

Lock-in Golf Grip lockingolfgrip.com/videos

Check out our new tutorial video explaining the Six Step Program. lockingolfgrip.com/videos

Are you hitting unwanted slices or hooks? Having problems hitting off of the ground? Unable to consistently hit it long? Chances are you are gripping the club incorrectly and making an improper wrist hinge. The Lock-in Golf Grip bio mechanically sets your hands correctly on the grip and teaches the proper wrist hinge like the pros. Gripping the club incorrectly creates other bad body compensations throughout the golf swing and become difficult habits to break. With the Lock-in Golf Grip you will create that correct muscle memory. Set it to the recommended setting and adjust if needed. Find what works best for you then lock it in!

Featured at the 2019 PGA Merchandise show, the Lock-in Golf Grip Training System teaches proper wrist hinge, and forces correct hand placement to give you the perfect swing.

Follow the 6 Step Program to unleash your potential.
lockingolfgrip.com/videos

Two sizes for Right-Handed and Left-Handed.

Why is the golf grip so important? The grip is important because the positioning of our hands on the golf club permits the control of the orientation of its face at the moment of impact (open, closed or square). Also, this permits us to have more fluid movement on our wrists and in consequence, better the strength in moving the club. Follow the “Six Step Program” at lockingolfgrip.com/videos for more information.

Why does the correct golf grip feel uncomfortable at first?

Many players the start playing golf with an incorrect grip and refuse to change because it feels uncomfortable. Incorrect grips are usually either too weak or too strong. Players who grip the club with a weak 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.

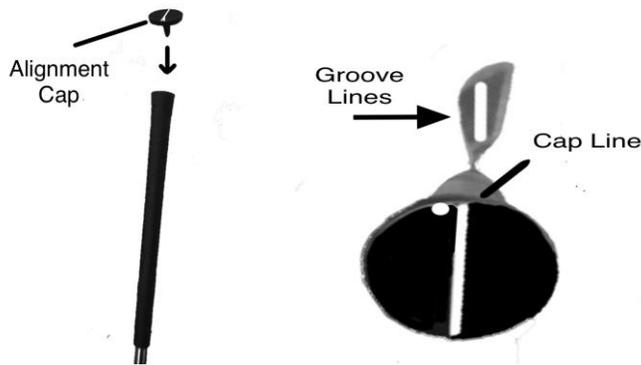
Why does the ball curve to the right for my driver? It is simple sidespin that is causing the ball to curve. It’s the golf ball spinning to the right that causes the ball to curve to the right. If you are hitting with your irons good but are having trouble controlling your driver, chances are you are gripping the club incorrectly and/or have an incorrect wrist hinge. Also, you are probably setting up to the ball incorrectly. The setup for a driver is different for an iron. Follow the “Six Step Program” at lockingolfgrip.com/videos to fix all of this.

Why is it difficult for me to hit off of the ground consistently? Improper grip and improper wrist hinge are the major factors that inhibit good ball striking off of the ground. Fix all of this by following the “Six Step Program” at lockingolfgrip.com/videos.

Prepare for practice for the first time (right-handed golfer):

Do these five steps to create the shot that you desire.

Step 1) Attach the round alignment cap to the butt end of the golf club so that the Cap Line is lined up with the groove lines or leading edge of your golf club.



Step 2) Attach the Lock-in Golf Grip to the golf club as shown. Firmly tighten until the Lock-in Golf Grip does not slide around. For the driver, align the the Dot on the Alignment Cap up with the Large Line on the Lock-in Golf Grip. For the iron, align the Line on the Alignment Cap up with the Large Line on the Lock-in Golf Grip.



Step 3) Grip the golf club making sure your knuckles are below the Lock-in Golf Grip and the Lock-in Golf Grip is firmly placed up against the back of your hand. Also, it is recommended to grip with a short thumb to activate the proper muscles in the hands. Then, practice hitting balls making sure that the palm of your lower hand is facing the target when you are set up to hit the ball. And on your downswing, focus on turning your hips open. For more information, watch video “How to Fix Your Slice and Get Consistent” www.lockingolfgrip.com/videos



Step 4) If the majority of your balls curve to the left, adjust the Lock-in Golf Grip 1 millimeter to the left and repeat step 3 until you are hitting the golf shot that you desire.



Step 5) Once the desired shot is found, remove the alignment cap and mark the position of the Lock-in Golf Grip by using the supplied white writing utensil. Then, hit as many balls as possible to create that muscle memory. The writing utensil provided is semi-permanent and can be safely removed with soap and water. This gives the golfer an easy way to return its position for the next practice session.



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**



Prevent Flipping:

The Lock-in Golf Grip will tell you if you are flipping on the down swing. If the golf ball on the attachment screw brushes up against the side of your arm, then you are flipping. See “Prevent Flipping the Hands” video at <https://lockinggrip.com/videos> for more information.

Other settings:

Once your desired shot is obtained, you can adjust the Lock-in Golf Grip to practice curving the ball more to the right or left. Simply rotate the Lock-in Golf Grip using the drawn on line as a guide. Also, you can practice your bunker shots by setting the Lock-in Golf Grip to the Green side sand setting.

**Other Information:**

The reason for the dot on the alignment cap.

When using a driver, the ball is teed up and lined up off of the front foot. This will encourage the club to hit the ball on the upswing.

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 hand position.

