

## A WARNING

### GENERAL WARNINGS AND GUIDELINES

Martial Arts sparring may be dangerous; participants risk serious injury, disability and death. MACHO sparring equipment is intended only to reduce the risk and severity of accidental injury to covered areas during supervised, **no contact** or **light contact** martial arts sparring. **Light contact (blunt force)** does not cause pain, injury, penetration, or visible movement of the opponent receiving the technique. **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 use as a protective device for medical conditions, 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 or jaw joint protector, and groin protection); read and follow instructions about its use and care; and not use old, modified, damaged or improperly fitted equipment.

**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 COMERCIABILIDAD y de IDONEIDAD se excluyen y se rechazan. 8.27.03

## Warnings and Instructions

### Macho Shin Guards: XP Shin, Shin, Shin Instep Macho Forearm Guards: Forearm Guards

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

### INSTRUCTIONS

#### To Use Macho XP Shin Guards:

1. Place the XP Shin Guard over your shin. When properly sized, the Guard will cover from just below your knee to your ankle (see Figures 1 & 2).
2. Wrap the straps around your calf and heel and secure them with the hook/loop fasteners (see Figures 1 & 2)

#### Note:

*The XP Shins are shown over Macho Kicks.*

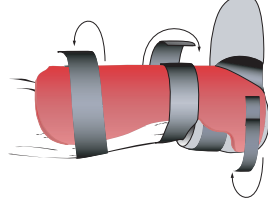


Figure 1 - XP Shin  
Side View

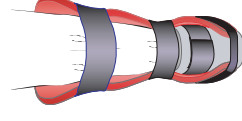


Figure 2 - XP Shin  
Back View

#### To Use Macho Shin Guards:

1. Place the Shin Guard over your shin. When properly sized, the Guard will cover from just below your knee to your ankle (see Figure 3).
2. Wrap the straps around your calf and secure them with the hook/loop fasteners (see Figure 3).

#### To use Macho Shin Insteps:

1. Place the Shin Instep on the shin and instep. When properly sized, the Shin Instep will cover from just below the knee to the instep above the toes (see Figure 4).
2. Wrap the two upper straps around the leg and secure with the hook/loop fasteners (see Figure 4).
3. Wrap the foot strap under the foot and secure at the top of the foot with the hook/loop fastener (see Figure 4).

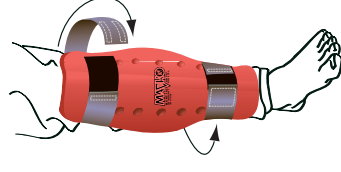


Figure 3  
Shin Guard

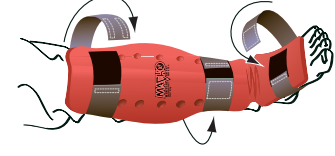


Figure 4  
Shin Instep

(See Forearm Guards on next page)

# Macho Shin Guards, Shin Insteps, and Forearm Guards

## To Use Macho Forearm Guards:

1. Place the Forearm Guard along the outside edge of your forearm to cover the bone. When properly sized, the Guard will cover from just below your elbow to your wrist (see Figure 5).
2. Wrap the straps around your forearm and secure them with the hook/loop fasteners (see Figure 5).



Figure 5 - Forearm Guard

## ▲ WARNING

- Read all warnings and instructions before use, including the back cover.
- Failure to follow directions may result in injury, disability, and death.
- Keep this information for reference by anyone using this gear.
- Wear Macho XP Shin Guards, Shin Insteps, and Forearm Guards only to reduce the risk and severity of accidental injury during **no contact** or **light contact** Martial Arts sparring, supervised by a qualified instructor.
- Properly size, fit, position, and secure your gear to optimize protection. If gear becomes dislodged or if straps become loose or detached during use, stop immediately, re-position and re-secure the gear before continuing.
- Avoid extreme strap tightness which may prevent healthy blood circulation.
- Inspect the gear before and after each use. If it becomes damaged in any way, discard and replace it immediately. Signs of damage and excessive wear include: foam is torn, ceased, cracked or compressed; straps are loose or detached; elastic has lost elasticity.
- No gear can prevent all injuries; Macho does not guarantee protection. User assumes all risks of injury.

The Shin Guard, Shin Instep, and Forearm Guard in this booklet have been tested against Directive 89/686/EWG for Personal Protective Equipment.

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Nach der Richtlinie  
89/686/EWG für P.S.A.

## 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.

# Proper Care of Macho Products

## Enhance the life of your Macho sparring gear!

- ❑ Keep gear clean and pack it without crushing.

## Daily Cleaning

- ❑ Perspiration can cause deterioration of the coating. Equipment should be wiped down after use.

## 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.
- ❑ Periodically brush lint from the hook portion of any hook/loop fasteners.

## Sanitize Gear Regularly

- ❑ If gear is shared among students, spray or dip with a mild bleach solution (1/4 cup bleach per gallon of water) between users. Leave wet for 10 minutes for broad-spectrum disinfecting. Air or cloth dry and wipe away any bleach residue.

## Proper Packing and Storage

- ❑ Improper packing is the most common reason for reduced life expectancy.
- ❑ Do not compress the gear. Compression contributes to wrinkles and cracks and decreases the protective level of the foam.
- ❑ Store in a cool, dry place. Do not expose to direct sunlight or extreme temperatures.
- ❑ Do not leave in car or trunk.
- ❑ When traveling by airplane, carry gear on the plane as air pressure in the luggage compartment may cause wrinkles.

## More Care Hints

- ❑ 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.
- ❑ To avoid damage to gear, completely disengage hook/loop fasteners or other closures before attempting to remove the gear.
- ❑ Packaging is not for reuse or storage but may be recycled.



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



Do **not** compress or crush equipment.



Pack loosely with each strap folded back on itself.



Do **not** wrap straps around the product. Straps will lose their elasticity and crush the gear.

## MACHO PRODUCTS, INC.

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