



Rebreakable Boards

Read all warnings and instructions before use.
Keep for reference by all users for the life of the product.
Failure to follow directions may result in injury, disability, and death.

Warranty

Macho warrants its products to be free from defects in materials and workmanship for 60 days from the date of purchase, provided the products supplied have not been subject to accident, alteration, negligence, abuse, or misuse. As the sole remedy under this warranty, Macho will, at its option, repair or replace non-conforming goods.

TO THE EXTENT ALLOWED BY LOCAL LAW, EXCEPT FOR THE OBLIGATIONS SPECIFICALLY SET FORTH IN THIS WARRANTY STATEMENT, MACHO'S LIABILITY AND THAT OF ITS VENDORS OF NEW GOODS SHALL NOT EXCEED THE VALUE OF THE GOODS SOLD. NEITHER MACHO NOR ITS VENDORS SHALL BE LIABLE FOR DIRECT, INDIRECT, SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES, WHETHER BASED ON CONTRACT, TORT, OR ANY OTHER LEGAL THEORY.

TO THE EXTENT ALLOWED BY LOCAL LAW, MACHO AND ITS VENDORS DISCLAIM ANY OTHER WARRANTY OF ANY KIND, WHETHER EXPRESS OR IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.

Rebreakable Boards are designed to “break” when properly struck at the split in the center. Correct use of these boards will help improve your breaking technique by developing your focus and accuracy.

SELECTION

Select the appropriate board for your weight, size, strength, and ability. Our Rebreakable Boards come in four, color-coded strengths:

<u>Color</u>	<u>Pine Board Equivalent</u>	<u>Durability/ Estimated Breaks</u>
Yellow	Easy 1/4 inch	200
Blue	Medium 1/2 inch	300
Red	Strong 3/4 inch	400
Black	Extra Strong 1 inch	500

ASSEMBLY

1. Each Rebreakable Board consists of two similar halves.
2. To assemble the halves, align the connecting grooves and slide the two halves together.

STORAGE

1. Avoid damage to the padding on the board. Sharp objects may cut or puncture foam.
2. Do not store under heavy objects, which may depress, dent, or crease the padding.

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⚠ WARNING

- Any type of board breaking may result in injury, including fractures, cuts, abrasions, bruises, and sprains to the person breaking the board and/or the person(s) holding it.
- Rebreakable boards are not toys. Use only under the supervision of a qualified instructor who responsibly directs and monitors breaking and holding techniques, ensures that students are properly trained and conditioned, and protects spectators and the environment from injury and damage from flying boards.
- Do not attempt to break boards with head techniques. Serious injury, disability, and death may result.
- Use only one rebreakable board at a time; do not stack or hold two or more together, or use with cinder-blocks. Rebreakable boards do not "break" with the same domino effect as wood boards; attempting such multiple breaks may result in injury.
- The force of a strike may propel a board out of hand. Hold the board securely to protect people and objects in the environment. Take other precautions, such as net-rigging, to avoid injury or damage from flying boards.
- Do not use these boards for power strikes, which require softer targets such as heavy hanging bags and foam shields.
- Padding on boards does not guarantee protection from injury.
- Consult your physician before engaging in any exercise or training program.
- Neither Macho Products, Inc. nor the manufacturer assumes liability for injury or harm to any persons or objects due to the use of these boards.
- Users assume all risks.

Approved by Kukkiwon and used for belt testing.

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GUIDELINES

HOLDING TECHNIQUES

Follow the directions of a qualified instructor.

1. The number of holders and their positioning and stances depend on the breaking technique and the weight, size, and power of the martial artist performing the technique.
2. At least two holders are recommended for boards used by teenagers and adults. More than two holders are needed for certain techniques.
3. In general, hold the board from behind at the edges. The heels of the palms support the back of the board.
4. As much as possible, keep fingers out of striking range at the front.
5. For most techniques, the split in the board should be positioned horizontally.
6. Maintain a secure stance to absorb the blow and maintain balance.
7. To avoid injury to people and damage to the environment from flying boards, hold the board securely and protect the environment (e.g., rig netting to catch flying boards).

BREAKING TECHNIQUES

Follow the directions of a qualified instructor.

There are many breaking techniques using the hands, feet, and elbows.

Focus and strike the board, according to your instructor's directions, aiming through the split at the center of the target.

MACHO PRODUCTS, INC.

10045 102nd Terrace • Sebastian, FL 32958
Phone 772-388-9892 • Fax 772-388-9859

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