

INSTRUCTION MANUAL FOR DBX BUSHIDO NUNCHAKU

1. Usage and Purpose of Nunchaku

The DBX Bushido Nunchaku is designed solely for training purposes. To ensure safety and long-lasting durability of the equipment, use the nunchaku according to its intended purpose and the following guidelines.

Safe Training Space: When training with nunchaku, make sure you have an adequate space around you, free from people, pets, or objects that could be damaged. Exercises with nunchaku may involve wide and fast movements, so ample space is crucial for safety.

Grip and Movement Technique: Hold the nunchaku firmly but without excessive squeezing, allowing for smooth maneuvering. Practice techniques such as strikes, blocks, and rotations in a controlled manner, avoiding abrupt movements that may lead to a loss of control and potential injury.

Choosing the Right Nunchaku: Depending on your skill level and the type of training, select nunchaku that are the appropriate weight, length, and material. Adhering to the recommended difficulty level helps prevent injuries and equipment damage.

Avoiding Contact with Hard Surfaces: To prevent damage, do not strike the nunchaku against hard surfaces like concrete, stone, or metal. Hard surfaces can cause cracks or damage to the chain/cord connecting the handles.

2. Cleaning and Maintenance

Regular cleaning and maintenance of the nunchaku will help preserve their durability and appearance.

Cleaning the Handles: Wipe the handles with a dry or slightly damp cloth to remove sweat and dust. If the handles are made of foam or plastic, gently wipe them with a damp cloth and a mild cleaning agent.

Maintaining the Connection: If the nunchaku are connected with a chain, periodically lubricate it with metal oil to prevent corrosion and ensure smooth movement. For nunchaku with a cord, inspect the cord for wear and replace it if necessary.

Avoiding Harsh Detergents: Chemical cleaners can damage the surface of the handles and weaken their durability, so avoid using aggressive cleaning agents.

3. Storing Nunchaku

Store the nunchaku in a dry, clean place, protecting them from extreme weather conditions and direct sunlight, which could weaken the material.

Protection from Moisture: Store nunchaku in a dry, well-ventilated location. A damp environment can weaken wooden handles and cause corrosion of the metal chain.

Avoiding Strain: Try to store the nunchaku in a way that does not put tension on the cord or chain, as this could lead to deformation or weakening.

4. Checking the Condition of Nunchaku

Regular inspection of the nunchaku is essential for safe training.

Handle Condition: Check if the handles are cracked, worn, or deformed. Damaged handles can be dangerous and may lead to injury.

Condition of the Chain or Cord: Pay attention to any wear, cracks, or looseness in the connection. If necessary, repair or replace worn-out parts to ensure full safety.

Inspection Frequency: For intensive training, it is recommended to conduct a technical inspection every few weeks to ensure that the nunchaku are in full working condition and safe to use.

5. Ingredients / Hazardous Components

Some materials used in nunchaku, such as wood, metal, or plastics, may cause allergic reactions in sensitive individuals. If you experience skin irritation or other allergy symptoms, stop training and consult a doctor.