



Have you wondered: What is the hardest gripper? Where do my grippers lie? What grippers can I get to bridge the gap between what I am closing now and my goal gripper?

Questions such as these are why you have to join THE GRIPBOARD. Everything regarding Grip Strength has been discussed. If there is something that hasn't, then you should bring it up.

In most cases, all you have to do is use the search function and you get what you need.

Recently, a member on the Gripboard, Sultan_of_Spin, dug up a gem of a thread, originally started by Stalwart Sentinel. Within the post was the succession of Grippers from the easiest, the IronMind Guide, to the toughest, the RBWT (Robert Baraban's World's Toughest).

Here is the hierarchy according to Stalwart Sentinel's research. Take in mind that grippers with the same name can vary. For instance, due to changes made in spring material, the original Heavy Grips 300 I have is much tougher than the newer one I have. Still, even with variance in mind, this is an excellent list to base your purchases and training choices upon.

THE GRIPPER HIERARCHY - WHERE DO MY GRIPPERS LIE?

www.DIESELCREW.com
www.TheGripAuthority.com

IM Guide 60 lbs	HG400
RB70	.281 BB Grand Master 280lbs
IM Sport 80 lbs	.281 COC #3 280 lbs
HG100	.277 RB240
.225 BB Beginner 100 lbs	.283 COC 2005 #3 290 lbs
HG150	GM3 cert gripper
.225 COC T 100 lbs	RB300N
RB130N	HG350
RB100	.277 RB260
RB160N	.295 spring, 1/4" mount, 2.75 width
RB130	MMG1 * 306 lbs
RB180N	.295 spring, 3/16" mount, 2.75 width
.235 BB Advanced 140 lbs	MMG2 * 315 lbs
.235 COC #1 140 lbs	.295 BB Elite 320 lbs
HG200	.294 COC 2006 #3.5 323 lbs
.241 COC 2004 #1 153 lbs	RB330N
PDA243	.306 spring, 1/4" mount, 2.75 width
.250 COC 2006 #1.5 168 lbs	MMG3 * 335 lbs
.250 BB Super Advanced 173 lbs	.295 RB300
GM1 cert gripper	.306 spring, 3/16" mount, 2.75 width
RB210N	MMG4 * 345 lbs
HG250	.306 BB Super Elite 345 lbs
RB160	.312 BB Grand Elite 365 lbs
.260 BB Master 195 lbs	RB330
.260 COC #2 195 lbs	.312 COC #4 365 lbs
RB180	.353 HG500
RB240N	RB365
PDA262	.331 BB Pro 430 lbs
RB260N	.345 BB World Class 470 lbs
.273 COC 2006 #2.5 238 lbs	.353? BB Galaxy 565 lbs
HG300	.362 BB Super Galaxy
.275 BB Super Master 255 lbs	.375 BB Grand Galaxy
GM2 cert gripper	RBWT
RB210	

Source: <http://www.gripboard.com/index.php?showtopic=24458&hl=>

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Remember, some grippers will turn out weaker than others due to inconsistencies in the manufacturing process, but this gripper scale is a very accurate guide to how grippers line up according to difficulty.

How well you keep them conditioned is also a factor. For years, I never cleaned any of my grippers, and because of this, they have gotten rusty which gradually makes them harder to close because the spring binds up somewhat.

As you can see, there is a variety terms on this list. Here is a legend for all of the descriptors used.

The 3-place decimal number = spring size measured on a micrometer, expressed in thousandths of an inch.

RB - Robert Baraban Gripper

IM - IronMind Captains of Crush

HG - Heavy Grips Gripper

COC - IronMind Captains of Crush

PDA - Piedmont Design Associates (made and sold grippers up until about 2004.)

PDA285, PDA262 - These numbers dictate spring size. PDA sold their grippers by spring size. The numbers represent thousandths of an inch.

GM - Grippermania.com Certification Gripper (The number tells you the level)

N – Narrow. RB will make grippers with a narrow or wider handle spread.

BB – Beef Builder

Again, this information came from a thread started on the Gripboard by StalwartSentinel

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I appreciate the effort he put forth in putting this list together.

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Recently, there was an innovation put together by Greg Amidon and Dave Morton that tests the amount of weight needed to close a gripper, called the Redneck Gripper Calibrator (<http://www.software-henritzi.net/Articles/MortonGripperCalibrationDevice.pdf>)

In the future, I plan to get one of these devices to begin rating my own grippers, but at this time I do not have any information to contribute about it. Look for more down the line. In the meantime, please check out DieselCrew.com and TheGripAuthority.com for more information on Grip Strength.



JEDD JOHNSON, CSCS

Jedd Johnson played Basketball and Baseball at Towanda High School in Pennsylvania. Later, he played Division 2 baseball for two years at Mansfield University of Pennsylvania, before taking on strength training as his main interest.

Credentials
Jedd has Certified Strength and Conditioning Specialist credentials through the National Strength and Conditioning Association, and is a regular speaker/presenter at the Pennsylvania State Strength and Conditioning Clinic.

The Diesel Crew
In 1999, Jedd and Jim 'Smitty' Smith formed the Diesel Crew and began formulating the Diesel Method, a strength and conditioning system involving the incorporation of various training disciplines. The Diesel Crew is now recognized as the leaders in grip strength.

Jedd has authored Grip Articles for Straight to the Bar. Numerous grip and strongman articles for the Diesel Crew.

Strongman Contests
2003 - TPS Massachusetts State Strongman Championships
2004 - TPS Massachusetts State Strongman Championships
2004 - Maryland's Strongest Man
2005 - Wise Wellness Strongman Contest
2005 - Saxonburg Strongman Contest
2005 - TPS Massachusetts State Strongman Championships
2005 - Maryland's Strongest Man
2006 - Stronger Than All II
2006 - Wise Wellness 2006

Grip Contests
2003 - Battle for Grip Supremacy
2004 - Feats with Hands
2004 - Global Grip Challenge '04
2005 - TPS Grip Assault
2005 - Global Grip Challenge '05
2006 - Global Grip Challenge '06
2006 - Backyard Bastard Bash II

Jedd has put nearly 350 pounds overhead and lifted 400 pound Atlas Stones. He is an IronMind Certified Captain of Crush. He has lifted the 50-pound Blob, pinched two 45-pound plates, deadlifted the Inch Replica dumbbell with one hand, bent the IronMind Red Nail and the Fat Bastard Barbell Co.'s Grand Bastard Nail, as well as several other renowned Grip feats.



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