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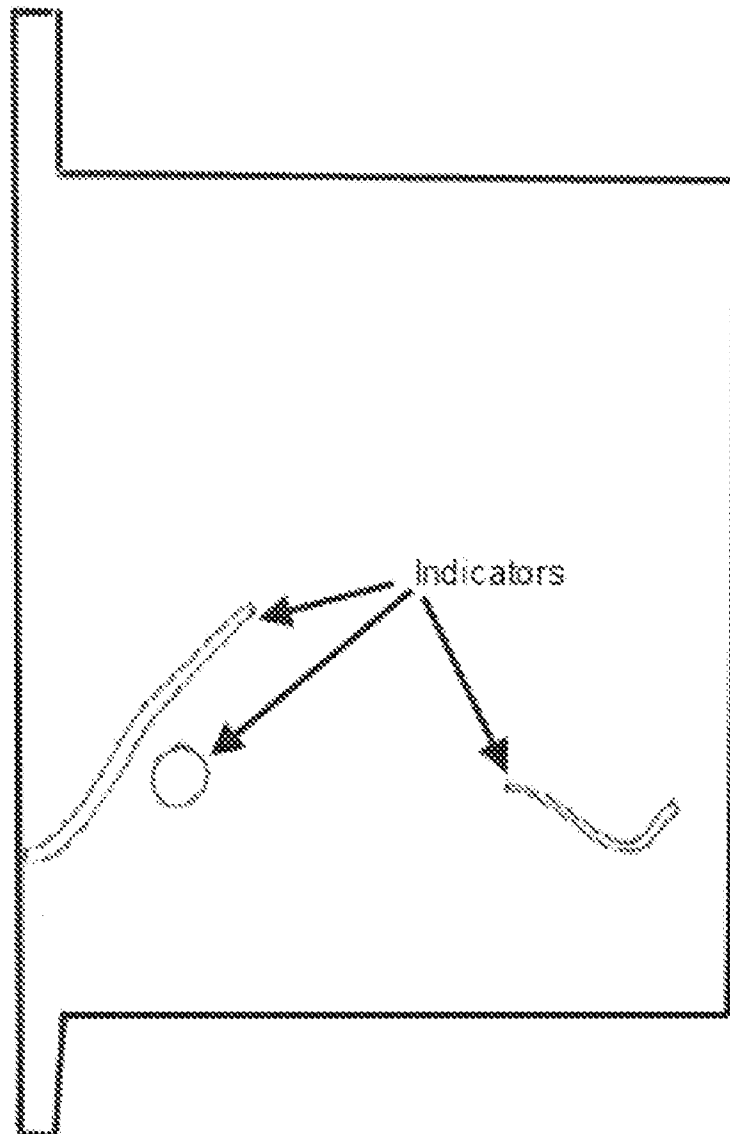
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ABSTRACT

Described are sports training aid(s) such as tennis grips. The tennis grips have markers showing a player where to place their hands and fingers to get a correct grip for a particular tennis shot. Also described are marker indicators having marker indicator comprising one or more indicators indicating to a subject where to put markers on a grip.

Related U.S. Application Data

(60) Provisional application No. 61/597,460, filed on Feb. 10, 2012.



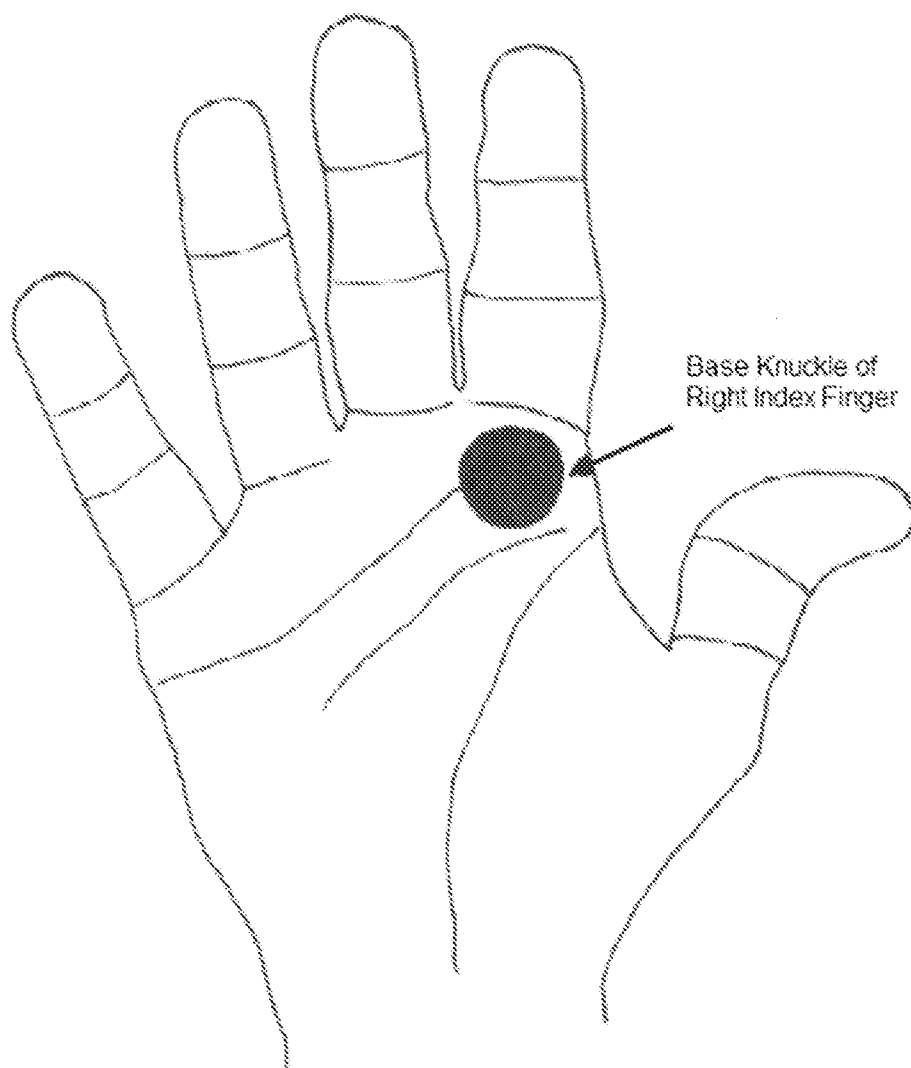


FIG. 1

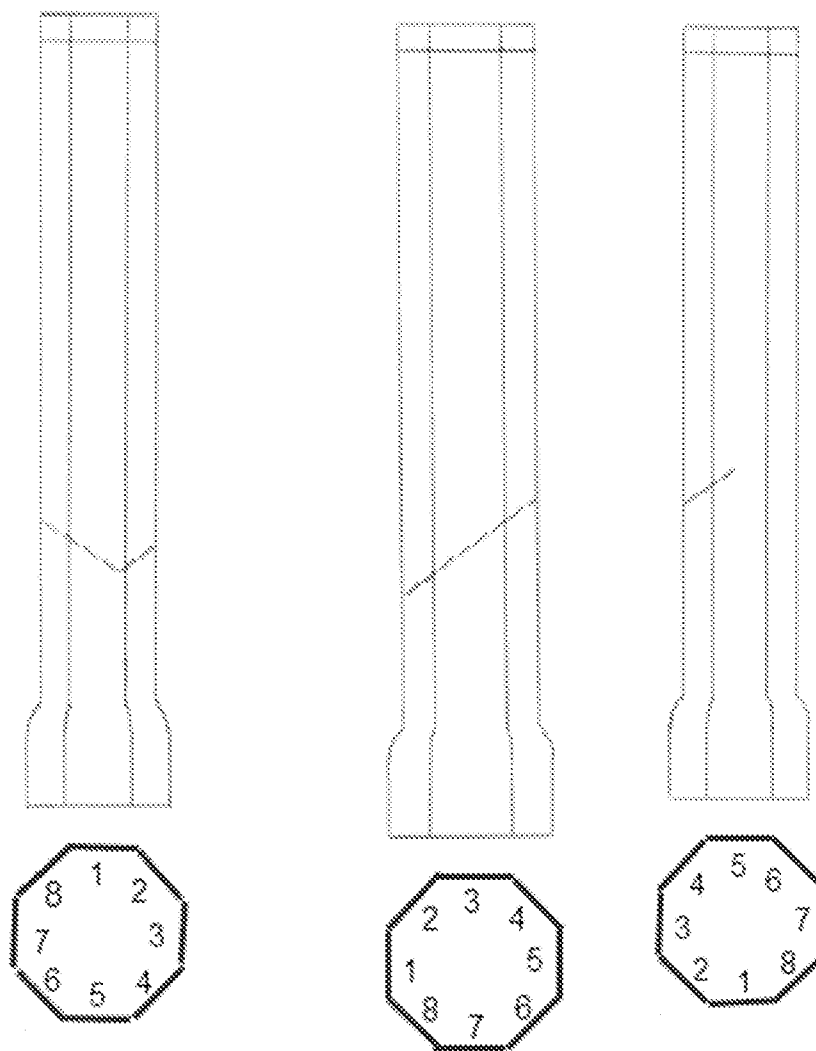


FIG. 2

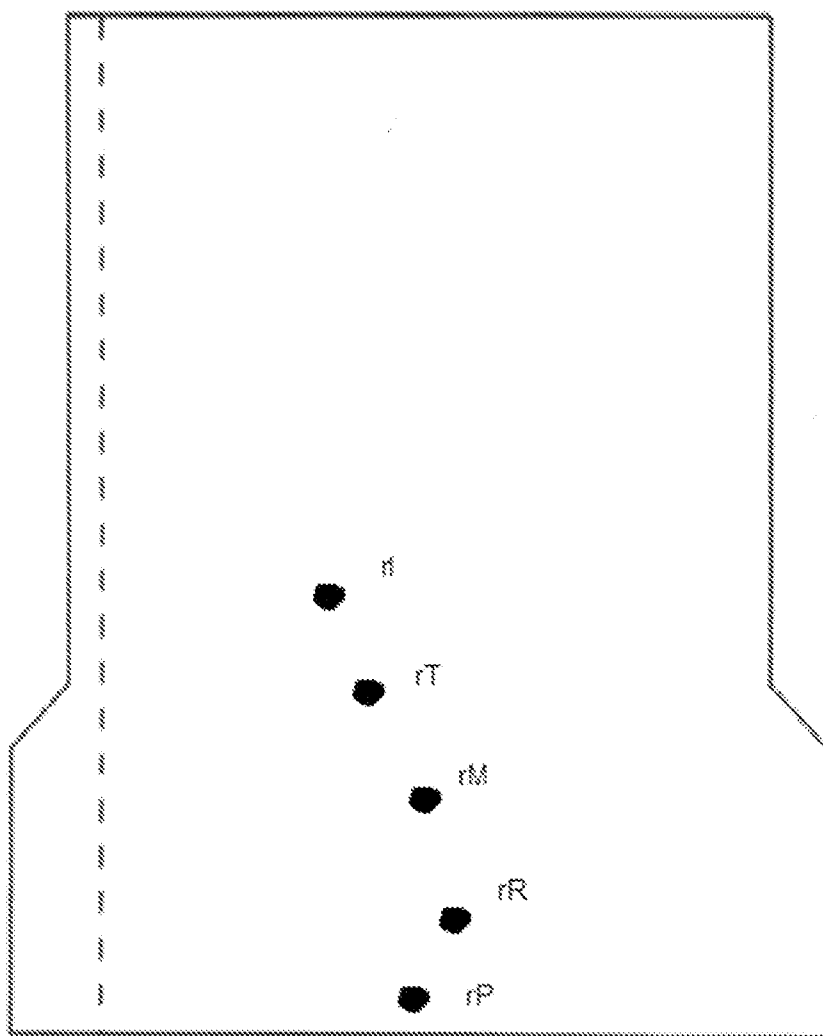


FIG. 3

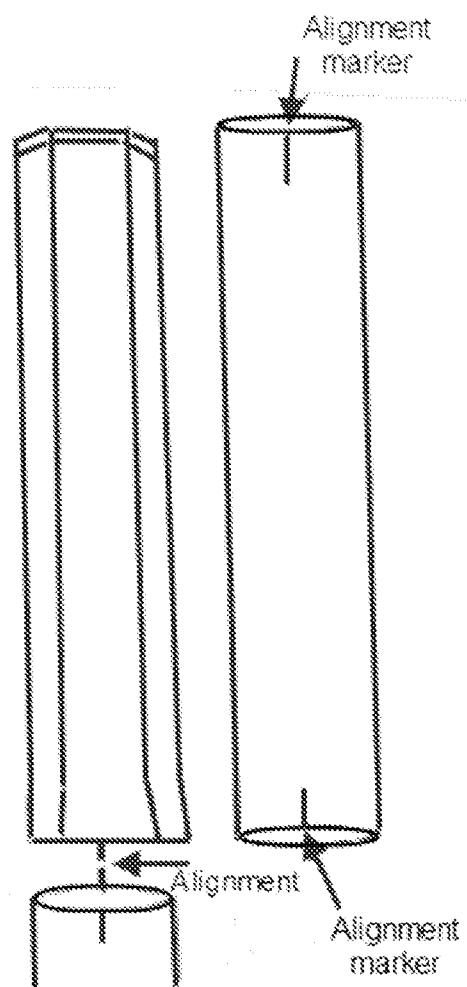


FIG. 4

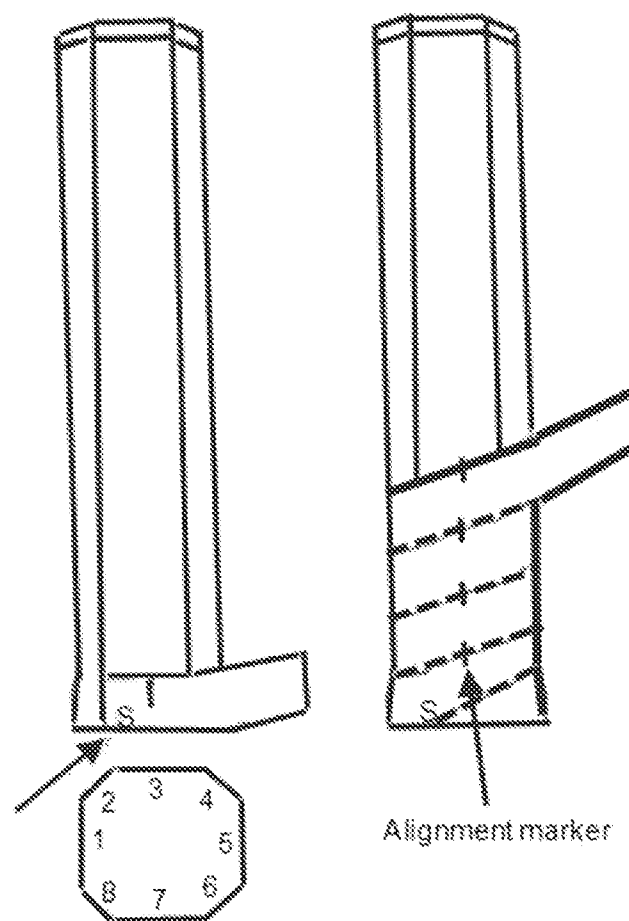


FIG. 5

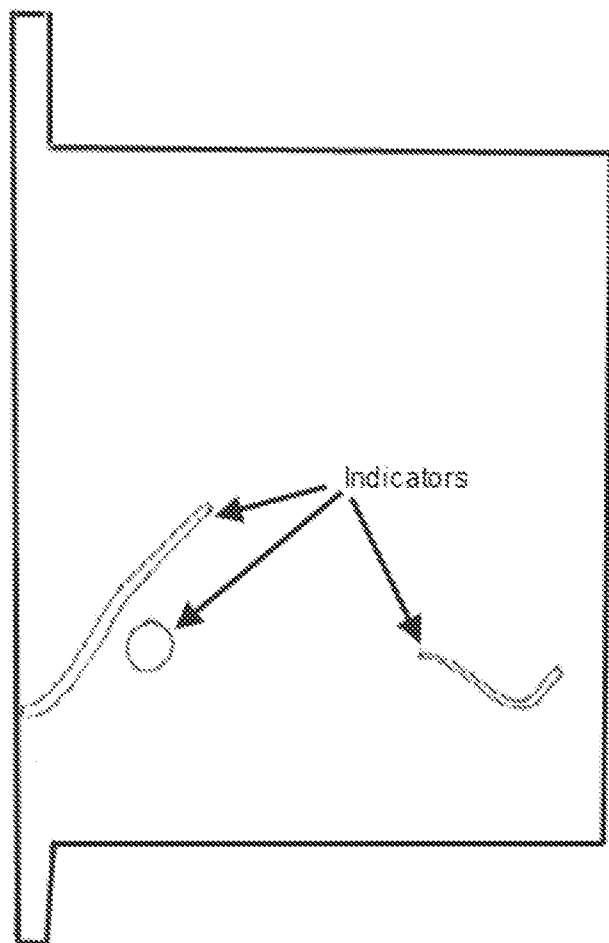


FIG. 6

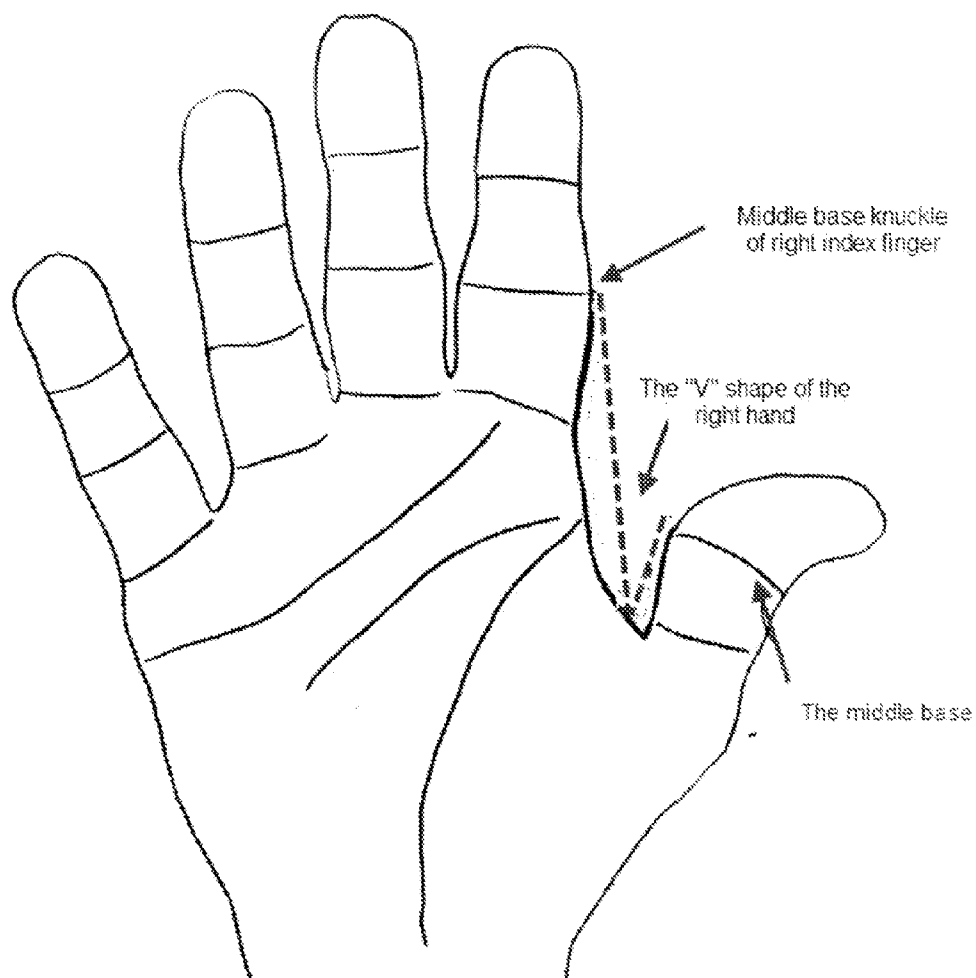


FIG. 7

SPORTS GRIPS

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] This Application claims the benefit of U.S. Provisional Application No. 61/597,460, filed on Feb. 10, 2012 which is incorporated herein by reference in its entirety.

FIELD OF THE INVENTION

[0002] The sports aids and methods described herein relate to improving and/or teach specific grips used in various sports, such as tennis.

BACKGROUND OF THE INVENTION

[0003] Tennis players of all levels, from beginners to advanced, at some point struggle with their tennis game. Struggle, such as unforced errors, is often a result from the way a player holds the grip on the racket, i.e. the tennis grip. The arrangement of the player's hand(s) and finger(s) dictates the way the player grips the racket. Tennis grip technique is like riding a bicycle, once a player learns it the correct way it becomes very simple and the player do not have to learn it again. However if a player learns to hit a tennis ball using an incorrect grip or way of gripping the racket it is extremely difficult to unlearn the bad tennis grip of holding the racket and relearn the correct gripping technique. To develop and redevelop muscle memory can take a very long time. For example, playing with an incorrect tennis technique grip of holding the racket on the various tennis strokes result in muscle memory associated with bad gripping technique. It takes a long time to undue the bad muscle memory and replace it with muscle memory associated with a correct gripping technique. Players with bad gripping technique typically reach a certain level and plateau and can never seem to get better in order to play at a higher level because the bad gripping technique prevents them from getting better.

[0004] Therefore, there is a need for a training aid that improve grip technique from the beginner all the way through to the professional level.

SUMMARY OF THE INVENTION

[0005] Disclosed herein are training aid(s) and methods that will teach tennis players of all levels to hold the tennis racket for every tennis stroke in a technically sound and correct way so that their game can improve instantly and dramatically. The training aid(s) will speed up the learning process and improve tennis games around the world. The training aid(s) are suitable for every age group children, teen and adults players of all levels. In one embodiment, the training aid(s) can be a sports grip, such as a tennis grip. The tennis grips will improve technique at every level from the beginner all the way through to the advanced and professional level for a particular sport.

[0006] In one embodiment, the tennis grip strategically placed markers on the tennis grip that indicate how to grip the racket. The markers can be placed in any arrangement to indicate the grip suitable for particular shots. For example, the markers can indicate the correct grip for a western forehand grip or a continental grip. The markers can be arranged for either right or left handed players.

[0007] In one embodiment, the tennis grip is a wrap-around tennis Grip. A wrap-around tennis grip can be seen in FIG. 3. A wrap-around tennis grip can be put on or taken off by

simply pulling it off at the various fastening or connection points. This wrap-around grip can also have the marker(s) on them as described elsewhere herein.

[0008] In one embodiment, the tennis grip is a Skinz-grip. A Skinz-grip can be seen in FIG. 4. A Skinz-grip is a tennis grip that is tubular in nature and slides or rolls onto the handle of the racket. The Skinz-grip can also contain marker(s) as described elsewhere herein. The Skinz-grip can have markers that will align when the grip is rolled onto the handle of the racket. This grip easily slides on and off the handle allowing the tennis player to change the tennis grip and work on another tennis technique grip by placing on another tennis grip. The Skinz Grip can be reversible with the same guide or different guide on the reverse side. This Skinz grip would be suitable for children whose attention span is short so markers in the form of pictures on the grip will allow the child to change grips according to the picture(s) they wanted for that lesson or practice in order to keep their attention and enhance their learning process. This grip is suitable for all ages. In one embodiment the tennis grip can be a "Perfect-Put-On grip" as shown in FIG. 5. A Perfect-Put-On grip has markers or connection points that assist tennis players of all levels and teachers them how to put on a tennis grip the correct way. These markers will have a starting point, an end point and different points in between. The markers can be any type of marker, pictures, numbers, letters, lines, shapes, shades, symbols, prints and anything that aligns the grip up correctly. The grip with the makers will be specific to whether or not you're a right or left handed tennis player. If you are a right-handed tennis player the tennis grip will have a start point, an end point and points in between the start and end. These points or markers will align and the grip will slightly overlap and rotate spirally in a clockwise/north east direction until it gets to the top of the handle. For a left-handed tennis player the grip will spiral in a anti-clockwise north west rotation around the tennis handle. These points or markers will align and the grip will slightly overlap and rotate spirally in a clockwise/north east direction until it gets to the top of the handle. For a left-handed tennis player the grip will spiral in a anti-clockwise north west rotation around the tennis handle. The Perfect-Put-On grip can be a reversible tennis grip, whereby, for example, if you are a right-handed tennis player you spiral in a northeast direction and on the opposite side of the tennis grip the markers will be for a left handed tennis player with directions to spiral it in a northwest direction.

[0009] In one embodiment the training aid(s) also teach all tennis players how to put on a tennis grip.

BRIEF DESCRIPTION OF THE DRAWINGS

[0010] FIG. 1 shows the base knuckle of the right index finger.

[0011] FIG. 2 shows the marker of the "V" for a right handed person. The octagon numbering shows the rotation of the racket relative to the outline of the "V"

[0012] FIG. 3 shows markers representing an eastern forehand grip (on a grip) wherein rI=right index finger, rT=right thumb, rM=right middle finger, rR=right ring finger, and P=right pinky finger.

[0013] FIG. 4 shows a grip with alignment marker, wherein the grip is a roll-on grip or slide-on grip.

[0014] FIG. 5 shows how alignment markers work for a grip that is put on by wrapping the grip around the grip of the racket. The "S" and arrow indicates where to start the wrap-

ping so that the alignment markers will be aligned correctly. This is called the “perfect-put-on tennis grip.”

[0015] FIG. 6 shows a marker indicator. The arrows shows the openings in the marker indicator which a subject would use as a guide to draw the marks on to the grip. The marker indicator would be wrapped around the grip using alignment markers to achieve the desired position of the marker indicator. The openings in the marker indicator would then be used as a guide to the subject who can make marks onto the underlying grip indicating the correct grip for a particular grip, such as an eastern forehand grip.

[0016] FIG. 7 shows the right hand and the location of the middle base knuckle of index finger, the “V”, and the middle base knuckle of the thumb.

DETAILED DESCRIPTION OF THE INVENTION

Definitions

[0017] Gripping

[0018] Gripping, way to grip a racket, gripping technique and technique of holding the racket or the like terms are terms that are used interchangeably herein and refers to how a player arranges or positions his fingers and hand(s) on the grip of a tennis racket. For example, non-limiting examples of gripping of a racket can provide a particular grip such as a continental grip, double handed backhand grip, western forehand grip, eastern forehand grips.

[0019] The “V”

[0020] The “V” or the like term as used herein refers to the formation between the thumb and the base-knuckle of the index finger, see FIG. 7. For example, the “V” can be the form between the thumb and the base-knuckle of the index finger when a player grips the handle of a racket.

[0021] Tennis Grip

[0022] Tennis grip or the like term as used herein refers to any type of grip that is placed on the handle of a tennis racket. Non-limiting examples of tennis grips are the overgrip, replacement grip, tubular grip, wrap grip, flip grip (two-sided/reverse tennis grip).

[0023] Marker

[0024] A marker or markers or the like terms as use herein refers to any form of indicator showing a player where to grip a racket or club. For example, the markers can indicate to a subject where place their finger(s) and/or hand(s). In another example, the markers can indicate to a subject where place their “V” or base-knuckle of one or more fingers.

[0025] For example, a marker can be a different color than the grip itself or an indentation in the material or slightly raised in the material a hole in the grip or a different material than the grip. The marker can have any shape. For example, marker can have the shape of a dot or image of an object. The marker can either be put onto the grip during or after manufacturing of the grip. For example, the marker can be screen printed onto the grip. In another example, the marker can be put onto the grip by a player using a marker indicator as described herein.

[0026] In one embodiment, the marker is physically distinguishable from the grip. For example, a marker is anything that appears different to the touch of a subject. As such the subject can “feel” the marker when holding the racket if the person is touching the marker. Therefore, the subject can change the grip if needed during play without having to look

at the marker. Suitable materials for such markers include, but are not limited to, Velcro, sticky materials, such as tape or gels, rubber, and plastic.

[0027] In one aspect, the marker of the “V” can be a “V”-guide. A “V”-guide is a marker that is physically distinguishable from the grip wherein a subject can use the “V”-guide to feel how to place the hand on the grip.

[0028] Subject

[0029] A subject or the like term as used herein refers to a person, such as a tennis player.

[0030] Training Aid(s) with Markers

[0031] Disclosed herein are training aid(s). The training aid(s) can be a tennis grip that has markers on the grip which illustrates how to hold a tennis racket with the various tennis strokes. This can be a single grip that has markers reflecting and illustrating where to place your finger(s) and hand(s) for all the tennis strokes (forehand, backhand, serve, volleys). The tennis grip can come in the form of an overgrip, replacement grip, tubular grip, wrap-grip, or original grip but not limited to just these. The markers can be any kind of marker whether numeric, letters, pictures, shaded areas. The markers can be a part of the grip texture or a different texture, material. A tennis overgrip and replacement grip will also have markers as described herein placed on them that also show people how to put on a tennis grip. With these markers it will teach tennis players how to put on a tennis grip as well as aligning the markers for the strokes.

[0032] It is understood that different subject have different size hands and therefore the markers can be adjusted to the size of subject’s hand. Depending on a subject’s preference, the markers can be placed so that the subject will grip the grip high or low on the handle of the racket.

[0033] By creating this grip tennis players of all levels (beginners through advanced) will be able to learn how to hold a tennis racket in a technically sound manner to improve form, increase the learning process, improve development and playability. This will be a single grip that has markers reflecting and illustrating where to place your hand (base-knuckle of index finger and/or the “V”) and/or finger(s) for all the tennis strokes (forehand, backhand, serve, overheads/smashes, volleys). The tennis grip can come in the form of an overgrip, replacement grip, tubular grip, or original grip.

[0034] These markers can be any type of marker such as a picture(s), number(s), alphabetical letter(s), symbols, lines, color coded, hand prints, finger prints, the “V” formed by the hand between the thumb and index finger, the base knuckle of the index finger or any other type of marker not limited to the ones I’ve listed here. The markers can be a part of the grip texture or a different texture, material. The markers can also be made of a different material, flat, raised or indented slightly into the tennis grip.

[0035] In one embodiment, the markers can be an attachment that comprises a raised portion. The raised portion can, for example, be guide for how place a hand onto a grip. The subject would feel the marker (i.e. guide) when playing to ensure that the subject does not changes his grip during play.

[0036] This tennis grip allows players of all levels (beginners through advanced) to learn how to hold a tennis racket in a technically sound manner to improve form, increase the learning process, improve development and playability. The tennis overgrip and replacement grip will also have markers placed on them that also show people how to put on a tennis grip. With these markers it will teach tennis players how to put on a tennis grip as well as aligning the markers for the strokes.

[0037] In one embodiment, the training aid(s) is a sports grip with markers. In one embodiment the sports grip is a grip on a sports racket, club or other sports instrument. In one embodiment, the sports grip is a tennis grip, badminton grip, squash grip, golf grip, baseball grip, racketball grip, lacrosse grip, cricket grip, or softball grip. In a preferred embodiment the sports grip is a tennis grip. The tennis grip can be any type of tennis grip. For example, a tennis grip can be an overgrip, replacement grip, tubular grip (skinz-grip) or wrap grip.

[0038] The markers can be either removable or permanent on the tennis grip. The marker can be made either during or after manufacturing of the tennis grip. For example, the markers can be screen printed on the tennis grip already but they can come in other forms. These other forms are whereby the strategically placed markers are either made of a different material, flat, raised or indented slightly into the tennis grip. The markers can also be holes in the grip. The markers can also be put onto the grip by a subject using a marker indicator. The marker indicator can have holes that indicate where to place the marking onto the grip, for example, by using a pen or other writing device to make a color marking through the holes of the marker indicator. In one embodiment, the markers' placement are based off of the various pressure points that the hand(s) and finger(s) touch the racket handle and tennis grip. These markers can be any type of marker such as a picture(s), number(s), alphabetical letter(s), symbols, lines, hand prints, color coded, finger prints, the "V" formed by the hand between the thumb and index finger, the base knuckle of the index finger or any other type of marker not limited to the ones listed here. This tennis technique grip can be for one tennis stroke or a combination of any multiple of the tennis technique grips and tennis strokes.

[0039] The marker(s) can come as a single marker for a specific tennis technique grip and tennis stroke or a combination of the various tennis technique grips and strokes. The markers can indicate where to place the hand(s) and fingers to grip the racket with a correct continental (forehand, serve, volley), eastern forehand, semi-western forehand, western forehand, eastern single-handed backhand, extreme eastern single-handed backhand, and the various two-handed backhands.

[0040] The markers can be spaced to be suitable for different size grips and or different size hands. For example, the markers can be arranged to be suitable for grips sizes between 3-5 inches in circumference. A player can also measure his hand(s) to see what marker arrangement is suitable for his/hers hand size.

[0041] The training aids described herein are also suitable for other sports equipment such as equipment for, badminton, squash, golf, cricket, baseball and other sports utilizing an object that a subject grips.

[0042] In one embodiment the tennis grip can have strategically placed markers on it that illustrate how to hold the tennis racket grip correctly for each tennis stroke. The strategically placed markers on the tennis grip show/illustrate to a subject ("a tennis player") where and how to place their hand (base-knuckle of index finger and/or the "V") and/or finger(s) for all the tennis strokes. Some tennis strokes are the forehand, backhand (single and double-handed), serve, overhead, volley, slice. Some tennis strokes have the same way of holding the racket/handle while other strokes are different. These markers can be in the form of symbols, numbers, letters, pictures, hand print, finger print, line, color-coded, "V", and any other type of marker placed on the tennis grip made up of

any material composition. The perfect-put-on tennis grip can be one sided or reversible, see FIG. 5.

[0043] The markers on the tennis grip can be adapted for either right handed or left handed players. For example, some grips can be designed for right handed players while other grips can be designed for left handed players.

[0044] In one embodiment, the markers will be screen printed on the tennis grip. The markers can be different material than the grip, flat, raised or indented slightly into the tennis grip. These markers are based off of the various pressure points that the hand and fingers touch the racket handle and tennis grip. These markers can be any type of marker such as a picture(s), number(s), alphabetical letter(s), symbols, lines, or any other type of marker not limited to the ones I've listed here. This tennis technique grip can be for one tennis stroke or a combination of any multiple of the tennis technique grips and tennis strokes.

[0045] In one embodiment, a subject can place the markers on the tennis grip using a marker indicator as described elsewhere herein.

[0046] To play like a top tennis player one must hold the racket like that particular player. In one embodiment, the markers can be arranged to show the grip of any stroke of particular tennis player, such a tennis coach or a top ranked player. For example, the markers can be arranged to indicate the grip of world's best tennis coaches or tennis players. Non limiting examples of such players are Roger Federer, Rafael Nadal, Novak Djokovic, Andy Roddick, Juan Martin DelPorto, Robin Soderling, Andy Murray, Serena Williams, Kim Klijsters and Venus Williams. For example, the markers can be arranged to show the forehand grip of Roger Federer or the serve grip of Andy Roddick.

[0047] In one embodiment the tennis grip can be a "Wrap-around" tennis grip. The purpose of this tennis grip is to have a training and development tool that is quick to put on and take off of the tennis racket. The "Wrap-around" tennis grip will have the same markings as described elsewhere herein that will assist in developing the perfect technique. This is perfect for children who may have short attention spans and the finger(s) and hand placement can be interchanged with the "Wrap-around" tennis grip that could have different pictures on it to hold the attention of the child. It's not only for children but is meant for tennis players of all levels and ages.

[0048] In one embodiment, the grip that has markers on it showing where to place your finger(s), thumb(s), hand(s), base of the knuckle(s), the "V" formed between the thumb and index finger and any part of hand for a particular sport

[0049] In one embodiment, the markers can be made of any type of texture or material

[0050] In one embodiment, the markers can be any type of marker including but not limited to picture(s), numbers, alphabetic letter(s), line(s), patches, shade(s) of color, prints, symbols etc.

[0051] In one embodiment, the markers on the handle or grip can be for any sport where a grip is used (golf, baseball, cricket, badminton, javelin, ice hockey, field hockey, lacrosse, and not limited to just these sports)

[0052] In one embodiment, a tennis grip that has printed or attached markers in/on it that assist in teaching tennis sports players how to hold the racket, bat, club etc. technically sound

[0053] In one embodiment, a grip that has printed or attached markers in/on it that aids/teaches the sports player/athlete how to hold the sports grip correctly for a particular sport

[0054] In one embodiment, a tennis grip with these markers that could have either one specific tennis stroke grip or a combination of tennis strokes.

[0055] In one embodiment, a grip with markers on them illustrating how to correctly put on a sport specific grip

[0056] In one embodiment, the grip is a skinz-grip that slides onto the equipment of a particular sport that aids in holding the grip correctly from a technical standpoint

[0057] In one embodiment, the grip is a wrap-around grip that attaches and detaches to the handle of the specific sports handle so the athlete can use to hold the correct grip for the specific sport they are training for.

[0058] In one embodiment, a grip indicates to a player where to place the thumb(s) of his dominant hand.

[0059] In one embodiment, the grip indicates where to place one, two, three, four, or five finger(s)

[0060] In one embodiment, the grip indicates where to place one, two, three, four, or five, six, seven, eight, nine, ten finger(s)

[0061] In one embodiment, the grip indicates where the "V" of one hand should go.

[0062] In one embodiment, the grip indicates where the "V" of two hands should go.

[0063] In one embodiment, the grip indicates where to place the palm of your hand(s)

[0064] In one embodiment, the grip indicates where to place the base-knuckle of the index finger

[0065] In one embodiment, the grip indicates where to place any part of a players hand on the grip in order to teach the correct technique.

[0066] In one embodiment, the grip that is single-sided or reversible grip with markings indicating where to place the hands on the grip.

[0067] The "Wrap-around" tennis grip can be placed on a flat surface with the markings facing down on the flat surface with the back of the "wrap-around" tennis grip facing upwards. A player then places their tennis racket handle in the middle of the "wrap-around" grip so that the bottom of the handle is touching the back of the "wrap-around" tennis grip. Then the player can take the sides of the "wrap-around" tennis grip and fold them around the top of the tennis racket handle and connect the points on each side of the flaps with one another so that they stay fixed together and the "wrap-around" tennis grip does not fall off. The Wrap-around grip can be one sided or reversible. A wrap-around grip can comprise the markers described herein.

[0068] In one embodiment, the tennis grip can be a "Skinz grip," a Skinz grip is illustrated in FIG. 4. A Skinz grip is a tennis grip that can be rolled onto the tennis handle for a quick and easy tennis replacement grip. The "Skinz grip" can also have the markers on it as described elsewhere herein. When a Skinz grip have markers, then the "Skinz grip" will have alignment markers that align with different areas of the racket handle. The alignment markers can be but not limited to one or the various sides of the tennis racket handle. For example, there will be markers on the top and bottom of the "Skinz grip" that align with the center of the tennis racket handle so that the markers align correctly on the tennis racket handle to show a correct gripping technique for the development and teaching of the correct tennis technique. A player could spread the grip apart between your fingers, align the markers and roll or slide the skinz-grip up the racket handle. The Skinz-grip can be one sided or reversible.

[0069] Also disclosed herein is a grip, the perfect-put-on tennis grip (FIG. 5), that teaches a person how to put on a grip correctly on the handle of a tennis racket. Most tennis players don't know how to put on a tennis grip and this grip teaches them how to do so by simply aligning the markers. The markers can be any type of marker, lines, numbers, letters, symbols but not limited to these mentioned. The perfect-put-on grip can also comprise the markers as described herein.

[0070] In one embodiment, the grip can have markers that align as at certain points on the tennis grip so that the tennis grip is put-on correctly. The markers can also be spiral around the grip and racket handle.

[0071] For a right-handed tennis player the grip should typically be wrapped or rotated around the tennis handle in a north east direction. The reason for this is so the tennis grip and the hand contour in the same direction. For left-handed players the opposite direction is preferred.

[0072] Students often ask tennis coaches to assist them to put on a grip for them. Described herein is a tennis grip that has markers on them that have to connect exactly or very close in proximity in order to make sure the tennis player learns how to put on a tennis racket grip the correct way. The ideal way to put on a tennis grip (assuming a right-handed tennis player) would be to start at the bottom of the racket handle and spiral the grip upwards in a north-east (anti-clockwise) rotating direction. In doing so the spiral of the grip for a right handed tennis player will fit the contour of the tennis players hand better giving better comfort and feel. Tennis rackets are typically made whereby the tennis grip spirals (slightly overlapping) in a anti-clockwise spiraling direction around the tennis racket handle. Considering the sport is dominated by mostly right handed players this is an illogical way to place a tennis grip on the racket. By creating a tennis grip that teaches tennis players how to put on a tennis grip and the correct direction to do this assist in playability, feel and all around comfort when holding a tennis racket handle. By doing this they no longer have to ask their tennis coach or anyone else to do it for them and therefore learn the subtleties of better playability and feel on the grip. A player starts at the base of the tennis racket handle by placing the marker labelled with an "S" for start position. The player wrap/rotate the tennis grip around the handle in a northeast direction aligning each of the markers with one another until the player reaches the top of the tennis racket handle where the tennis grip will end. Some tennis racket handles are shorter or longer than others so it's up to the tennis player to decide how far up the tennis handle they want to go with the tennis grip. The grip can be one-sided or reversible. For a left-handed tennis player, the tennis grip will go on the reverse way in a northwest rotation/ wrap-around to contour with the players hand. In one embodiment, this grip showing how to put on the grip correctly can be combined with the markers as described elsewhere herein showing how to hold a racket.

[0073] Marker Indicator

[0074] Also described herein are marker indicators. A marker indicator or the like term as used herein refers to sheet or the like that can be placed over a grip indicating to a subject where to mark the grip with markers to provide for a particular grip. In one aspect, the marker indicator comprises one or more indicators indicating to a subject where to put markers on a grip.

[0075] A marker indicator can be made of any material. Suitable materials for marker indicators includes but are not limited to, paper or plastic or rubber with indicators on the

sheet indicating where to mark the markers onto a grip to provide for a particular grip. In one embodiment the indicators indicating where to mark the markers onto the grip can be holes. The marker indicator can be placed over the grip and a subject can transfer the location of the indicators on the marker indicator onto the grip, with for example a pen or other device capable of making a mark. The marker indicator can be designed to be placed over the grip when the grip is on the handle of the racket or be designed to be placed over the grip before the grip is put on the handle of the racket. For example, the marker indicator would be wrapped around the grip using alignment markers to achieve the desired position of the marker indicator. The openings in the marker indicator would then be used as a guide to the subject who can make marks onto the under lying grip indicating the correct grip for a particular grip, such as an eastern forehand grip. In one embodiment the marker indicator is flexible so it can be wrapped around a grip on a tennis handle. A marker indicator can include indicators to make all marker(s) as described elsewhere herein to produce all tennis grips as described elsewhere herein. In another embodiment, the markers are indicated as holes where a subject can transfer the location of the maker onto the racket. The marker indicator can also have one or more alignment markers. An alignment marker is a marker indicating where on the grip to align the marker indicator. For example, an alignment marker can be positioned so that when a marker indicator is placed over a tennis grip on the handle of a racket the alignment marker indicates how on the grip to place the marker indicator. The transfer of the location of the indicators of the marker indicator can be done with any means to make a mark. For example, the transfer can be done with a pen, pencil, permanent marker, sharpie, crayon, paint, or other writing tool or a sharp object making a physical imprint in the grip. The marker indicator can have the same shape as the grip to provide for alignment for appropriate marker transfer. The marker indicator can be a shell casing that goes around the grip.

[0076] Kits

[0077] Also described herein are kits. In one embodiment the kits can include a tennis grip and one or more marker indicators as described herein. In one embodiment, the kits can further include a writing device to transfer the locations of the indicators on the marker indicator on the grip.

EXAMPLES

Example 1

Tennis grips with markers

[0078] The markers and marker indicators described here can be used and/or designed as described below. For illustration these Figures and Pictures are based off of a right handed tennis player. Grips for left handed players can be made in a similar manner.

Example 2

Wrap-around grip

[0079] The “Wrap-around” tennis grip is placed on a flat surface with the markings facing down on the flat surface with the back (FIG. 3) of the “wrap-around” tennis grip facing upwards. Then the tennis racket handle is placed in the middle of the “wrap-around” grip so that the bottom of the handle is touching the back of the “wrap-around” tennis grip. The

bottom (butt) of the racket handle should be aligned with the bottom of the wrap-around grip and the top of the racket handle should be aligned with the top of the wrap-around grip. Then the sides are taken of the “wrap-around” tennis grip and fold them around the tennis racket handle and connect the points on each side of the flaps with one another so that they stay fixed together and the “wrap-around” tennis grip doesn’t fall off. The Wrap-around grip can be one sided or reversible.

Example 3

The Skinz Grip

[0080] A Skinz Grip can be seen in FIG. 4 wherein alignment markers are used to place the skinz grip with markers in its desired position.

[0081] Unless defined otherwise, all technical and scientific terms used herein have the same meanings as commonly understood by one of skill in the art to which the disclosed invention belongs. Publications cited herein and the materials for which they are cited are specifically incorporated by reference.

[0082] Those skilled in the art will recognize, or be able to ascertain using no more than routine experimentation, many equivalents to the specific embodiments of the invention described herein. Such equivalents are intended to be encompassed by the following claims.

1. A marker indicator comprising one or more indicators indicating to a subject where to put markers on a grip.

2. The marker indicator of claim 1, further comprising one or more alignment markers.

3. The marker indicator of claim 1, wherein the indicators are holes.

4. The marker indicator of claim 1, wherein the indicators indicates to a subject where to place a marker that shows where to place the thumb of the subject’s dominant hand.

5. The marker indicator of claim 1, wherein the indicators indicates to a subject where to place one or more markers that shows the subject where to place one, two, three, four, or five finger(s).

6. The marker indicator of claim 1, wherein the indicators indicates to a subject where to place one or more markers that shows to the subject where to place one, two, three, four, five, six, seven, eight, nine, or ten finger(s).

7. The marker indicator of claim 1, wherein the indicators indicates to a subject where to place one or more markers showing the “V”.

8. The marker indicator of claim 1, wherein the indicators indicates to a subject where to place one or more markers that showing where the “V” of two hands.

9. The marker indicator of claim 1, wherein the indicators indicates to a subject where to place one or more markers that shows to the subject where to place the palm of your hand(s).

10. The marker indicator of claim 1, wherein the indicators indicates to a subject where to place one or more markers that shows to the subject where to place the base-knuckle of one or more finger(s).

11. The marker indicator of claim 10, wherein the one or more finger(s) comprises the index finger.

12. A tennis grip comprising one or more markers indicating to a subject where to place one or more fingers and/or one or more hands on the grip.

13. (canceled)

14. The tennis grip of claim 12, wherein the markers indicate to a player the “V”.

15. (canceled)

16. (canceled)

17. The tennis grip of claim 12, wherein markers indicate a grip selected from the group consisting of a continental grip, a eastern forehand grip, a semi-western forehand grip, a western-forehand grip, a semi-eastern forehand grip, a eastern forehand grip, a single handed eastern backhand grip, a single handed extreme eastern backhand grip, and one or more types of double handed backhand grips.

18. The tennis grip of claim 12, wherein the tennis grip further comprises markers indicating how to put on the grip on a handle.

19. The tennis grip of claim 12, wherein the markers indicate to a player where to place the thumb(s) of his dominant hand.

20. (canceled)

21. The tennis grip of claim 12, wherein the markers indicate where to place one, two, three, four, five, six, seven, eight, nine, ten finger(s)

22. The tennis grip of claim 12, wherein the markers indicate where the “V” of one hand should go.

23. The tennis grip of claim 12, wherein the markers indicate where the “V” of two hands should go.

24. (canceled)

25. The tennis grip of claim 12, wherein the markers indicate where to place the base-knuckle of one or more fingers.

26. (canceled)

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