

Directions for Use

KarateKickMaster

ADVANCED STRETCHING TECHNIQUES

Proprioceptive neuromuscular facilitation (PNF) is widely regarded as the best method to increase overall flexibility in targeted muscle groups. Many of you martial artists may have employed these techniques in partner stretches without having ever heard of PNF.

Again, a proper warm-up, as described above, is strongly advised before employing this or any stretching techniques.

As in conventional stretching, stretch to a range where you feel mild tension. At this point, isometrically contract the muscle against the support pad. In other words, push down against the pad for a period of about six seconds. Relax for about six seconds. You will find that you now can easily increase your stretch. Do so until you feel that mild tension again and repeat the above. You can repeat this up to four times. Again, please use discretion and listen to your body. Do not tolerate anything resembling pain. PNF works because it invokes what is called the "inverse stretch reflex." If you would like to know more about this phenomenon, read up on muscle spindles and golgi tendon organs (GTO).

If you have any health issues, please check with your physician before using this stretching program or any stretching/exercise program.

CARE AND MAINTENANCE

The KarateKickMaster is constructed of heavy-duty steel, with a high quality powder-coat paint finish. Here are a few tips to keep your machine in top condition.

- Store your KarateKickMaster inside.
- Clean the machine surfaces and vinyl pad periodically with a soft damp cloth.
- As with any training machine, keep loose clothing, long hair, towels, etc. away from the operating parts.
- If the machine turning mechanism ever squeals, it's ok. Just pour a few drops of machine oil down the turning handle.
- Always operate your KarateKickMaster on a solid, hard-surface floor.

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Adjust the height of the actuator. This is easier with a helper. The KarateKickMaster utilizes a simple pin adjustment to accommodate martial artists with heights ranging from 5' to 6'9". The lower settings are for shorter martial artists and/or those with limited range of motion. The higher settings, as you have guessed by now, are for taller and/or more flexible martial artists. You will want to experiment with different settings to find the right one for your height and range of motion.



Pad adjustment is easy, simply loosen the tightening lever on the bottom of the pad and slide the pad in or out and rotate it to accommodate what-ever angle you need or which ever leg you are stretching, then tighten the lever. Note: Stand on one side of the KKM to stretch one leg and then stand on the other side of the KKM to stretch the other leg.



Adjust the height of the pad by rotating the actuator handle clockwise to raise it, counter-clockwise to lower it.



For reasons of stability, especially in challenging stretches, it is important that you maintain our center of gravity as close to the centerline of the KKM as possible. As you can see, this is easily done by positioning the stretched leg beyond the KKM centerline. Always test your balance before the stretch becomes challenging.



This is an example of stretching for the round house kick. For this and the following examples, please follow your sensei's instructions for the correct posture.



This is an example of stretching for the side thrust kick. If you feel pressure on your knee, be sure to extend your foot beyond the pad so that your knee is supported.



This is an example of stretching for the front snap kick.

KarateKickMaster Statement of Warranty

The structural components of Motion Master Corporation (MMC) KarateKickMaster stretching machines are warranted to the original owner to be free from defects in material and workmanship under normal use for a period of two (2) years from date of delivery. MMC will replace those parts returned to MMC, which prove to be defective for the full two (2) year warranty period.

The KarateKickMaster pad's vinyl covering is warranted to the original owner to be free from defects in material and workmanship under normal use for a period of six (6) months from date of delivery. MMC will replace those vinyl coverings returned to MMC, which prove to be defective for the full six (6) month period.

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