



JDH

RHYTHM AND FLOW

2024 CATALOGUE

X93

The pinnacle of performance and power

Offering exceptional hitting power for experienced players who are after the top of the range performance and precision control. The high Carbon content provides enhanced responsiveness and minimal energy loss for the top end player.



X93 Mid Bow

36.5" - X93MB36RF
37.5" - X93MB37RF
38.5" - X93MB38RF

Shape - Straight

Carbon - 95%
Bow Point - 300mm
Curve - 20mm
Weight - 505-515gm
Face Angle - 9.5°



X93 Low Bow

36.5" - X93LB36RF
37.5" - X93LB37RF
38.5" - X93LB38RF

Shape - Medium Curve

Carbon - 95%
Bow Point - 225mm
Curve - 24mm
Weight - 505-515gm
Face Angle - 11°



X93 Pro Bow

36.5" - X93PB36RF
37.5" - X93PB37RF
38.5" - X93PB38RF

Shape - Medium Curve

Carbon - 95%
Bow Point - 250mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 12°



X93 Low Bow Hook

36.5" - X93LBH36RF
37.5" - X93LBH37RF
38.5" - X93LBH38RF

Shape - Medium Curve
- Hook Head

Carbon - 95%
Bow Point - 250mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 12.5°



X93 Extra Low Bow

36.5" - X93XLB36RF
37.5" - X93XLB37RF
38.5" - X93XLB38RF

Shape - Large Curve

Carbon - 95%
Bow Point - 200mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 16.5°



X93 Concave

36.5" - X93CC36RF
37.5" - X93CC37RF
38.5" - X93CC38RF

Shape - Large Curve
- Concave Face

Carbon - 95%
Bow Point - 200mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 17.5°

X79

An excellent balance between power and control

With 80% Carbon content, the X79 stick is a popular choice among intermediate and advanced players with its mix of stiffness and flexibility. Players are able to wield it comfortably while maintaining optimum ball control. A favoured composition for those in colder temperatures.

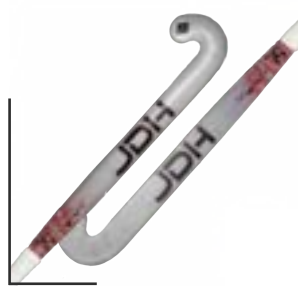


X79 Mid Bow

36.5" - X79MB36RF
37.5" - X79MB37RF
38.5" - X79MB38RF

Shape - Straight

Carbon - 80%
Bow Point - 300mm
Curve - 20mm
Weight - 505-515gm
Face Angle - 9.5°



X79 Low Bow

36.5" - X79LB36RF
37.5" - X79LB37RF
38.5" - X79LB38RF

Shape - Medium Curve

Carbon - 80%
Bow Point - 225mm
Curve - 24mm
Weight - 505-515gm
Face Angle - 11°



X79 Pro Bow

36.5" - X79PB36RF
37.5" - X79PB37RF
38.5" - X79PB38RF

Shape - Medium Curve

Carbon - 80%
Bow Point - 250mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 12°



X79 Low Bow Hook

36.5" - X79LBH36RF
37.5" - X79LBH37RF
38.5" - X79LBH38RF

Shape - Medium Curve
- Hook Head

Carbon - 80%
Bow Point - 250mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 12.5°



X79 Extra Low Bow

36.5" - X79XLB36RF
37.5" - X79XLB37RF
38.5" - X79XLB38RF

Shape - Large Curve

Carbon - 80%
Bow Point - 200mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 16.5°



X79 Concave

36.5" - X79CC36RF
37.5" - X79CC37RF
38.5" - X79CC38RF

Shape - Large Curve
- Concave Face

Carbon - 80%
Bow Point - 200mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 17.5°

X60

A softer touch for improved ball control and handling.

With a lower carbon fibre composition the X60 offers increased flexibility, making it more forgiving when trapping and hitting the ball. While it sacrifices some power provided by the other higher carbon content sticks, the X60 compensates with improved touch and feel.

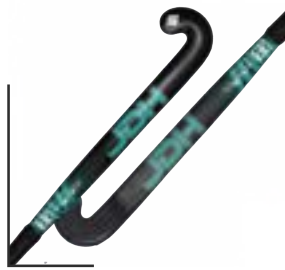


X60 Mid Bow

36.5" - X60MB36RF
37.5" - X60MB37RF

Shape - Straight

Carbon - 50%
Bow Point - 300mm
Curve - 20mm
Weight - 505-515gm
Face Angle - 9.5°

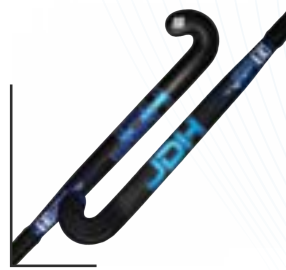


X60 Pro Bow

36.5" - X60PB36RF
37.5" - X60PB37RF

Shape - Medium Curve

Carbon - 50%
Bow Point - 250mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 12°



X60 Concave

36.5" - X60CC36RF
37.5" - X60CC37RF

Shape - Large Curve
- Concave Face

Carbon - 50%
Bow Point - 200mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 17.5°

X1

The perfect entry level stick

With higher proportions of fiberglass, this stick provides excellent control and a softer touch, making it easier for newcomers or juniors moving into their first adult stick. A very forgiving stick, allowing players to focus on developing their fundamentals.

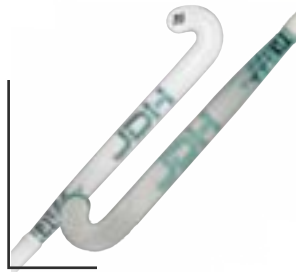


X1 Mid Bow

36.5" - X1MB36RF
37.5" - X1MB37RF

Shape - Straight

Carbon - 30%
Bow Point - 300mm
Curve - 20mm
Weight - 505-515gm
Face Angle - 9.5°



X1 Pro Bow

36.5" - X1PB36RF
37.5" - X1PB37RF

Shape - Medium Curve

Carbon - 30%
Bow Point - 250mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 12°



X1 Concave

36.5" - X1CC36RF
37.5" - X1CC37RF

Shape - Large Curve
- Concave Face

Carbon - 30%
Bow Point - 200mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 17.5°



Stick options for Grad and Junior players.

The Junior range offers options in both Fibreglass and Wood. Both offering light weight, durable, forgiving sticks for junior players ages 12 and under.

Ideal first sticks for young kids starting out with hockey or playing junior grades.



Fibreglass - Red

- 30" - JNRRD30RF
- 32" - JNRRD32RF
- 34" - JNRRD34RF
- 35" - JNRRD35RF

Shape - Straight

Make Up - 100% Fibreglass



Fibreglass - Blue

- 30" - JNRBL30RF
- 32" - JNRBL32RF
- 34" - JNRBL34RF
- 35" - JNRBL35RF

Shape - Straight

Make Up - 100% Fibreglass



Wood - Red

- 28" - WOOD28RF
- 32" - WOOD32RF

Shape - Straight

Make Up - Wood



Wood - Blue

- 30" - WOOD30RF
- 34" - WOOD34RF

Shape - Straight

Make Up - Wood



INDIGENOUS

Embracing the heritage and culture of the Australian Indigenous people

Three sticks to represent three important aspects of the Aboriginal culture. Water, community and growth.

A unique addition to the 2024 JDH range.



The Horizon

95% Carbon
36.5" - IDG93PB36
37.5" - IDG93PB37

50% Carbon
36.5" - IDG60PB36
37.5" - IDG60PB36

Shape - Medium Curve

Carbon - 95% & 50%
Bow Point - 250mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 12 °



The Unite

95% Carbon
36.5" - IDG93LBH36
37.5" - IDG93LBH37

50% Carbon
36.5" - IDG60LBH36
37.5" - IDG60LBH36

Shape - Medium Curve

Carbon - 95% & 50%
Bow Point - 250mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 12.5 °



The Ocean

95% Carbon
36.5" - IDG93CC36
37.5" - IDG93CC37

50% Carbon
36.5" - IDG60CC36
37.5" - IDG60CC36

Shape - Large Curve
- Concave Face

Carbon - 95% & 50%
Bow Point - 200mm
Curve - 24.75mm
Weight - 505-515gm
Face Angle - 17.5 °

BAGS



Elite Bag

Sticks - 8
Pockets - 4
Size - 100 x 35 x 25
Material - Dura-Pro Tarpaulin



Wheelie Elite Bag

Sticks - 8
Pockets - 4
Size - 102 x 35 x 25
Material - Dura-Pro Tarpaulin



Midi Bag - Blue

Sticks - 5
Pockets - 5
Size - 100 x 26 x 20
Material - Dura-Pro Tarpaulin



Midi Bag - Teal

Sticks - 5
Pockets - 5
Size - 100 x 26 x 20
Material - Dura-Pro Tarpaulin



Junior Bag

Sticks - 2
Pockets - 2
Size - 100 x 15 x 12
Material - 1000D Nylon



Mini Bag

Sticks - 1
Pockets - 1
Size - 100 x 13 x 3
Material - 1000D Nylon



Back Pack

Sticks - N/A
Pockets - 3
Size - 45 x 32 x 17
Material - 1000D Nylon



Ball Bag

Balls - 65
Pockets - 7
Size - 48 x 24 x 24
Material - 1000D Nylon



Duffle - White

Sticks - 1
Pockets - 2
Size - 55 x 35 x 25
Material - Tarpaulin



Duffle - Black

Sticks - 1
Pockets - 2
Size - 55 x 35 x 25
Material - Tarpaulin

GLOVES



Pro Glove - Blue

XX-Small - PROGBLXXS
X-Small - PROGBLXS
Small - PROGBLSM
Medium - PROGBLMD
Large - PROGBLLG
X-Large - PROGBLXL

Type - Double Knuckle



Pro Glove - Red

XX-Small - PROGRDXXS
X-Small - PROGRDXS
Small - PROGRDSM
Medium - PROGRDMD
Large - PROGRDLG
X-Large - PROGRDXL

Type - Double Knuckle



Micro Glove - White

XX-Small - MIGWHXXS
X-Small - MIGWHXS
Small - MIGWHSM
Medium - MIGWHMD
Large - MIGWHLG
X-Large - MIGWHXL

Type - Single Knuckle



Micro Glove - Black

XX-Small - MIGBLXXS
X-Small - MIGBLXS
Small - MIGBLSM
Medium - MIGBLMD
Large - MIGBLLG
X-Large - MIGBLXL

Type - Single Knuckle



Full Finger Glove

Small - FFGBLSM
Medium - FFGBLMD
Large - FFGBLLG

Type - Full Finger



Indoor Glove

XX-Small - INGLBLXXS
X-Small - INGLBLXS
Small - INGLBLSM
Medium - INGLBLMD
Large - INGLBLLG
X-Large - INGLBLXL

Type - Full Finger

PROTECTION



Pro Shinguard

Small - PROSHINSM
Medium - PROSHINMD
Large - PROSHINLG



Elite Shinguard

Small - ELISHINSM
Medium - ELISHINMD
Large - ELISHINLG
X-Large - ELISHINXL



Air Shinguard

XX-Small - AIRSHINXXS
X-Small - AIRSHINXS
Small - AIRSHINSM
Medium - AIRSHINMD
Large - AIRSHINLG



Junior Shinguard

One Size - JNRSHINOS



Fat Glove

One Size - FATGLVRB
Type - Both Hands
- Full Hand/Wrist



Face Mask

Senior - FACEMKJR
Junior - FACEMKSN
Type - Polycarbonate



Knee Guards

One Size - KNEEGRD
Type - Set of Two

ACCESSORIES



Cushion Grip

White - CUSHWH
Black - CUSHBL

Thickness - 2mm



Fat Grip

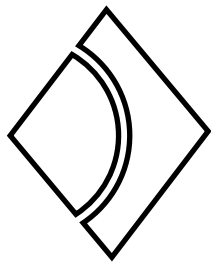
White - FATWHI
Black - FATBLA

Thickness - 3.5mm



Hockey Ball

Dimple - CLUDIMWTE
Smooth - CLUSMOWTE



JDH

#USETHEBEST

