

Expert-Baseball-Tips.com Interview with National Grip Champion Jedd Johnson on his new Ultimate Baseball Forearm Training and Grip Explosion Program.

EBT Question 1: How long have you been into grip and forearm training? What are some of your accomplishments?

Jedd: I have been studying and pursuing grip strength since 2002, when I first started trying to tear decks of cards. From there, I began my pursuit of getting certified as a Captain of Crush through IronMind.com. Over the years, I have entered many grip strength competitions and won several. I was the United States champion in 2005 and have finished either 2nd or 3rd every year since then. My biggest accomplishment though, was when I set the record in the Two Hand Pinch Lift in December 2009 with 256.04 lbs, after several years of missing. Hard work and consistency definitely pays off!

EBT Question 2: How did you become interested in grip training for baseball?

Jedd: I played baseball all through my childhood and even had two years at a Division II school, Mansfield University. After leaving the game due to some injuries, I became highly interested in the strength and conditioning field, and became a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. In order to keep my certification, I have to attend seminars and other methods of continued education, and my favorite seminars to attend have always been the ones on baseball strength and conditioning, especially the ones having to do with pitching, as I was a pitcher during my career. Since I also love Grip Training, I have always thought about how the two compliment one another, and have wanted to write my manual on Forearm Training for Baseball for years.

EBT Question 3: What is the importance of grip/forearm training for a baseball player?

Jedd: Much of the skills of baseball require the use of the hands – swinging the bat, throwing the ball, catching the ball, applying the tag. Also, the hands can be injured during high impact situations such as diving for balls, collisions at home, leaping for a homerun ball, sliding into a base, and getting the hand stepped on. In order to perform well at the skills and to be as resilient against injury in these impact situations, the hands, wrists, fingers, thumbs and forearms must be properly trained.

EBT Question 4: Have you had the experience of working with baseball players in the area of grip training?

Jedd: I have worked with many athletes over the years, and currently have three young players that I am working with. Grip and Forearm Work are an important part of each workout. Also, several years ago I worked with a professional baseball player who played in the minor league operation for the Yankees and several other teams and he always remarked about how much he felt the grip training we were doing was going to help him for power development at the plate.

EBT Question 5: How can grip training prevent baseball related injuries?

Jedd: Grip is beneficial when speaking of injuries in two ways. First off, the tendons and muscles become stronger, and thus can take more force during impact without becoming strained and without causing misalignment of the bones in the wrist – when the tiny bones in the wrist get out of alignment, they can cause some nasty aggravating pain that last a long time, so prevention is the key here.

The other way grip and forearm training keeps you in the game instead of on the disabled list is because stronger muscles will recover from injuries quicker. I think back to two nagging injuries I had when I was playing – bruised thumb pad on my right hand and stoked fingers. My hands were weak and skinny and any time I took a ball on the handle, I would get a nagging thumb bruise. I am convinced if my thumb was built up somewhat like it is now from the pinch training I do, that I would not have had such deep bruising there. And for the jammed fingers, I used to twist and hurt my fingers all the time and they would take forever to heal. I can only wonder how much more comfortable I would have been putting on my first base mitt if I had stronger fingers that weren't getting hurt all the time.

EBT Question 6: In your opinion, do you believe bat speed or velocity can be improved with grip training?

Jedd: No doubt about it. Bat speed starts from the legs and core, of course. The grip comes in a split second later. With strong hands, we can have a faster bat path through zone, stronger force through contact, and a better follow through.

Incidentally, another thing that is highly overlooked is the role of the last two fingers (pinky and ring finger) in the control and direction of the bat. When we gear up our swing for a fastball and then notice it is a curve or a slider, we have to make micro-adjustments in order to make contact. This kind of bat control is

actually done with the weakest two fingers on our hands – the last two – the pinky and ring finger. Unfortunately, nobody spends any time training these fingers (partly because no one knows this information) and so hitters have a hard time making that adjustment. In my manual, I show some of my favorite exercises for working the last two fingers.

EBT Question 7: At what age should a baseball player begin forearm/grip training? What is the best way to incorporate it into a practice or workout?

Jedd: The biggest factor here is the level of physical development. If the young athlete can perform push-ups and pull-ups and seems to have good balance and coordination, training the grip should not be a problem, as long as the coach listens to the athlete about how he or she is feeling. You can make huge gains in grip strength and performance on the field with short workouts once or twice a week. This can be as simple as performing some plate pinches, or some good strict forearm work using forearm isolation movements I show in my manual. During practice, I have come up with a couple of ways I feel are the best to work grip and forearm training into the routine. In my manual I show a great number of movements that can be done, even with younger athletes using just the baseball bat and a doughnut. These workouts can take just 5 minutes and can be done as a full body warm-up prior to a practice or game, or a cool-down or team building session at the end of a practice.

EBT Question 8: The tube ball exercises you outline as part of your overall workout is good, how did you begin using these to improve grip/forearm strength?

Jedd: I started training with this concept originally without the baseball attached to the tube. I used just a giant rubber band called a JumpStretch Flex Band. By working full ranges of motion with the rubber band, I was able to flush my forearm full of blood while I was watching TV. I had a forearm injury I was trying to recuperate from at the time, so I was rehabbing at all times of the day, whenever I had down time. It was then that I realized that this could be very good for baseball players, who often experience pain in their elbow and forearm from overuse and improper throwing technique. I think every pitcher should have a tube ball, because it is so beneficial for lower arm health and strength.

To learn more about Jedd's Ultimate Baseball Forearm Training and Grip Explosion Program and to receive FREE Sample Videos go to:

<http://63017-8gqm823sahkzl8ehmz8s.hop.clickbank.net/?tid=INTERVIEW>