

GENERAL WARNING

WARNING: Martial Arts sparring may be dangerous; participants risk serious injury, disability and death. MACHO sparring equipment is intended to reduce the risk and severity of accidental injury to protected areas during supervised, **no contact** or **light contact** martial arts sparring. *Light contact* means sparring not intended to cause pain or injury. **Use of MACHO sparring equipment does not eliminate risks of injury. USER ASSUMES ALL RISKS.**

MACHO equipment is for martial arts sparring only. It is not intended for other or more intense uses (e.g., full contact sparring, boxing, bag work, weapons training, sports activities or uses, etc.). MACHO may modify and improve its sparring equipment, but such modifications are not intended to encourage more intense contact.

MACHO equipment should be used only under the supervision of a skilled instructor who responsibly monitors techniques and intensity of sparring and assures that students are properly trained and physically conditioned. All sparring participants should: wear a full set of equipment (minimum: head gear, foot gear, hand gear, chest guard, shin guards, mouth guard and groin protection); read and follow instructions about its use and care; and not use old, modified, damaged or improperly fitted equipment.

DISCLAIMER: MACHO makes no express warranties. The implied warranties of MERCHANTABILITY and FITNESS are excluded and disclaimed.

ADVERTENCIA: La práctica del sparring puede ser peligrosa; las personas que practican este deporte corren el riesgo de sufrir lesiones graves, impedimentos físicos y de perder la vida. El equipo de sparring MACHO ha sido diseñado para reducir el riesgo y la magnitud de las lesiones accidentales, en las regiones del cuerpo que el equipo protege, durante la práctica del sparring **sin contacto corporal directo o con contacto directo leve** durante sesiones supervisadas. En el sparring de contacto corporal leve el objetivo no es causar dolor o lesiones al adversario. **El uso del equipo de sparring MACHO no elimina el riesgo de lesiones o impedimentos físicos.** Por lo tanto, las personas que usen este equipo deben hacerlo por su propia cuenta y riesgo, asumiendo la responsabilidad por cualquier daño físico o lesión que puedan sufrir durante el ejercicio del sparring.

El equipo MACHO está diseñado solo para el sparring de artes marciales exclusivamente. Este equipo no está diseñado para otros usos más intensos (eje: sparring de cuerpo a cuerpo, boxeo, entrenamiento con bolsas, entrenamiento con armas, otras actividades, usos deportivos, etc.). MACHO puede modificar o perfeccionar su equipo de sparring. Sin embargo, tales modificaciones no están echas con el propósito de fomentar un contacto más intenso durante la práctica del sparring.

El equipo MACHO debe ser usado exclusivamente en sesiones de sparring supervisadas por instructores acreditados que posean las destrezas y el conocimiento adecuado para supervisar el ejercicio de este deporte. Los instructores deben tener entrenamiento en el control de las técnicas y la intensidad del sparring; deben cerciorarse de que los estudiantes sean entrenados en forma correcta y que se encuentren en buena condición física. Todos los participantes en el sparring deben adoptar las siguientes medidas de seguridad: Usar un equipo completo (como mínimo éste debe consistir de: casco protector, protectores de pies, protectores de manos, protectores de pecho, protectores para canillas, protectores para la boca, y protectores de la ingle.) Leer y seguir las instrucciones respecto al uso y el cuidado del equipo. No se deben usar equipos viejos o cuya condición original haya sido modificada, equipos en malas condiciones, o equipos que no se ajusten al cuerpo de la persona.

NOTIFICACIÓN: MACHO no ofrece ninguna garantía explícita. Las garantías implícitas de COMERCIALIZACIÓN y de IDONEIDAD se excluyen y se rechazan.



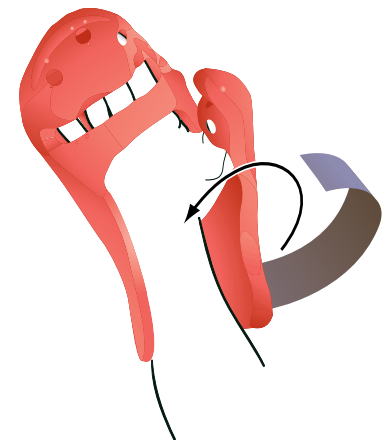
Warnings and Instructions

Macho Punches: Closed-Finger Punch

Read all warnings and instructions before use. Failure to follow warnings and instructions may result in injury, disability, or death.

INSTRUCTIONS

1. Slide your hand into the corresponding right or left Punch, inserting your thumb into the thumb extension.
2. Slide your four fingers under the vinyl palm strap and inside the vinyl finger covering.
3. Position your two middle fingers in the two loops of the patented finger grip inside the finger covering. The grip should fit over the first joint of your fingers. Your fingertips should be enclosed by the vinyl covering.
4. Wrap the elastic strap around your wrist and secure it with the hook/loop fasteners.



Macho Punches: Closed-Finger Punch

WARNING

- Even with use of Macho Products
USER ASSUMES ALL RISK OF INJURY

- Macho Punches (hand gear) are intended only to reduce the risk of accidental injury during **no contact** or **light contact** martial arts sparring, supervised by a qualified instructor.
- All Punches must be properly fitted and secured to optimize protection.
- If gear becomes dislodged during use, stop immediately, re-position, and re-secure it before continuing.
- All gear must be in good condition. Inspect it before each use. If gear is damaged or functionally defective, immediately discontinue use and replace it.
- To avoid injury to participants and gear, fingernails should be short.
- Review the **General Warning** on the back cover of this product insert.

Warranty

Macho products are warranted for defects in materials and workmanship for a period of 60 days from date of purchase (except for obvious abuse, neglect and/or misuse of the equipment). New equipment, suitable for resale, may be returned for sizing exchange within 14 days of purchase.

Macho Products, Inc. is an ISO 9001:2000 Company.

Proper Care of Macho Products

SPARRING GEAR CARE INSTRUCTIONS

How to enhance the life of your Macho sparring gear:

Some customers tell us their Macho sparring gear has lasted for as many as 10 years. When we ask them if they do anything special to make it last so long, they consistently answer: "I keep my gear clean and pack it without crushing it!"

Here are some tips to help you make your gear last:

Daily Cleaning

- ❑ Perspiration can cause deterioration of the coating. Equipment should be wiped down after each use. We recommend you keep a small towel in your gear bag for this purpose.

Monthly Cleaning

- ❑ Wash gear, including straps, with warm soapy water at least once a month. Hang to drip dry. This will help keep equipment free of odors.

Sanitize Gear Regularly

- ❑ If gear is shared among students, sanitation is very important. Spray or dip with a mild bleach solution (1 part bleach to 10 parts water) between users.

Proper Packing and Storage

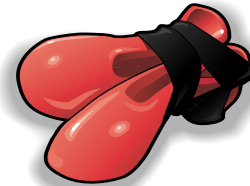
- ❑ When properly packed and stored, your Macho gear will last much longer. Improper packing is the most common reason for reducing life expectancy.
- ❑ Your equipment should always be packed in a bag that is large enough not to compress it.
- ❑ Store in a cool, dry place. Do not expose to direct sunlight or extreme temperatures.
- ❑ Do not leave in a car or trunk.
- ❑ When traveling by airplane, if possible, carry your gear on the plane with you as air pressure in the luggage compartment may cause wrinkles in the coating.

More Helpful Hints

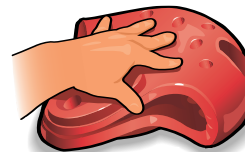
- ❑ Make sure your gear fits properly and is in good condition.
- ❑ Long fingernails may tear the foam.
- ❑ Macho's equipment is not intended for use on heavy bags or shields, or for breaking or grappling techniques. This may tear the foam.
- ❑ Completely disengage hook/loop fasteners before attempting to remove gear.



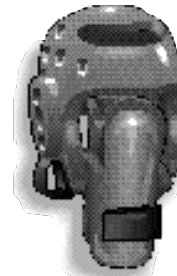
Pack loosely with each strap folded back on itself.



Do **not** wrap straps around product. Straps will lose their elasticity.



Do **not** fold or crush product when storing. Product will wrinkle and may develop cracks or tears.



We recommend you pack your Punches inside the headgear to prevent crushing of head.