

## 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.

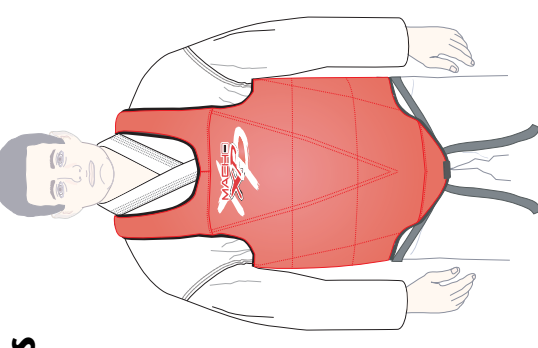
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## Warnings and Instructions



### Macho XP Hogu

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



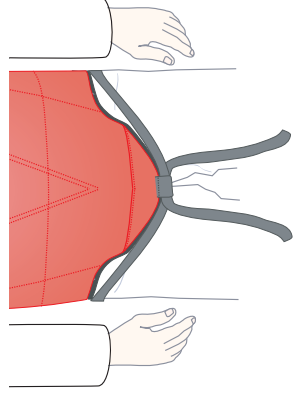
### INSTRUCTIONS

#### To Use the Macho XP Hogu:

The XP Hogu has two parts: the main Hogu and the Spine Board.

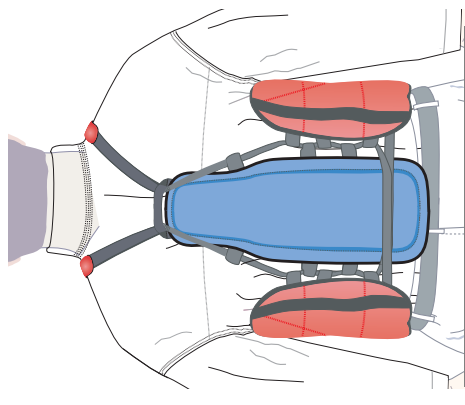
1. Connect the two parts by lacing the shoulder straps through the Spine Board and Hogu as shown in the Back View illustration. Do not cross the straps. Go through the top loop and the first side loops of the Spine Board first.
2. Put on the XP Hogu.
3. Tighten the strapping for a snug, secure fit. It may be easier to have someone do this for you.
4. Cross the straps at the bottom of the Spine Board and wrap them to the front.
5. Lace the straps through the loop at the bottom front and tie them securely.
6. Tuck the strap ends under the Hogu.

The strapping is extra long to allow loosening for quick removal without unlacing the Spine Board. Untie the straps in the front and pull them at the shoulders to loosen and remove the XP Hogu.



XP Hogu - Tie at Front Loop  
(Then tuck in the straps.)

XP Hogu



XP Hogu - Back View  
with Spine Board

## Macho XP Hogu

### ⚠ 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 everyone using this gear.
- Wear the Macho XP Hogu only to reduce the risk and severity of accidental injury to the covered chest area during **light** to **moderate contact** Martial Arts sparring supervised by a qualified instructor. The area covered by the trauma plate insert is suitable for **moderate contact**. The Spine Board is for **light accidental contact only**. Do not direct strikes to the spine as serious injury and disability, including paralysis, may result.
- **Moderate contact** causes slight penetration or movement of the opponent receiving the technique and may be felt but does not injure. See the definition of **light contact** on the back cover.
- Do not wear for protection against weapons or full contact. Serious injury may occur.
- All guards must be properly sized, positioned, and secured to optimize protection.
- If gear becomes dislodged during use, or if straps become loose or unfastened, stop immediately, re-position, and re-secure them before continuing.

### 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.
- ❑ Perspiration can cause deterioration of the coating. Equipment should be wiped down after use.
- ❑ Wash gear, including straps, with warm soapy water. Do not submerge to avoid absorbing water. Hang to drip dry.

### Cleaning

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- ❑ Wash gear, including straps, with warm soapy water. Do not submerge to avoid absorbing water. Hang to drip dry.

### Sanitizing

- ❑ If gear is shared among students, or if any blood or other body substances are present, disinfecting is very important. Clean using *universal precautions*, as needed. Spray 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.
- ❑ When traveling by airplane, carry gear on the plane as air pressure in the luggage compartment may cause wrinkles and ceases.

### More Care Hints

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

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Get copies and updates at [www.macho.com/warnings](http://www.macho.com/warnings)