

# **INSTRUCTION MANUAL FOR KICK TRAINING SHIELD**

## **1. Purpose and Use of the Kick Shield**

The DBX Bushido kick shield is designed for intensive training to improve the precision, power, and technique of kicks. To ensure safety and effective training:

Ensure the shield is held securely by a partner who maintains a stable posture to avoid injuries.

The partner holding the shield should use the handles to provide stability.

Adjust the strength of your kicks to your skill level to avoid overloading the shield and minimize the risk of injuries to yourself and your partner.

## **2. Cleaning and Maintenance**

To maintain hygiene and prolong the lifespan of the kick shield:

After each use, wipe the shield surface with a damp cloth to remove sweat and dirt.

Avoid using harsh chemical cleaners that could damage the shield's material.

Use a dedicated disinfectant spray for sports equipment to prevent unpleasant odors and bacterial growth.

## **3. Storing the Kick Shield**

To ensure proper storage conditions:

Keep the shield in a dry and cool place, away from direct heat sources and sunlight, as these may affect material durability.

Avoid storing the shield in damp areas to prevent mold and mildew growth.

Do not expose the shield to outdoor conditions such as rain or snow.

#### **4. Technical Condition Inspection**

Regular inspections are crucial for safety:

Check the shield for worn, cracked, or damaged material.

Ensure the handles and stitching are in good condition and show no signs of wear.

If the shield loses stability or shows signs of wear, discontinue use immediately.

#### **5. Components and Materials**

Kick shields are made from durable materials such as synthetic leather, foam, rubber, and plastics. Individuals with allergies should verify the material composition before use. If any skin reactions, such as rashes or irritation, occur, stop training immediately and consult a doctor.