



Short instructions for use for Stroms Grip-Guide

Congratulations to your Grip-Guide!

If you are a trained bowler and have worked with similar tools, you will love Stroms Grip Guide. A more modern and flexible and more useful tool for finding out everything needed to drill a bowling ball. Here follows a short and then a longer manual. Even more training and tips are available at www.stroms.biz.

Simple and short user manual for those without prior knowledge. More details with pictures and explanatory text, see the long user manual or go to www.stroms.biz.

A. Draw a line on the long and ring finger. Draw on the first joint for fingertips or the second joint for conventional grip.

B. Film with your phone as you fold in and extend your fingers as much as possible. This is to be able to determine the flexibility of your fingers. Continue filming all the steps so you do not have to think about writing down the measurements. Everything is visible in the film you make.

C. The right size of long and ring finger is when you can easily without resistance get each finger down to the line.

D. The right size of thumb is the size where you get in the thumb without resistance.

E. Measure the length from the inside of the thumb crease and when you place your fingers along the curved part of the Grip-Guide where the red measuring lines are located. The thumb should be along the straight edge, the fingers and the hand should be in contact with the rounded part of the Grip-Guide when the fingers are extended. Place the green line on the Grip-Guide at the bottom of the thumb crease. Feel free to draw a cross inside the thumb crease to make it easier to aim with the green line and measure the length of the fingers along the red scale.

F. The last thing you do before sending the film to your ball drill is to draw two lines on the thumb of each Grip-Guide while holding it between the long and the ring finger.

Short operating instructions for a trained professional ball driller. Read the short operating instructions above, watch the film and translate to the drilling method you usually use. If you need more training, contact www.stroms.biz

Good luck!

Anders Strom, Stroms Bowlingshop.

Long user manual for Stroms Grip-Guide

Film by phone as you try your fingers in the Grip-Guide. Film all the steps from B to F so you do not have to learn and think about what the different dimensions stand for. Your professional ball drillers know and sees in the movie what it is.

A. Draw guides lines.



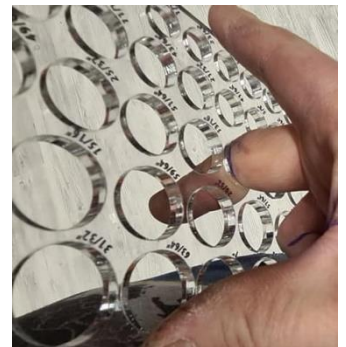
Use an ink pen or a thin felt-tip pen. Draw straight lines, easier with a ruler or Grip-Guide edge. Draw lines on both the first and second lines of the fingers. Draw a line along both fingers, both on the side and on the inside. Draw lines on both sides along the thumb where the thumb is widest. If you have calluses or damage on your fingers and thumb, mark them extra with a round ring.

B. Film as you stretch and bend your fingers and thumb as much as possible. This allows a trained ball drill to properly adjust your angles in the holes which is a combination of the flexibility of your fingers.

C1. CONVENTIONAL. Testing of ring and middle finger size, conventional grip.



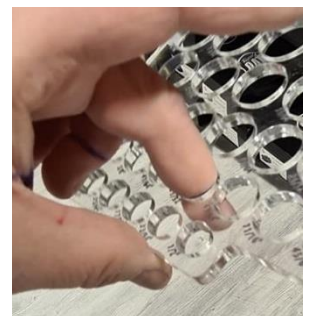
Draw lines at the second joint. Try Stroms Grip-Guide until the size where you can easily put your finger down until the line reaches the plexiglass. It should be easy and the finger should easily get all the way to the line you have drawn on the second joint. If you press, you should be able to cross the line with some difficulty. Depends a bit on how thick your joints are. But it should be easy to get to the line. Do this on both the ring and the middle finger. Take photos or film (best) or write down the size.



C2. FINGER TIP. Testing the size of the ring and the middle finger, fingertip grip.



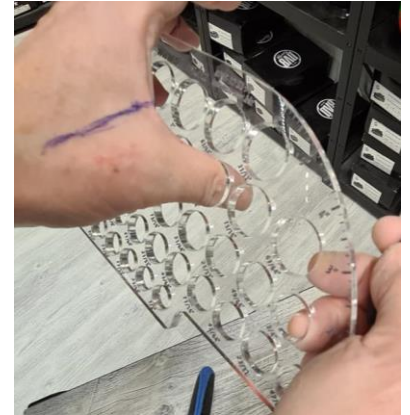
Draw lines at the first joint. Try Stroms Grip-Guide until the size where you can easily put your finger down until the line reaches the plexiglass. It should be easy and the finger should easily get all the way to the line you have drawn on the the first line. If you press, you should be able to cross the line with some difficulty.. Do this on both the ring and the middle finger. Take photos or film (best) or write down the size.



D. CONVENTIONAL AND FINGER TIP. Thumb size.



The same procedure for conventional and fingertip. Find a size where you can get your thumb through without problems and completely without resistance. Turn the meter 90 degrees. Then you should be able to get in the thumb with resistance because the hole is oval and narrower when you turn the oval 90 degrees. You have the right size if it is easy as the ovality of the hole corresponds to that of the thumb, but with some resistance when you turn the meter 90 degrees. Film (best) or write down this inch size. If you



film, you just need to send the film and completely ignore writing down some measurements.

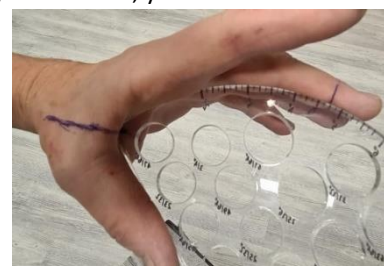
E. LENGTH

The same procedure for conventional and fingertip, but with the difference that you measure to the first joint line at the fingertip and the second joint line at conventional. Measure the length of both the long and the ring finger.

Preparations. Draw a plus (+) at the bottom of the thumb crease. One line in the plus is parallel to the point and the thumb when you hold these fingers together around the Grip-Guide. The second line in the plus, is drawn on the inside that follows the thumb and forefinger. This plus, which is placed correctly at the bottom of the thumb crease, is what you start from and measure the length of the middle finger and ring finger.



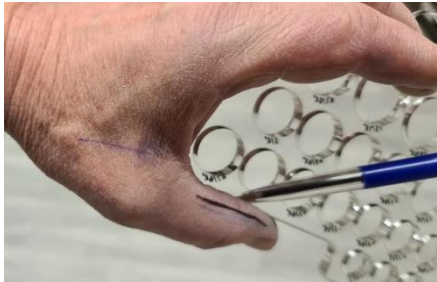
The meter should rest against the hand to the respective finger. The green zero notch on the Grip-Guide should be in the plus at the bottom of the thumb crease and the fingers extended along the short side of Strom's Grip-Guide so you can read, or best, film, the length of the long and ring finger. Thumb along the edge and extend your fingers. Stroms Grip-Guide's rounded short side should have contact with the inside of the hand all the way, no air between the Grip-Guide and the hand. Film. The length is measured in inches. Each line between inches is 1/8 part. So the line between 4 and 5 is 4 4/8, ie 4 1/2. That said, you do not need to be able to measure in you film.



inches if

F. Oval drilling angle of the thumb.

Put the green zero line in the same way as you did when you measured the length. That is, put it at the bottom of the thumb crease where you have drawn a cross. You should now have the Grip-Guide between your middle and ring fingers. Draw along both sides of the Grip Guide.



You now have two dashes inside your thumb. In the film you send, you should move the thumb so that both these lines and the lines along the widest side of the thumb are visible. Then your ball drill can easily calculate the oval angle of your thumb.

Now you have successfully finished measuring your hand!

Send the film to your ball drill and you will soon have a ball that fits your hand perfectly.

Conclusion and a few words to the professional ball driller who will translate the customer's film.

The film you receive from the customer contains everything you need to know. Now you can translate to the drilling method you use. If you need extra help, there is an additional program for professional ball drills on www.stroms.biz.

Tip! By drawing on both the first and second joints. And measured the sizes for both fingertip and conventional. You will have all dimensions that can be used for conventional, two-handed or fingertip. That is, if the customer first wants conventional and then wants fingertips, you do not need to take new measurements. Everything is already on the movie the customer sent you. If the customer has followed the instructions, you can also in the future make two-handed and semi-tips etc. exotic grips. You have all the instructions needed for all types of grips.

If you need further education or get a conversion table for drilling the right lengths and angles, ovality and other tips, there is extra training available via www.stroms.biz