



SHIN & INSTEP  
GUARDS  
OKINAWA 3.0

USER'S GUIDE

This protection is only made for practice of combat sports in a normal frame and use (training, competitions) and does not assure a total protection over every wounds. No warranty is guaranteed in the event of improper use of the equipment.

### WARNING !

#### ADJUSTMENT :

Make sure to position them well before and during all the fight or training.

Wrist bands must be well adjusted in a way that the protections don't move, the elasticity of the wrist bands has to allow 10 - 15 % of margin in order to move when protections are used.

#### SIZE (INCH) :

- M (Length 53 - 61 Inch / 135 - 155cm)
- L (Length 61 - 69 Inch / 155 - 175cm)
- XL (Length 69 - 77 Inch / 175 - 195cm)

#### ZONE OF PROTECTION :

The whole padding zone represents the area of protection.

Padding protects the shinbone and most of the foot.

There is possibility of combination with other protections as ankle support. This equipment protects against impact.



#### WASHING :

The product has to be hand washed with warm water. Do not wash in machine.

This article must be dried at room temperature after every use and stored in a dry place.

#### CHECK OF USE :

Extreme environmental conditions could reduce the performance of the equipment.

Always check before every use that the ageing of this article did not distorted its performances (collapse of foam). If the protection is not insured anymore, it is recommended to change the product as soon as possible. Replace every 5 years.



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