

Gripper Master Certification



The certification will be with a Table -No Set!

The following "C" grippers will be available for the Gripper Master gripper certification

- *210 „C“*
- *240 „C“*
- *260 „C“*
- *300 „C“*
- *330 „C“*

Rules:

The gripper will be laid down on a table or smooth surface, the athlete will then grab the gripper with one hand, and position it with this hand.

Then follows the close, the gripper has to be held shut so a clear view of the handles touching can be seen.

Also the stamping on the handles („C“ for: certification) must be clearly visible. After the close the handle spread of the gripper has to be measured. The gripper should at all times be visible on camera.

Certification rules

- 1.) *It must be an official `C` serie gripper*
- 2.) *It is not allowed that the gripper has been tampered with*
- 3.) *A continuous movie including the close and the measuring of the spread*
- 4.) *Only chalk/ magnesium is allowed*
- 5.) *Video can be sent to: info@heavy-athletics.com*
- 6.) *After the video has been judged, you will be notified if you succeeded with the certification*

Upon receiving the E-mail, send us your adress, so we can send you the Official Cerificate. You will also be included in the `Hall of Fame`

Example- taping the close

- *Start the video*
- *Hold the gripper in the camera, and show the handles*
- *Place the gripper on the table*
- *Grab the gripper with one hand*
- *Close the gripper and hold it shut (So the close can be verified)*
- *Measure the spread of the gripper, and place the gripper back on the table*
- *End of video*

Certification levels:

Level 1: Certified „210 - Gripper Master“

Level 2: Certified „240 - Gripper Master“

Level 3: Certified „260 - Gripper Master“

Level 4: Certified „300 - Gripper Master“

King: Certified „330 - Gripper Master“