

## Recommended grips for small hands:

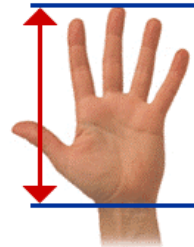
The following grips are recommended as a first pair of dowel grips for younger gymnasts:

1. USG's "Hot Shot Velcro Grips", product ID USG 630V \$27.50  
<http://www.usglove.com/> (800) 999-5408

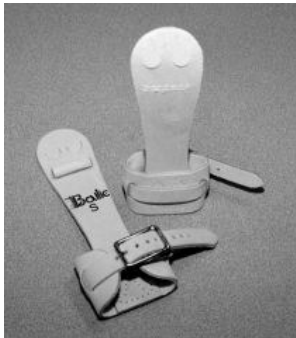
To order Hot Shot Velcro Grips, take a measurement, in inches, from the wrist to tip of the middle finger. Order the size closest to your measurement. If your measurement falls exactly between sizes, order the smaller size. If you are uncertain whether you have measured correctly, fax a hand tracing of your hand and wrist to (800) 999-5408 and we will size it for you. Please include your name, address and telephone number on the FAX.



Size	Measurement
000	5"
00	5 3/8"
0	5 7/8"
1	6 1/8"



2. Bailie's "Beginner Dowel BD200" product ID GRP6BD200 \$27.95  
 Available from Grips Etc. <http://www.gripsetc.com> (800) 664-5266 (from 9 a.m. to 5 p.m. CST)  
 Call about sizing for these grips in particular: XXS is a 000, XS is a 00, etc.



WOMEN	
Size	Inches
00	up to 5 1/2 in
0	5 1/2 to 6 in
1	6 to 6 1/2 in
2	6 1/2 to 7 1/4 in
3	7 1/4 to 7 3/4 in
4	7 3/4 and up

This is the ideal grip for the first time dowel user or the athlete with a very small hand. The narrow palm piece allows the smaller gymnast to feel the bar better. The dowel is glued and sewn onto the grip, along with the leather wrist piece. It includes a buckle strap. Great for the young gymnast first using dowels. Made in the U.S.A.

3. Gibson's "The Just Right Too Grip" product ID GR-37100 \$34.00  
<http://www.gibsongymnastics.com/Grips.html> (800) 275-5999



### The Just Right Too Grip by Gibson \$34.00

Now by popular demand the Just Right Too! Constructed with the same narrower cut as the original Just Right, Gibson as designed our newest grip with a velcro closure. The grip is sewn from high quality leather and has a stitched and glued dowel.

Size Available (measure from base of palm to tip of longest finger): XX-Small (00) - up to 5-1/2", X-Small (0) 5-1/2 to 6", Small (1) 6 to 6-1/2", Medium (2) 6-1/2 to 7-1/4", and Large (3) 7-1/4" up