Suggested Hollow Grinds

In this section you will learn:

- ✓ Dupliskate's suggested hollow grinds for sharpening hockey skates
- ✓ Dupliskate's suggested hollow grinds for sharpening figure skates

Suggested Hollow Grinds for Sharpening Hockey Skates

When recommending a hollow grind, we must consider opposing qualities. The deeper a hollow, the more manoeuverability is offered. However, a deeper hollow grind sinks into the ice more and therefore requires more strength and skill and is slower. A shallower hollow makes for easier and faster skating but less sharp turns.

We therefore consider three factors for our choice of hollow grind:

1. Weight of the player (lbs or kgs)
2. Skating ability and technique (pro, very good, good, beginner)
3. Position played (goalie, forward, defence)

Dupliskate suggests the following hollow grinds for sharpening hockey skates:

ICE +15F −9C

PRACTICAL GUIDE FOR
INDIVIDUAL HOLLOW GRINDS — HOCKEY

WEIGHT LBS	WEIGHT KILOS	1/4" 6MM	5/16" 8	3/8" 10	7/16" 12	1/2" 14	9/16" 15	5/8" 16	11/16" 17	3/4" 18	13/16" 20	7/8" 22	15/16" 24	1" 26	1 1/16" 27	1 1/8" 29	1 3/16" 31	1 1/4" 32
45	20	A−		D−			G											
55	25	DM	A−		D−			G										
65	30		DM	A−		D−			G									
85	40	AM		DM	A−		D−			G								
110	50		AM		DM	A−		D−			G							
125	55	D+		AM		DM	A−		D−			G						
135	60	D*	D+		AM		DM	A−		D−			G					
150	65	A+	D*	D+		AM		DM	A−		D−			G				
155	70	A*	A+	D*	D+		AM		DM	A−		D−			G			
165	75		A*	A+	D*	D+		AM		DM	A−		D−			G		
175	80			A*	A+	D*	D+		AM		DM	A−		D−			G	
185	85				A*	A+	D*	D+		AM		DM	A−		D−			G
200	90					A*	A+	D*	D+		AM		DM	A−		D−		

SKATING ABILITY
* = PRO
+ = VERY GOOD
M = GOOD
− = BEGINNER
G = GOALIE
A = FORWARD
D = DEFENCE

1 15/16"	1 3/8"	1 7/16"	1 1/2"	INCH
33	35	37	38	MM
G				