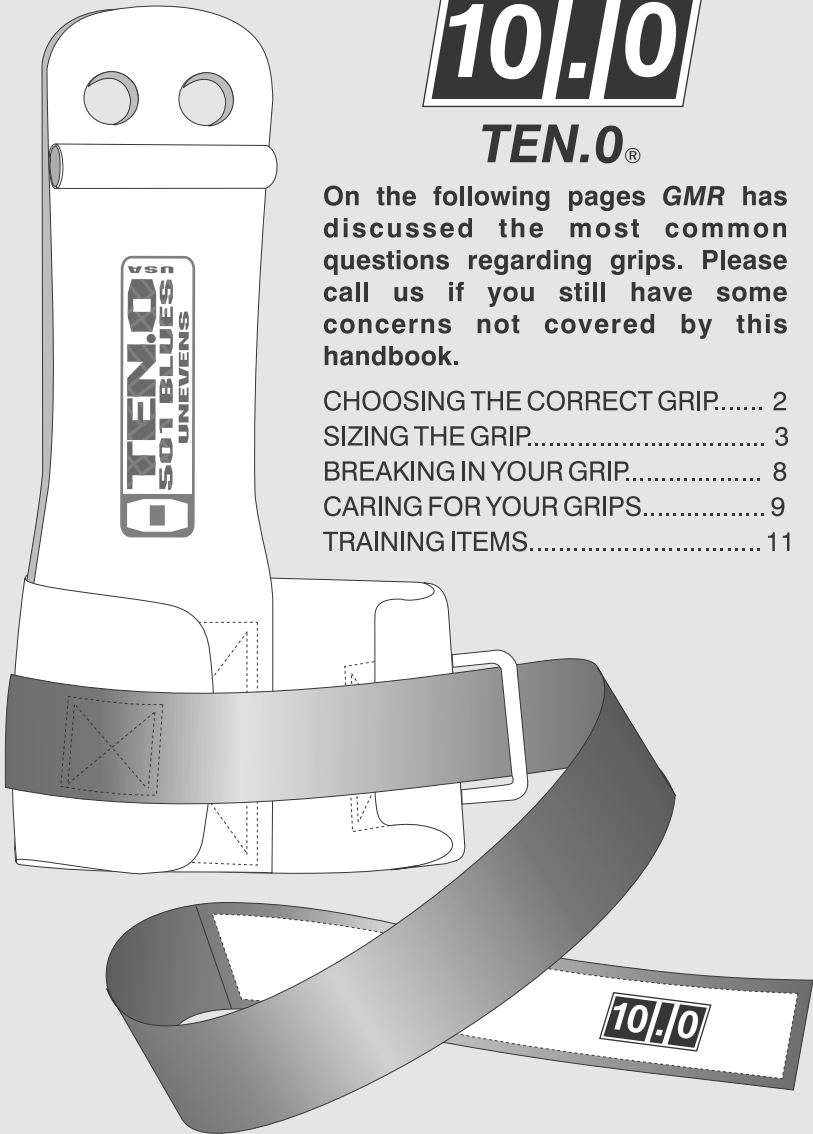




TEN.0®

On the following pages *GMR* has discussed the most common questions regarding grips. Please call us if you still have some concerns not covered by this handbook.

CHOOSING THE CORRECT GRIP.....	2
SIZING THE GRIP.....	3
BREAKING IN YOUR GRIP.....	8
CARING FOR YOUR GRIPS.....	9
TRAINING ITEMS.....	11



Grip Handbook

CHOOSING THE MOST APPROPRIATE GRIP

We have included most of our grip styles in this handbook but please see www.ten-o.com for a complete current list.

There are five styles of grips for the female gymnast. Style 1, the leather palm guard, G902 or G903 is a good grip for gymnasts working basic uneven bar skills and is a good lead up to the longer grips. It is important that a girl learn to use a grip early in her training so that she is used to having leather between her palm and the rail before she moves to a more advanced grip. G902 is available in sizes 0 - 3 & G903 in sizes 0 - 4.

Grip styles 2-5 are fingertip grips. **TEN.O** fingertip grips come in two leather types. The G501 series of grips are made of a softer leather which is easier to break in. A gymnast can usually swing most skills immediately. This leather is a very pale blue. The Classic 900 series grips are made of the most durable leather on the market which means they will take longer to break in. The leather is white in color. Gymnasts just starting gymnastics might be happiest with the 501 Blue leather grips.

The third style grip for a girl is the G501-10N, a velcro closure grip with a long palm piece but without a dowel. This grip helps a girl working more advanced skills learn the more complex "wrist shifting" movements since it is long enough to create a fold at the fingertips. This is a good lead up to a grip with a dowel. The G501-10N is available in sizes 0 - 3 or 000-1 (Pixie Grips).

The fourth style grip is a G910, G501-10, G610 or G810 a velcro closure grip with a long palm piece and a stitched in 3/8" dowel. These grips allow girls working giants and release skills to regrab the bar more securely. These grips are available in sizes 0-3.

The fifth style grip is a G501-12 or a G612, a buckle closure grip with a long palm piece and a stitched 3/8" dowel. These grips are available in sizes 0-3 (G501-12) or 000-1 (G612 Pixie Grips).

Male gymnasts most commonly wear grips on the high bar and the rings (some advanced gymnasts use them on the parallel bars). The basic palm guard, G908, G902, or G903 is worn by male gymnasts working on basic skills on the above mentioned apparatus.

The ring grips come in two styles. The G906 & G501-06 have a two finger palm piece with a 1/2" dowel and velcro closure. The G904 has a two finger palm piece with a 1/2" dowel and a double buckle closure. These three grips are most frequently used by gymnasts working USAG class 5 or optional skills, but will sometimes be requested for other level gymnasts. The G904 has a wrist piece which has a double thickness of leather which is then slotted for the two wrist straps to be threaded through. This grip is good for heavy or advanced gymnasts as it hugs the wrist more firmly than the velcro closure. The G906 comes in sizes 0 - 3, (size 0 has the smaller 3/8" dowel,) G501-06 comes in sizes 0 - 3, and the G904 comes in sizes 1 - 3.

The high bar grips come in three styles. The G501-07N has a three finger palm piece without a dowel with a velcro wrist closure. This is a good grip for male gymnasts starting to work giants and giant "lead up" skills. The longer palm piece allows for a fold to be formed at the fingertips. This helps the gymnast begin to learn the more complex "wrist shifting" used with a dowel grip.

The G907 and G501-07 has a three finger palm piece with 3/8" dowel w/ velcro closure and is used by gymnasts working optional skills.

The G905 has a three finger palm piece with a 3/8" dowel and a wrist piece which is a double thickness of leather which is then slotted for the two wrist straps to be threaded through. This grip is good for heavy or advanced gymnasts as it hugs the wrist more firmly than the Velcro closure. The G501-07N is available in sizes 0 - 1, the G501-07 in sizes 0 -3, the G907 in sizes 0 - 3, the G905 in size 1 - 3 .

UNDER NO CIRCUMSTANCES SHOULD A MEN'S RING GRIP OR A WOMEN'S UNEVEN BAR GRIP BE USED ON A HIGH BAR. THIS ALMOST GUARANTEES A BROKEN WRIST DUE TO THE GRIP LOCKING UP ON THE BAR.

SIZING AND POSITIONING OF YOUR GRIPS

Many customers have requested a way to size the **TEN.0** grips from the hand size. The following chart has been compiled for use in sizing **TEN.0** grips only.

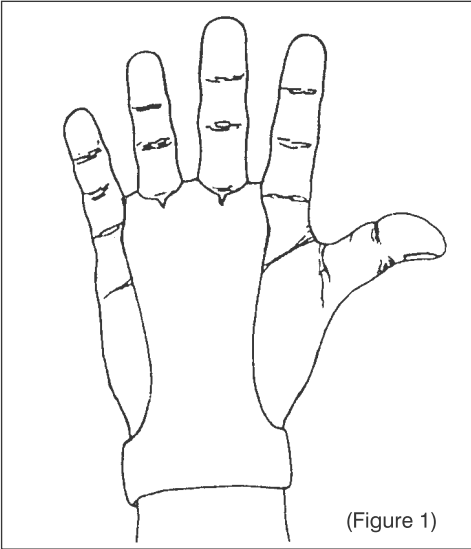
These measurements have been provided as an **approximate** guide. They in no way guarantee a safe or perfect fit. Only the gymnast and his/her coach can decide on the appropriate size by evaluating the actual grip once it is on the gymnast's hand. There are dimensions to the hand that cannot be taken into account with a flat measurement and there are several positions on the wrist where the gymnast might decide to settle the wristband. Therefore only the gymnast and his/her coach can make the proper judgment as to the correct size for any gymnast. **GMR** will not be held liable for failure due to use of an incorrectly sized grip. The coach and the gymnast must take final responsibility as to the fitness of a particular size.

SIZE	G902* G903*	G501-10N** G501-10** G501-12** G810 G910**	G610** G612**	G501-06** G501-07** G501-07N** G906** G907**	G501-05** G904** G905**
000	NA	NA	up to 5"	NA	NA
00	NA	NA	5" to 5.5"	NA	NA
0	up to 2.5"	up to 6"	5.5" to 6"	up to 6.25"	NA
1	2.5" to 3"	6" to 6.5"	6" to 6.5"	6.25" to 7.25"	up to 7.25"
2	3" to 3.5"	6.5" to 7.25"	NA	7.25" to 8"	7.25" to 8"
3	3.5" to 4"	7.25" and up	NA	8" and up	8" and up
4	4" and up	NA	NA	NA	NA

* For G902, G903 & G908 grips measure from the base of the palm to the base of the middle finger.

** For the FINGER TIP GRIPS measure from the base of the palm to the tip of the middle finger.

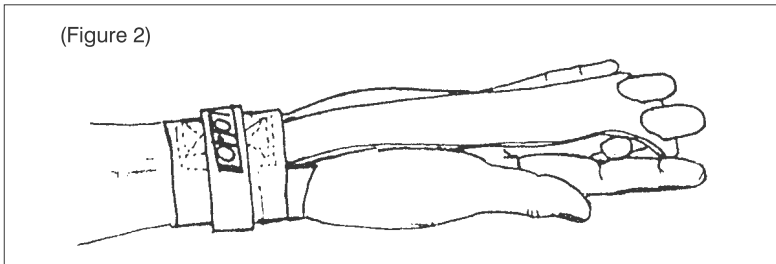
G902 & G903 - BASIC PALM GUARD



In most instances the two finger palm guard is worn by males and females with the fingerholes at the base of their fingers when the palm is stretched out (Figure 1). The imprinting is worn towards the palm.

G501-10N, G501-10, G501-12, G610, G612, G810 & G910 WOMEN'S UNEVEN BAR GRIPS

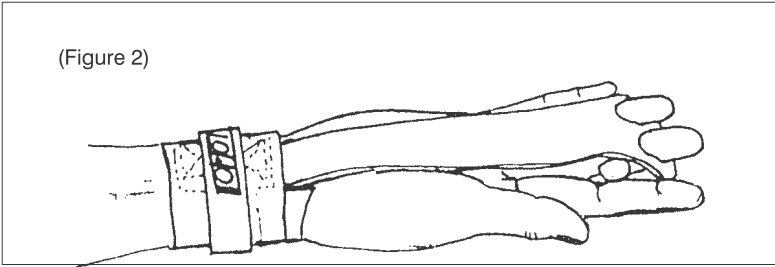
Women's uneven bar grips are worn on the first knuckle. The hand should be able to extend almost all the way out (Figure 2). This is the longest of all grips due to the larger diameter of the women's rails. The imprint is worn toward the palm. **UNDER NO CIRCUMSTANCES SHOULD A WOMEN'S UNEVEN BAR GRIP BE WORN ON THE MEN'S HIGH BAR. BROKEN WRISTS WILL RESULT FROM THE GRIP LOCKING ON THE HIGH BAR.**



G610, G612 - PIXIE GRIPS

The Pixie Uneven Bar Grips are for small slender petite hands. Pixie grips are worn on the first knuckle. The hand should be able to extend almost all the way out (figure 2). The imprint is worn toward the palm. **UNDER NO CIRCUMSTANCES SHOULD A PIXIE UNEVEN BAR GRIP BE WORN ON THE MEN'S HIGH BAR. BROKEN WRISTS WILL RESULT FROM THE GRIP LOCKING ON THE HIGH BAR.**

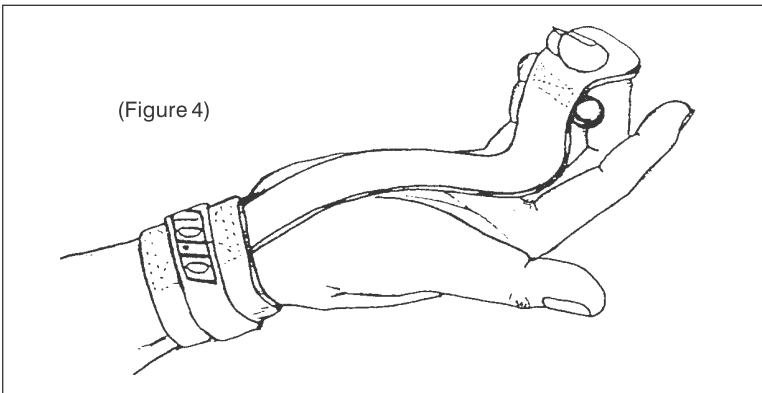
(Figure 2)



G501-04, G501-06, & G906 - MEN'S RING GRIPS

The men's ring grips are worn with the holes at the first knuckle. The imprint is worn toward the palm. With the grips on and the fingers extended as much as possible there should be an angle of 70 to 80 degrees formed between the fingers and the palm (Figure 4). Heavier, more advanced gymnasts will stretch their grips more rapidly. Remember this and order accordingly. **UNDER NO CIRCUMSTANCES SHOULD A RING GRIP BE USED ON THE HIGH BAR. BROKEN WRISTS CAN RESULT.**

(Figure 4)

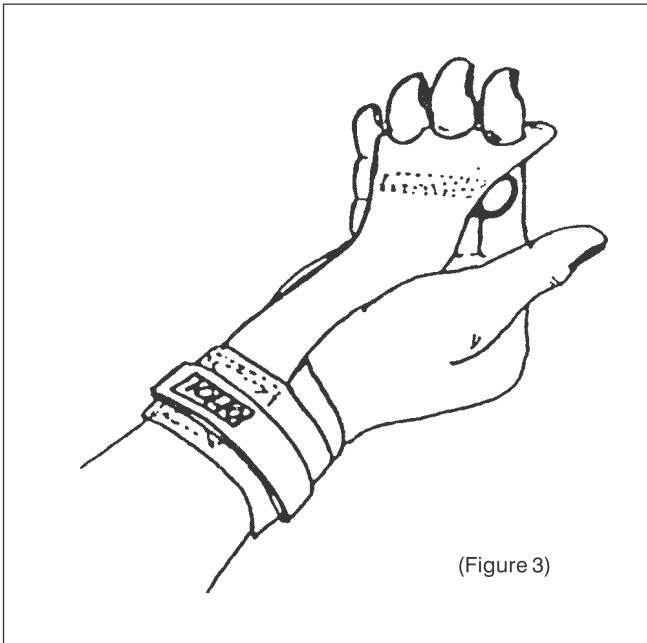


G501-05, G501-07N, G501-07, G907 & G905 MEN'S HIGH BAR GRIPS

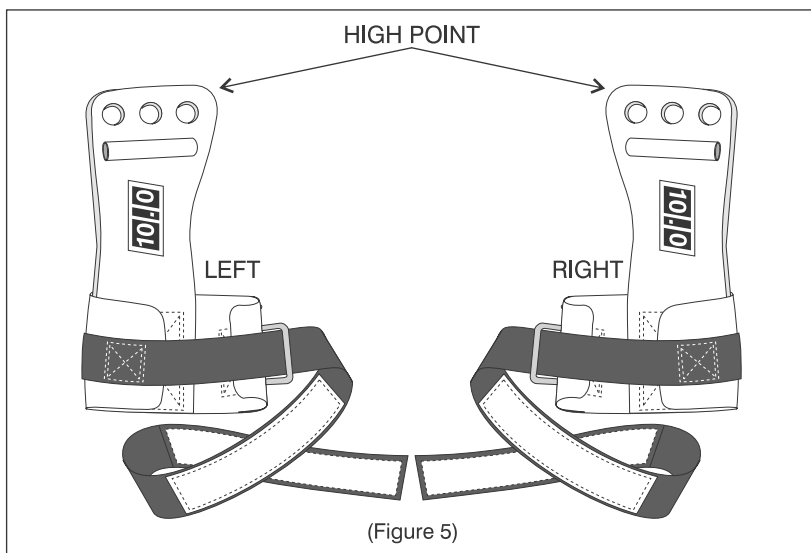
The men's high bar grips are worn on the first knuckle or between the first and second knuckle. The imprint is worn towards the palm. With the grips on and fingers extended as much as possible there should be a 45 to 60 degree angle formed by the fingers and the palm (Figure3).

This is a crucial measurement. If the angle is greater than 60 degrees the grips are too long and could lock up on the bar causing the wrists to break ("locking up" is caused by the leather at the fingertip end grabbing the leather at the palm and giving a brake-like action so that the hands stop but the body continues to rotate).

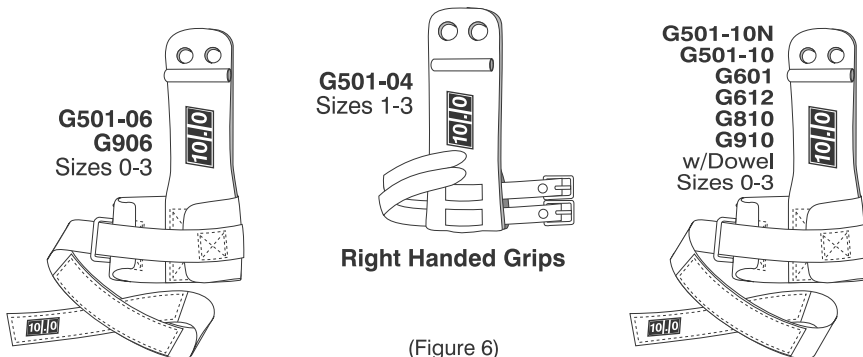
As you can see, the longer the grip is the more likely it is to have the top of the grip get caught in the bottom of the grip. The heavier the gymnast is, the more advanced a gymnast is, and the more one arm giants a gymnast does...the more likely the grip is to stretch rapidly. Remember this and order accordingly.



IDENTIFYING RIGHT & LEFT HIGH BAR GRIPS PROPERLY



All grips have a right and a left grip. The Men's High Bar Grips (G501-05, G501-07N, G501-07, G907,) have a right palm piece and a left palm piece (Figure 5). With the dowel and/or the imprint facing up, locate the high side of the palm piece. The right grip is high on the left side and the left grip is high on the right side. The Men's Ring Grips and the Women's Uneven Bar Grips must be worn with the closure on the correct side (Figure 6). With the dowel and/or imprint facing up you will find the right grip (G501-10, G501-10N, G610, G612, G906, G910) has the metal D-ring on the left side of the grip, or you will find that the right grip (G904) has the buckle on the right side of the wrist strap.



BREAKING IN YOUR GRIP

Before putting your grips on to size them please remember:

WE CAN EXCHANGE YOUR GRIPS FOR YOU IF YOU GET THE WRONG SIZE, BUT ONLY IF THEY ARE IN "BRAND-NEW" CONDITION SO WE CAN SEND THEM TO SOMEONE ELSE. MAKE SURE TO WASH YOUR HANDS BEFORE TRYING THEM ON. DO NOT CHALK UP THE GRIPS OR TRY THEM ON THE EQUIPMENT (JUST ONE SWING STARTS THE LEATHER BREAK-IN PROCESS). WE CANNOT EXCHANGE GRIPS WHICH ARE SOILED, CHALKED UP, OR HAVE BEEN USED ON EQUIPMENT.

Breaking in your G902 and G903 palm guard is simple. Just fold and roll the leather by hand until the leather is no longer stiff.

The other grips can be used for warmup swinging for several workouts which should relax the leather enough for safe use in routines. Or you can manually bend the leather back and forth to soften the leather. Of course, what is required to break in a grip does vary depending on your size, skill level, and experience. Do not use new grips for skills you find difficult until your grips feel very secure on simple skills.

NEVER USE WATER ON YOUR GRIPS AS IT WILL CAUSE THEM TO STIFFEN AND ROT. GRIPS WHICH HAVE HAD WATER USED ON THEM WILL NOT BE COVERED BY OUR WARRANTY.

If the fingerholes of your grips are too small, roll up the piece of sandpaper enclosed with the grips and sand the holes to the desired size. DO NOT PULL ON HOLES TO STRETCH THEM OUT. THIS CAN CAUSE THE LEATHER TO TEAR. GRIPS TORN IN THIS MANNER CANNOT BE COVERED BY OUR WARRANTY.

DO NOT TRY TO CUT THE FINGERHOLES. Cutting the holes with a razor can lead to small cuts along the edge of the hole which can cause them to tear during use. This would be very dangerous. GRIPS CUT IN THIS MANNER CANNOT BE COVERED BY OUR WARRANTY.

If the rear surface of the grip feels too slick, use the sandpaper or a grip brush to rough up the nap of the leather. Remember to always brush across the grip (not up and down) and to never brush near the stitching as this can cut the threads causing the grip to fall apart or the dowel to fall out. GRIPS ABUSED BY A GRIP BRUSH OR SANDPAPER WILL NOT BE COVERED BY OUR WARRANTY.

PLEASE NOTE: This leather is tanned so as to not stretch. Leather not tanned properly will stretch from 50% to 100% which would cause all grips to be dangerously long almost immediately. THEREFORE an attempt to stretch the palm piece or fingerholes by force will cause the leather to tear.

CARING FOR YOUR GRIPS

Over time the suede on the rear can become slick from chalk buildup and packing down of the natural nap of the suede. Use a grip brush to remove chalk buildup and to lift the suede nap. Brush firmly across the grip (not up and down). **DO NOT BRUSH THE LINES OF STITCHING.** The grip brush will cut the thread causing the dowels to fall out or the grip structures to be weakened.

Check your grips daily for stretching, stitch weakness or signs of tearing. Grips can last anywhere from several months to several years. It depends on your size, skill level, and the type of skills you are working. One arm giant work will greatly shorten the life of the grip as repeated use of one particular arm (therefore one particular grip) bearing all of the body's weight will cause that grip to stretch rapidly. Working with a stretched grip or with one grip longer than the other is extremely dangerous.

These grips have all been designed for maximum performance and durability, but as with all leather products, they will wear out. The constant stretching, body moisture, salt and drying chalk all cause grips to wear out. If a grip shows signs of stretching, tearing, weakened threads or extreme slickness -

SUSPEND USE OF THE GRIP IMMEDIATELY. IT IS PARTICULARLY IMPORTANT TO CHECK THE HIGH BAR GRIP FOR SIGNS OF STRETCHING. IF A HIGH BAR GRIP IS TOO LONG IT CAN LOCK UP ON THE BAR AND CAUSE YOUR WRIST TO BREAK. DO THE 45 TO 60 DEGREE TEST OFTEN (SEE SIZING, PAGE 3). IF THE DOWEL IS SCOOTING TO THE SIDE IT IS TOO LONG.

WEARING WORN, STRETCHED, INCORRECTLY SIZED, OR DEFECTIVE GRIPS CAN LEAD TO FAILURE OF A GRIP DURING USE WHICH CAN CAUSE SERIOUS INJURY INCLUDING PARALYSIS AND EVEN DEATH.



REMEMBER GRIP'S LAW

*IF A GRIP IS GOING TO BREAK, IT WILL DO
SO AT A MEET!*

(OR THE DAY BEFORE A MEET).

ALWAYS HAVE A BACK-UP PAIR OF GRIPS.

WARRANTY INFORMATION

TEN.0 grips are warranted against defects in workmanship or materials for 30 days. This warranty does not cover loss of:

- GRIPS SUBJECTED TO ABUSIVE USE OF GRIP BRUSH OR SANDPAPER
- GRIPS SUBJECTED TO WATER
- GRIPS SUBJECTED TO EXCESSIVE PULLING DUE TO ONE ARM WORK OR UNNECESSARY PULLING ON THE BAR
- GRIPS WITH FINGER HOLES TORN DUE TO PULLING OR CUTTING WITH A SHARP OBJECT

Do not make any alteration to the design, construction, or materials of the TEN.0 grips as this may result in failure of the grips during use causing serious injury, paralysis, or even death. Follow the instructions in this brochure carefully and use your grips under the supervision and with the advice of your coach at all times. Failure to do so could result in serious injury, paralysis, or death. GMR is not responsible for any consequential, special, or general damages resulting from any loss or injury occasioned by the use of TEN.0 grips. The purchaser uses TEN.0 grips at his/her own risk and assumes complete risk arising from participation in any activity with the TEN.0 grips. Purchaser, in order to induce GMR to sell or provide the TEN.0 grips to the user/purchaser, agrees by such purchase to the foregoing.



SOFT SWING INSERTS A New Dimension for All Grips

A foam with the softness of a down pillow that attaches easily. Just pull off paper backing to expose a strong PS adhesive and press on inside of grip. Inserts protect your wrist against strap rips.

Old Grips - New Grips Our Grips - Other Grips
*True flexibility for gymnasts -
All finger tip grips come with Soft Swing Inserts.
Soft Swing Inserts can be added to or removed from
any advanced grip.*

G900

GOLDEN HANDS - The only support with foam AND hard plastic inserts for the maximum range of support choices.

Available in: ROYAL BLUE, RED, BLACK, SAND, FUCHSIA, GOLD, TEAL, WHITE & PURPLE.

Measure wrist circumference for sizing.

Sizes: XS(up to 5.75"), S(5.75"-6.25"),

M(6.25"-6.75"), L(6.75" & up)



GOLDEN HANDS **GH1060**

A WRISTBAND FOR THE MILLENNIUM

This is one of our favorite new products. A wristband like no other. A more sophisticated knitting process allows for a design that meets ALL of a gymnast's requirements for comfort, protection and fit.

93% DENSELY WOVEN COTTON FOR COMFORT

4% NYLON FOR A LUXURIOUS FINISH

3% SPANDEX FOR A SNUG FIT -AGAIN & AGAIN



WB539

3"x 5.5"

501
color
only



WB511

2.5"x 3"

Four
colors



WB512

3"x 4.5"

Seven
colors



501



CLASSIC



BLACK



ROYAL



NAVY



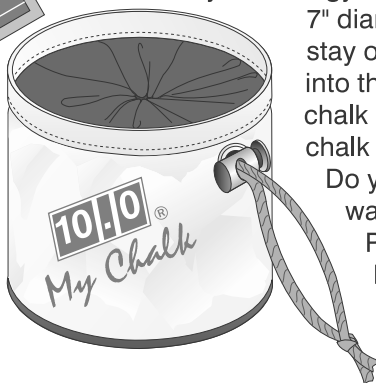
RED



PURPLE

GO TO www.ten-o.com
FOR MIX & MATCH QUANTITY PRICING

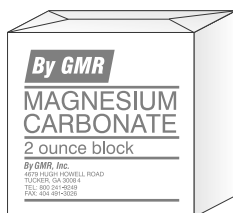
G145 PORTABLE CHALK BAG



A portable chalk bag to take to meets or to your own gym. This little bag (5" tall, 7" diameter) will stand up & stay open for you. Just reach into the soft fuzzy interior and chalk up anywhere with the chalk you use in workouts.

Do your palms get sweaty waiting for the judges? NO PROBLEM, because you have your chalk right next to you.

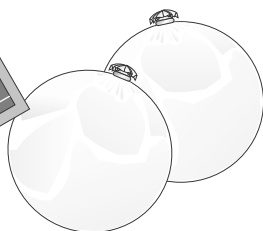
A144



ONE lb. OF BLOCK CHALK

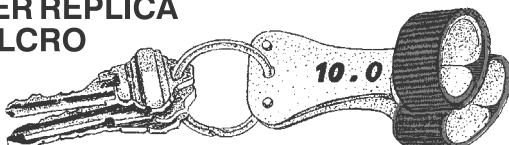
to put in your chalk bag.

G144 THE CHALK BALL



A 3" ball of loose chalk inside a skin of wide woven cotton. Brush across your hands, feet, arms - to chalk up. Also, good for chalking bars. Throw in your Chalk Bag & you are ready for anything.

GK912-CLAS MINI LEATHER REPLICA OF 10.0® VELCRO GRIPS ON KEY RING



G520

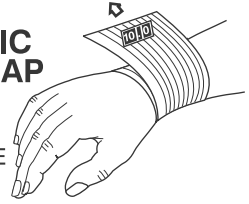
TAPE CUTTER
FOR EASY REMOVAL OF TAPE



G928

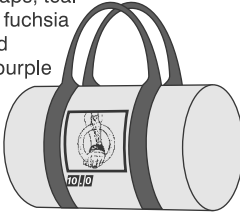
GYM LASTIC WRISTWRAP

for wrist support
WASHABLE
VELCRO CLOSURE
LONG LASTING
1- SIZE FITS ALL



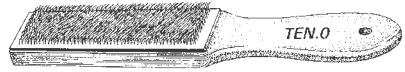
ZR90-GB

white w/royal straps, teal
w/purple straps, fuchsia
w/teal straps, red
w/white straps, purple
w/white straps,
royal w/red
straps, & black
w/silver straps.



G514

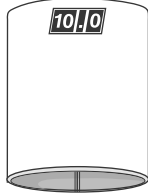
GRIP BRUSH



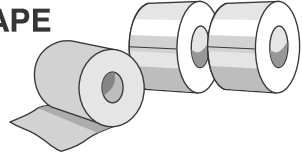
G911

NEOPRENE WRIST BAND

SIZES: SM
LG



TAPE



G516 10.0®PRE-WRAP

G542 Roll 10.0® TAPE

**G540 10.0®TUMBLERS
TAPE CASE**

NOTES

PRICES SUBJECT TO CHANGE. PLEASE CALL FOR CATALOGUE or go to
www.ten-o.com for current shipping information.



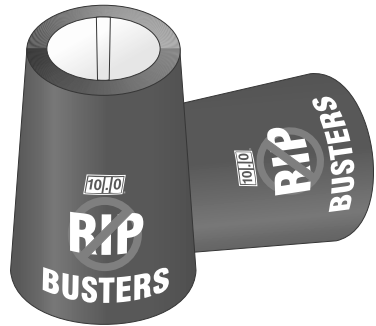
P200 PEWTER GRIP KEY CHAIN

Designed for *TEN.0*® by noted jeweler Jim Clift.



G924RB RIP BUSTERS

Pad the places most likely to rip. These 1/4" Neoprene wrist bands are lined in a soft plush, finished with a glued & sewn seam - tapered for snug fit. They come in 3 sizes (blue fabric with a red & white logo).



Sizes: S (5.5"-6"), M (6"-6.5")
L (6.5"-7"), XL (7"-7.5")
(Measure wrist circumference)



G626 *TEN.0*® WRIST BRACE

For Major Wrist Problems: THE ULTIMATE SUPPORT BRACE

Interchangeable Foam Inserts
Allow You to Vary the Degree of Support

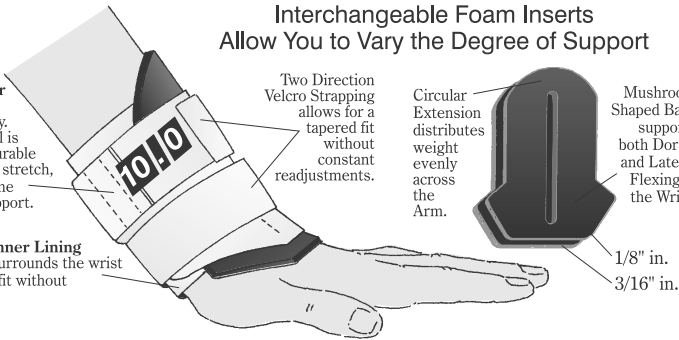
Cordura Nylon Outer Shell adds extra stability. This material is extremely durable and does not stretch, thus giving the Ultimate Support.

Neoprene Inner Lining completely surrounds the wrist for a padded fit without pinching.

Two Direction Velcro Strapping allows for a tapered fit without constant readjustments.

Circular Extension distributes weight evenly across the Arm.

Mushroom Shaped Base supports both Dorsal and Lateral Flexing of the Wrist.



Order for one or both wrists. Measure around the wrist just below the hand to get your size. Comes in white with a *TEN.0*® logo.

Size SM (5-6.5") MED (6.5"-8")

501 BLUE GRIP KIT GK612-5

Get all your basic grip needs in this one "grip kit".

The 501 blue grip bag is stuffed with a 501 blue 4.5" wristband, a grip brush and a 501 blue tee magnet to hold up your gymnastic schedules

*CLASSIC & TENSPORT
also available.*



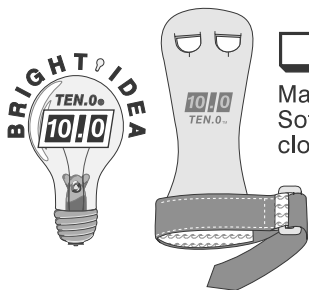
G914 THE WRIST SUPPORT



Constructed of 1/4" neoprene lined with soft plush and bonded to our finest 501 blue leather and closes with hook-loop fastener. Provides good support. Measure wrist circumference just below hand to determine size.

Order one or a pair as needed.

SIZES: SM 5.5" to 6.5"
MD/LG 6.5" and up



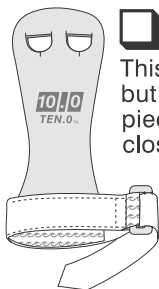
TEN.0 "FIRST GRIPS"

Make learning to use that first pair of grips fun. Softest suede palm piece, easy on-easy off velcro closure with velcro in bright neon pink or neon blue velcro. This is a good grip for a young, "one class a week gymnast".

G902 SIZES 0 - 3

SIZE	G902 G903
0	0 to 2.5"
1	2.5" to 3"
2	3" to 3.5"
3	3.5" & up

Measure from base of palm to base of middle finger.



TEN.0 "SECOND GRIPS"

This grip is designed just like the G902 but made with a thicker suede palm piece. The wrist strap has a velcro closure sewn onto 1" white polypro webbing for more strength. This is a good grip for a beginning team gymnast.

G903 SIZES 0 - 4

10|0 GRIPS

**G610
PIXIE
UNEVEN
GRIPS**
w/Dowel
Sizes 000-1

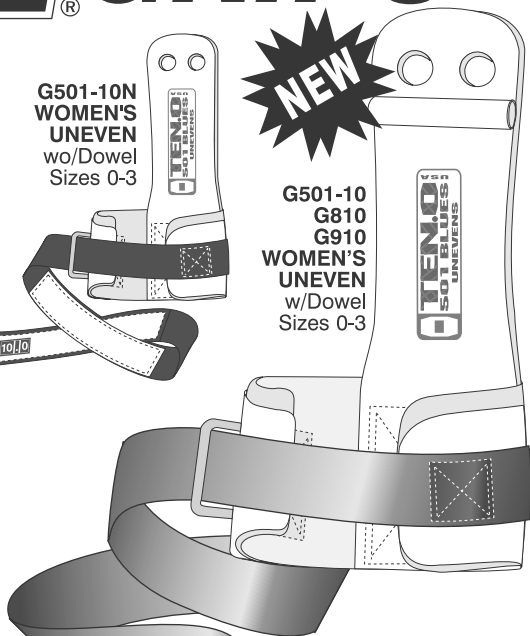


**G501-10N
WOMEN'S
UNEVEN**
wo/Dowel
Sizes 0-3



NEW

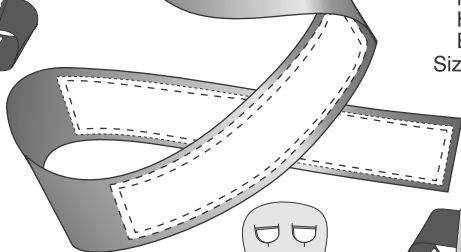
**G501-10
G810
G910
WOMEN'S
UNEVEN**
w/Dowel
Sizes 0-3



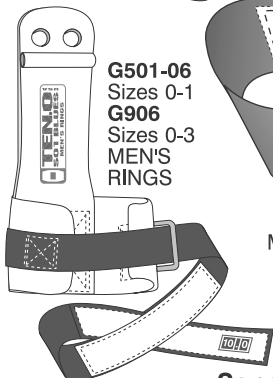
**G501-07
Sizes 0-1
G907
Sizes 0-3
MEN'S
HIGH BAR**



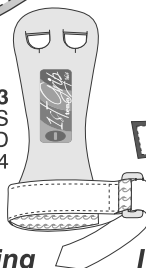
**G501-07N
MEN'S
HIGH
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