

## **Lock-in Golf Grip** [lockingolfgrip.com/videos](https://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 professionals. 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](https://lockingolfgrip.com/videos)

Two sizes for Right-Handed and for 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](https://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](http://lockingolfgrip.com/videos) for more information.

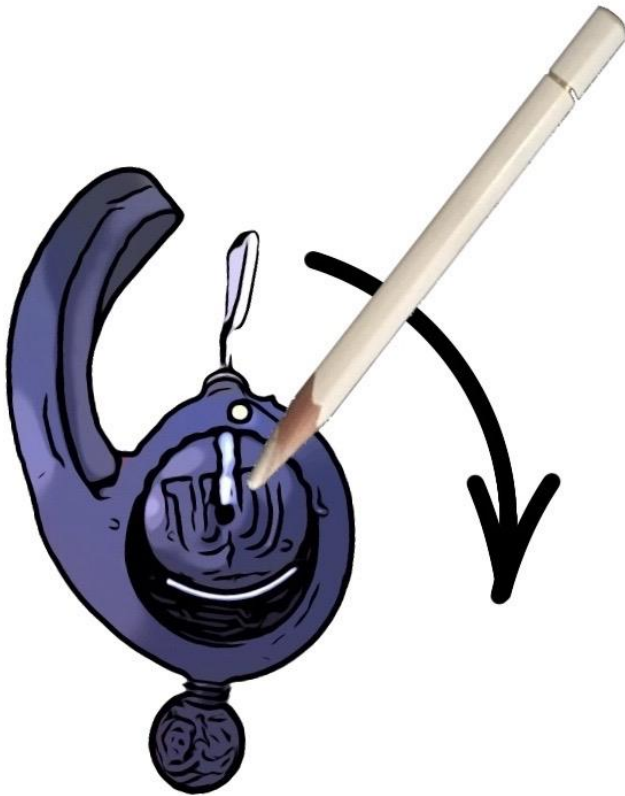
**Why does the ball curve to the right for my driver?** It is simple sidespin that is causing the ball to curve. It’s the golf ball spinning to the right that causes the ball to curve to the right. If you are hitting with your irons good but are having trouble controlling your driver, chances are you 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](http://lockingolfgrip.com/videos) to fix all of this.

### **Why is it difficult for me to hit off of the ground consistently?**

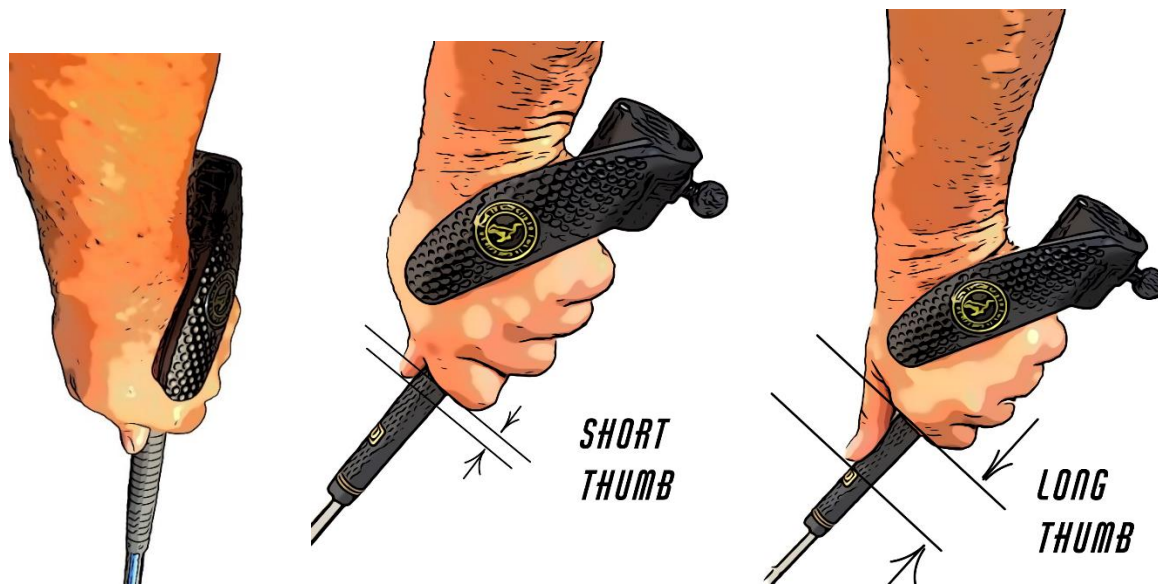
Improper grip and improper wrist hinge are the major factors that inhibit good ball striking off of the ground. Fix all of this by following the “Six Step Program” at [lockingolfgrip.com/videos](http://lockingolfgrip.com/videos).

## 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 your iron as shown below. Notice that for irons, the Lock-in Golf Grip is slightly rotated clockwise. 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).



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 and visually you should see 2 to 3 knuckles. 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 the correct 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 correct on the grip for every swing.

Also keep in mind that most amateurs find this position uncomfortable at first. And, remember that this position is the average position for an LPGA or PGA player which means some golfers have a slightly weaker or a slightly stronger 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.



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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. [lockingolfgrip.com/videos](http://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. However, for the irons, the Lock-in Golf Grip is slightly rotated to the right. 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).

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## 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



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.

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.

