

INSTRUCTIONS FOR USING “RIP GRIPS”

FACT:

Most diving coaches agree that divers who do not “rip” their dives usually do not score as well as divers who do “rip” their dives AND it is nearly impossible to “rip” a dive if you do not “grab a flat hand.”

CONCEPT:

The “Rip Grip” was designed by a New England area diving coach as a way to teach divers -- especially new divers – how to “grab a flat hand” which helps divers learn how to “rip” dives.

So often, young divers never learn this extremely important, yet fundamental technique in their early exposures to diving. Failure to learn proper “flat hand “ technique can be detrimental to divers’ scores (and success) and it can lead to future wrist injuries.

IMPROVE SCORES:

The “Rip Grip” encourages divers to “grab a flat hand” every time they do a dive so that it becomes habit and eventually they will not need to wear the grips. Divers who “grab their flat hand” have a much better chance of “ripping” their dives and therefore, they probably are enjoying higher scores and more success with their diving!

INJURY PREVENTION:

Divers who never learn to “grab a flat hand” also run the risk of wrist injury – especially as they start diving from the 3 Meter board and eventually from the platform. By not grabbing a “flat hand” on all head first dives, the diver puts incredible stress on the wrists with every dive – especially those performed from the platform. This constant pounding season after season and year after year, is just not good for the wrists. Divers who learn proper “flat hand technique” in the early stages of their diving career, will lessen the chances of future wrist injuries while diving.

NOTE:

Many divers INSIST that they are “grabbing a flat hand” on their dives yet the coach can easily see that their hands are not even close to being together. By wearing the “Rip Grips” the diver must “UN Velcro” their hands after each dive to prove to the coach that they did indeed “grab a flat hand.”

HOW TO USE:

- 1) Determine which hand is the “flat hand” and which hand is the “grab hand.” The “flat hand” is the hand that goes on the bottom (the one that hits the surface of the water) and the “grab hand” is the hand that “grabs” the back of the “flat hand.”
- 2) Use the part of the Rip Grip with the long white Velcro (which should be facing down) and attach it to your “grab hand” by inserting your 3rd and 4th fingers through the small Velcro opening – adjusting the straps for tightness as necessary.
- 3) Next, wrap the longer Velcro straps around your wrist and adjust for tightness as necessary.
- 4) Take the remaining half of the Rip Grip (the one with the large white Velcro strap) and attach it to your “flat hand” by inserting your 2nd, 3rd and 4th fingers through the large white Velcro strap. Tighten the strap as necessary. (Remember the long black part should be on the BACK of your “flat” hand).
- 5) Finally, wrap the small black Velcro straps around your wrist and tighten as necessary.

- 6) Practice the “flat hand” technique on dry land by standing with arms out stretched to the side and then slowly moving the hands together above the head and “grabbing a flat hand.” Once divers are proficient at this technique in slow motion, they can work on increasing the speed of their “grab” and when proficient, they can then try it in the water by doing “fall dives” or “entries” from the 3M board starting with their arms outstretched to the sides and moving them together (as described above) while falling toward the water.

FINAL NOTE:

The technique of “grabbing a flat hand” needs to become almost instinctive to the diver. As with perfecting any fundamental technique, repetition is the key. Divers should strive to “grab a flat hand” on every single headfirst dive. As your skills improve, you can, with the help of your coach, begin to fine-tune this technique and work specifically on “ripping” your dives. This will involve specific placement of the “flat hand” above the head and locking out of the arms. Some coaches even teach a “swim” technique upon entry into the water to improve the “rip.”

Either way, remember, it is difficult to earn big scores from the diving judges if you do not “rip” your dive(s) and it is nearly impossible to “rip” a dive without first grabbing a “flat hand.”

We wish you best of luck for a safe and successful diving season!

