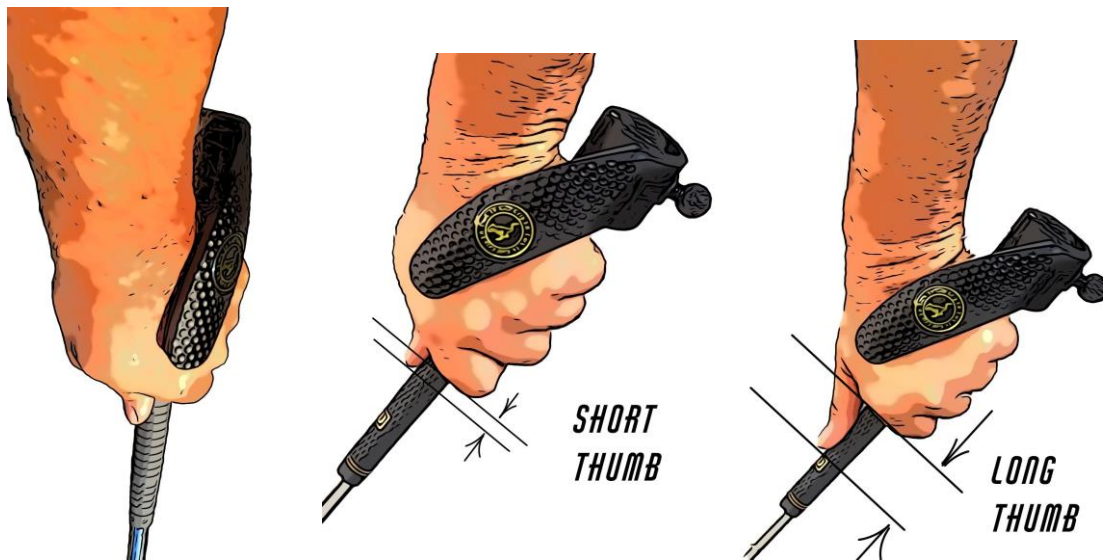
Neutral Setting



Weaker Setting



Step 2) Next, place your leading hand on the golf grip so that the back of the hand is firm against the Lock-in Golf Grip. Also, knuckles should be about a 1/2 inch to 1 inch from the edge of the Lock-in Golf Grip. Also, it is recommended to grip with a short thumb to activate the proper muscles in the hands.



Note: Your leading hand will now be position correctly on the grip. The heel pad is now positioned directly on top of the grip and the hand is on the grip at a consistent angle. Also, it does not matter whether you use a 10 finger, overlap or interlock grip. What is important is that your heel pad and hand angle position is consistent on the grip for every swing. Also keep in mind that most amateurs find the strong position uncomfortable at first. And, remember that the strong setting is the position of the average LPGA or PGA player which means some golfers have a slightly weaker grip. Adjust slightly clockwise or counterclockwise if desired and then “lock it in”.

Step 3). Now, position your other hand so that your palm is facing the target and is covering up your thumb. Watch the video called “The 6 Step Program” (The grip section) for detailed information.



Why does the strong golf grip feel uncomfortable at first?

Many players start playing golf with a very weak controlling hand grip and refuse to change it because it feels uncomfortable. Players who grip the club with a weaker grip will find it nearly impossible to square the club. A strong grip will generally close the club face either at address or during the swing.

Understanding the relationship between your grip and your hip action on the downswing is essential for good ball striking. Follow the “Six Step Program” at lockingolfgrip.com/videos for more information.

Step 4). You are now ready to practice the golf swing. Just follow “The 6 Step Program” video and watch your ball striking improve tremendously. www.Lockingolfgrip.com/videos.

Other information you should know: The driver: Using the white writing utensil supplied, mark a line at the top of the grip that references the leading edge of the golf club head. Then, attach the Lock-in Golf Grip to your driver as shown below. Notice that for drivers, the Lock-in Golf Grip is lined up directly with the leading edge for a strong grip. However, for the irons, the Lock-in Golf Grip is lined up one notch over for a strong grip. The reason for the differences is because of where the ball is played in your stance. For the driver, the ball is played toward the front foot. Irons and hybrids are played toward the center of your stance. (Note: See above for attaching to your iron).



Stronger Setting



Neutral Setting



Weaker Setting

Proper Set up:

When hitting with an iron (right-handed):

- Place the ball in the center of your stance to promote a downward strike on the ball
- Position your hands off of the inside of your left thigh



When hitting with a driver (right-handed):

- Place the ball towards the front foot to promote an upward strike on the ball.
- Position your hands off of the inside of your left thigh



Note: When using an iron or a club that is hit off of the ground, the ball is lined up closer to the center of your stance (between your feet). This will encourage the club to hit the ball on the downswing. This slight change in setup is the reason for differences in the positions of the Lock-in Golf Grip.

Grip Settings

- A. Driver Weak Setting
- B. Driver Neutral Setting, Iron Weak Setting
- C. Driver Strong Setting. Iron Neutral Setting
- D. Iron Strong Setting.

