



# PRODUCT GUIDE

## Instructions | Warnings | Guidelines

- RedMan XP: Instructor and Student
- RedMan WDS: Instructor and Student
- RedMan Special Configurations
- RedMan Self Defense: Instructor

**RedMan**  
TRAINING GEAR

CE

Finnish Institute of Occupational Health, Notified Body No. 0403,  
Topeliuksenkatu 41 b, FI-00250 Helsinki, Finland  
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# INTRODUCTION

## WARNING

- **Dynamic defensive tactics simulation training always presents risks of accidental injury, disability, and death that must be assumed by all participants. However, proper protective equipment, carefully planned scenarios conducted at appropriate levels of force, a safe training environment, and close supervision by qualified personnel will minimize these risks.**
- **The purpose of RedMan Training Gear for instructors and students is to make safe, reality-based simulations possible; but this can only be achieved through knowledgeable and responsible implementation by all end-users. RedMan provides significant – but limited – protection from blunt force (XP and WDS) and nonlethal training projectiles (WDS) as described herein.**
- **This Guide contains vitally important warnings and instructions on the correct use of these products. In the interest of effective, dynamic training that is safe for instructors, students, departments, and agencies: Read, follow, and share this information with all participants prior to use.**
- **RedMan Training Gear are protective training suits and accessories for military and police/ security Use-Of-Force Training.**

**KEEP THIS GUIDE FOR REFERENCE  
FOR THE LIFE-SPAN OF YOUR REDMAN GEAR.  
ACCESS COPIES AND REVISIONS AT  
[WWW.REDMANGEAR.COM/WARNINGS-GUIDELINES](http://WWW.REDMANGEAR.COM/WARNINGS-GUIDELINES)**

## Four Generations of RedMan

Since 1984, Macho Products, Inc. has contributed to officer preparedness with RedMan Training Gear, state-of-the-art protective equipment for dynamic defensive tactics (DT) simulations. We are dedicated to contributing to a safer world by protecting officers during training and by facilitating training that incorporates both physical and decision-making skills to keep officers safe on the street and to avoid excessive force incidents. The better prepared an officer is through broad-spectrum, reality-based training, the more presence of mind s/he will have to make vital judgment calls and successfully carry them out in the line of duty.

Safer training means fewer injuries, less down-time, and decreased Worker's Comp claims. Correct decision-making means fewer tragic incidents and decreased liability exposure for departments and agencies.

RedMan's current offerings are the XP Instructor and Student Suits for blunt force protection and the Weapon Defense Suit (WDS) Instructor and Student Suits for protection against both blunt force and nonlethal training projectiles. These suits and related products are intended only for carefully choreographed and supervised law enforcement and corrections training scenarios, in which the instructor/demonstrator assumes the role of the assailant, whom the student must subdue. This interactive training must be conducted within strictly enforced training safety standards. RedMan Suits and Special Configuration products offer significant – but limited – protection and must be used in accordance with the instructions, warnings, and guidelines contained, and referred to, in this guide.

## The XP Suit

The third generation XP Instructor Suit combines adaptations of recent technologies, thicker “ripped” trauma plates for impact dispersion, expanded and refined design modifications, and add-on gear. It offers excellent maneuverability without sacrificing protection and enhanced versatility with changeable and add-on products. Selection of suit components depends on the type of training involved and the levels of force (light or moderate) directed or deflected to specific areas (vital and non-vital). While RedMan continues to recommend that full Instructor and Student Suits be worn for optimum protection, many training scenarios may not require a full suit and some drills and simulations can be conducted safely with carefully selected components. It is the instructors' responsibility to select the appropriate protective gear for themselves and their students for each scenario.

XP components are red and are not for use with any training projectiles.

## The Weapon Defense Suit (WDS)

Fourth generation RedMan, the Weapon Defense Suit is the most recent development in interactive defensive tactics training. As the RedMan Instructor Suit has evolved through the Traditional, Enhanced, and XP generations, so have training possibilities. Based on these existing designs, the Weapon Defense Suit embodies the best of its predecessors while also allowing for nonlethal training projectiles.

Using de-escalation/escalation scenarios, instructors can now conduct safer training that challenges officers in the full spectrum of decision-making and tactics involving use-of-force:

1. Presence
2. Dialogue
3. Empty Hand Control
4. Aerosol Sprays (inert)
5. Intermediate Force
6. Lethal Force

The WDS Student Suit is used in conjunction with the Instructor Suit. WDS components are purple-bronze.

**RedMan products are suitable for a variety of training systems, which are the choice of the trainer/training agency. RedMan Instructor Suits are intended only for qualified instructors/ demonstrators who are trained, experienced, and certified in the training systems they utilize.**

## Blunt Force and Repetitive Strikes

The XP and WDS Instructor Suits are for qualified trainers teaching defensive tactics at moderate blunt force, involving infrequent and accidental light blunt force to the covered head, throat, and groin (with normal positioning and circumstances) and no force to the neck, spine, kidneys, and joints.

The XP and WDS Suits with Special Configurations (including the red XP Enhanced Head Assembly for both) are appropriate for even more dynamic simulations. Used properly, within the parameters defined in this guide, training may be conducted with light blunt force to the instructor's covered head, throat, and neck with normal positioning and circumstances and moderate blunt force to the covered groin and other non-vital target areas with normal positioning and circumstances.

There are situations in which the designated maximum allowable force is not appropriate. Unusual positioning, that makes body areas vulnerable due to shifting of the gear or other factors, and unusual circumstances, including known or unknown medical conditions, may affect one's ability to withstand even light force, especially to vital and vulnerable areas.

Instructors must select equipment to help protect themselves not only from individual strikes but also from the cumulative effects of repetitive strikes. The number of blows an instructor can safely and comfortably withstand at light or moderate force will vary depending on the individual, his/her force relation to target skills, the target area, and the equipment selected.

## Warnings, Instructions, and Liability

For optimum protection and safety, Macho strongly recommends that all RedMan Training Gear be used in accordance with the warnings, guidelines, definitions, and instructions set forth in this product guide and in all product-specific warnings and support materials. This guide and any related video materials are provided for careful review prior to using RedMan.

Misuse of these products increases the risks of serious injury, disability and death. Macho and its distributors will not be held liable for product misuse, repairs, modifications, or alterations.

All products, product literature, and related materials are subject to change as equipment are developed and modified.

### Contact Information

RedMan® Training Gear  
Phone: 800-865-7840  
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Contact RedMan at Macho Products, Inc.

- To request additional copies of this guide or to order updated editions or catalogues
- To offer feedback or request information on products
- For the RedMan distributor nearest you.

## OSHA

Occupational Safety and Health Administration  
Website: [www.osha.gov](http://www.osha.gov)

Search universal precautions and access Regulations (Standards - 29 CFR) Blood borne pathogens. - 1910.1030.

Contact for information on using universal precautions when cleaning gear or environments contaminated with body substances. Universal precautions help prevent infection by blood borne and other pathogens that officers may encounter.

Standard & Universal Precautions  
Body Substance Isolation  
Listed below is one of numerous websites providing introductory information on techniques to help prevent the transmission of blood borne (e.g., HIV/AIDS) and other infectious diseases.

<http://faculty.ccc.edu/tr-infectioncontrol/glossary.htm>  
In the glossary, read and click on Standard Precautions, Body Substance Isolation, and Universal Precautions for additional information.

In the OSHA glossary, read and click on Standard Precautions, Body Substance Isolation, and Universal Precautions for additional information.

Terms, definitions, and levels of blunt force for full suits are listed on page 6, Section A.

# GEAR REFERENCE



RedMan Training Gear comes in the following standard configurations.

<b>XP (Defensive Tactics)</b>	<b>WDS (Weapons Defense)</b>	<b>Self Defense</b>
XP Instructor	WDS Instructor	Self Defense Instructor
XP Instructor Special Configuration	WDS Instructor Special Configuration	Self Defense Student
XP Student	WDS Student	

The above configurations reflect RedMan’s standard guide for use based on the Warnings for Use and Safety. Each primary instructor must select appropriate protective training gear for all participants, including trainers, demonstrators, safety officers and students. For optimum protection, simulation instructors acting as the aggressor should wear a full suit. Use of less than a full suit compromises the protection RedMan provides.

# GENERAL WARNINGS AND GUIDELINES

## 1. Purpose of RedMan Training Gear (hereinafter RedMan).

RedMan is only for qualified instructors conducting defensive tactics simulation training at light to moderate blunt force with no force to certain vital areas. RedMan suits cushion only covered target areas and, when used properly, provide significant – but limited – protection against practice techniques: punches and kicks; knee, elbow, and practice baton strikes; and, with the Weapon Defense Suit (WDS) only, impact from nonlethal training projectiles. RedMan does not protect uncovered body parts, against full-force impact, or against jabs or impacts from sharp, pointed, or hard-edged objects, including real and simulated weapons, with the single exception of nonlethal training projectiles used exclusively with the WDS Suits.

### A. Definitions that apply in this warning:

- (1) Simulation training is supervised law enforcement, security, corrections, and military defensive tactics training for professionals, conducted by qualified instructors within the parameters of these warnings, instructions, and guidelines.
- (2) Vital areas are the head, throat, neck, spine, and kidneys.
- (3) Sensitive area is the groin.
- (4) Joints include the elbows, knees, shoulders, hips, etc.
- (5) Non-vital areas are those areas of the body not listed above as vital, sensitive, or joints.
- (6) Light blunt force does not cause pain or injury, the transfer of shock from kinetic energy (“fluid shock”), or rocking of the head.
- (7) Moderate blunt force is enough force to be felt but not to injure.
- (8) Unusual circumstances include, but are not limited to, shifting of the gear, loose straps, existing injuries, and other known or unknown medical conditions.

### B. Level-of-Blunt-Force Restrictions with Full Suits

- (1) Instructor XP and WDS Suits, worn with appropriate foundational gear and with normal positioning and circumstances, allow contact to covered areas as follows:
  - a. No blunt force to the neck, spine, kidneys, elbows, and knees.
  - b. No blunt force to vital areas made vulnerable due to unusual positioning or circumstances.
  - c. Infrequent and accidental light blunt force to the covered head, throat, and groin.
  - d. Moderate blunt force to authorized, covered, non-vital areas.
- (2) Instructor XP and WDS Suits with Special Configurations, worn with appropriate foundational gear and with normal positioning and circumstances, allow contact to covered areas as follows:
  - a. No blunt force to the spine, kidneys, elbows, and knees.
  - b. No blunt force to vital areas made vulnerable due to unusual positioning or circumstances.
  - c. Light blunt force to the covered head, throat, and neck.
  - d. Moderate blunt force to authorized, covered, sensitive, and non-vital areas.
- (3) Student XP and WDS Suits, worn with appropriate foundational gear and with normal positioning and circumstances, allow contact to covered areas as follows:
  - a. No blunt force to the throat, neck, spine, kidneys, elbows, and knees.

- b. No blunt force to vital areas made vulnerable due to unusual positioning or circumstances.
- c. Infrequent, light blunt force to other covered areas.

## 2. Misuse

Do not use RedMan XP and WDS for other applications. Examples of misuse include, but are not limited to:

- A.** Use of more blunt force than specified in the Introduction of this Generic Warning, including any full force blows.
- B.** Use of improper techniques, including techniques not in accordance with RedMan’s instructions, warnings, and guidelines.
- C.** Striking fixed objects, including fixed body parts, especially blows to an immobilized head (for example, when “braced” against a wall, floor, or hard object).
- D.** Butting or ramming with the head.
- E.** Use of RedMan products with active-duty impact weapons or for active duty (e.g., crowd control, cell extractions, military combat activities).
- F.** Use of weapons for striking, with the exceptions of the RedMan Training Baton and inert sprays.
- G.** Use of props, including real and simulated weapons, in any manner that might cause harm to participants or gear.
- H.** Use in any drill or scenario without adequate impact resistant eye protection (especially for weapon control; inert sprays; and nonlethal training projectiles with WDS).
- I.** Penetration of the Face Cage by fingers or other objects.
- J.** Boxing or other sports.
- K.** Use as personal protective gear outside of approved training.
- L.** Failure to disinfect gear between users and after each training session.
- M.** Use of gear that is: missing parts or is compressed, torn, broken (including cracked lenses, broken and/or exposed plastic inserts) or otherwise damaged.
- N.** Use of gear that is: improperly sized, fitted, or positioned; loose, dislodged, unstrapped, unfastened, or otherwise inappropriate and unsafe.

Macho and its distributors will not be held liable for misuse of its products.

## WARNING

Failure to read and follow all warnings, guidelines, notes, and instructions throughout this product guide may result in injury, disability, and death.

# GENERAL WARNINGS AND GUIDELINES

## 3. Training with RedMan

Proper instruction, conditioning, and supervision are required for simulation training. Instructors must: be qualified for the course levels they are teaching; thoroughly evaluate training risks and participants, including their roles, experience, physical and emotional conditions, and equipment needs; set up, choreograph, and supervise each training session; be responsible for proper training equipment, procedures, and risks posed by training environments and scenarios; and stay abreast of changes in curricula, products, and product warnings and instructions when these occur. The agency conducting simulation training is responsible for selecting qualified trainers, proper training procedures, and risks posed by training environments and scenarios.

## 4. Unavoidable Risks

RedMan users, instructors, their employers, and agencies conducting training assume full responsibility for unavoidable risks of simulation training: death, disability and/or injury (including injury from accidental blows to vulnerable areas). Used properly, RedMan helps to reduce such risks; it is not guaranteed protection against them.

## 5. RedMan Suits for Instructors

For optimum protection, trainers must wear a full Instructor Suit, properly sized, positioned, and secured. Use of less than a full suit compromises the protection RedMan provides.

## 6. RedMan Student Suits

Students should wear at least the minimum Student Suit, properly sized, positioned, and secured.

## 7. Warnings and Instructions

Macho/RedMan is not responsible for the selection or implementation of training systems, curricula, or errors in their application. Prior to use, users, trainers, their employers, and agencies conducting training must: (1) familiarize themselves with RedMan and its limitations and (2) review and follow all instructions, warnings, and guidelines on the products and in RedMan literature and support materials. Users assume all risks.

## LIMITED WARRANTY

Macho/RedMan warrants its products to be free from defects in materials and workmanship for 90 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/RedMan 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/REDMAN'S LIABILITY AND THAT OF ITS VENDORS OF NEW GOODS SHALL NOT EXCEED THE VALUE OF THE GOODS SOLD. NEITHER MACHO/REDMAN 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/REDMAN AND ITS VENDORS DISCLAIM ANY OTHER WARRANTY OF ANY KIND, WHETHER EXPRESS OR IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.

### WARNING

Failure to read and follow all warnings, guidelines, notes, and instructions throughout this product guide may result in injury, disability, and death.

These general warnings and guidelines relate to both the XP and WDS product lines.

1. It is the responsibility of all participating instructors (i.e., the primary trainers, demonstrators, safety officers, and tactical instructors) to convey to students, and maintain, the proper levels of force to be used in simulations and the proper use – and limitations – of RedMan gear.
2. It is the responsibility of all participants to avoid actions that may result in injury to others and/or themselves, including techniques that may be deflected to vital areas.
3. Size, fit, position, and secure all gear properly to optimize protection. If any gear becomes loose or dislodged during use, stop training immediately and re-position and re-secure it before continuing the simulation.

Note that vinyl-dipped foam gear may soften with body heat generated during use; this may affect proper fit, particularly of the foam headgear.

4. All gear must be in good condition. Inspect it before each use. If gear is damaged or functionally defective, immediately discontinue use and replace it. Continuous compression over time may cause the foam to permanently compress. This may not be visually perceptible but may result in a decrease in protective capability. Misuse may cause plastic inserts to break. If inserts are broken or exposed, discontinue use and replace the gear.

5. To preserve gear, never force equipment on or off. Pull tabs or strap ends and completely disengage hook/loop fasteners before attempting to remove gear.

6. DO NOT SHOOT ANY TRAINING PROJECTILES TOWARD RED REDMAN GEAR OR THE FACE CAGE AND ATTACHABLE SHIELD! Do not shoot at any XP components. The red headgear are not designed for projectiles and XP does not provide adequate eye, face, throat, neck, and gap protection for such use. The Attachable Shield has not been tested for projectiles.

WDS products for nonlethal training projectiles are purple-bronze in color.

When training with nonlethal training projectiles, the red headgear must be covered by the Black Hood. It is not designed for projectiles without it.

Wear the red XP Enhanced Head Assembly as a special configuration with the WDS Suit only for blunt force protection when absolutely no projectiles are used.

7. When training with the WDS product line, use only nonlethal training projectiles. Contact with these projectiles may cause bruises, welts, hematoma, and more serious injuries, depending on the point of contact, range, and other factors.

#### 8. DO NOT ALLOW LIVE AMMUNITION IN ANY SIMULATION TRAINING AREA.

For a Firearm Simulation Safety Poster to print and post at the entrances of your firearm simulation training sites, visit [www.redmangear.com/warnings-guidelines](http://www.redmangear.com/warnings-guidelines)

9. ALWAYS WEAR BOTH TYPES OF SPECIFIED EYE PROTECTION when using the WDS with nonlethal training projectiles: the Mask with Lens and the impact resistant Safety Glasses.

**To avoid misuse and injury, review all the generic, general, and product-specific warnings, guidelines, and instructions throughout this product guide.**

The Lens is not indestructible and provides significant – but limited – protection from properly used projectiles; the Safety Glasses provide an important second defense against projectile fragments that may enter the Mask and cause irritation or injury to the eyes or face. Be sure the Head Vent Cover is in place to minimize particle entry.

10. DO NOT SHOOT AT THE XP FACE CAGE AND ATTACHABLE SHIELD. This shield is for XP use only and has not been tested for projectiles.

11. CAREFULLY READ AND FOLLOW THE HEAD GEAR CHAPTER IN THIS MANUAL. Refer to VForce warnings. The Lens is not intended for blunt force impact. Follow the manufacturer's warnings and instructions for use, care, and replacement.

12. WEAR LONG PANTS AND A LONG-SLEEVED T-SHIRT. Clothing at unavoidable suit gaps will provide a slight barrier when training with nonlethal training projectiles that may cause bruising, welts, hematoma, and other injuries.

13. WEAR APPROPRIATE GLOVES while training with the WDS product line to provide a margin of protection from nonlethal training projectiles and the environment. The Elbow-Forearm Guard is designed to leave the instructor's hands free. Students have a tendency to shoot at the assailant's gun, resulting in impact to the hands.

**See the Firearm Simulation Safety Poster**  
The poster is available in color at  
[www.RedManGear.com/warnings-guidelines](http://www.RedManGear.com/warnings-guidelines)

# XP AND WDS INSTRUCTOR SUIT



**XP Instructor:** For Defensive Tactics Only.  
**DO NOT** use with training projectiles



**WDS Instructor:** For Use with Nonlethal Training Projectiles.

## WARNING

This product guide provides important information about suiting-up procedures, proper use, and care of the instructor and student suits. Carefully review this material; failure to do so may result in injury, disability, or death to instructors and students and damage to the equipment.

Generic, General, and most XP-specific Warnings, Guidelines, and Notes apply to the WDS line. Review this and all other sections before using the WDS.

## GETTING READY: PUT THE XP OR WDS INSTRUCTOR SUIT OVER THE FOUNDATIONAL GEAR.

**FOUNDATION 1: RECOMMENDED GROIN GUARD OR CUP/SUPPORTER**

### WARNING

The groin is a vulnerable area. The Groin Guard (“No Foul”) is intended only to cushion against and reduce the risk of injury from accidental light blunt force but no gear can eliminate all risks of injury. The Groin Guard may be worn with additional groin protection.

**FOUNDATION 2: OPTIONAL CLOTH KNEE GUARD**

Foundational Gear: Be sure your Macho Cloth Knee Guards are in place with the padding over your kneecaps. Position and secure the Calf Guard before attaching any shin protector.



**Step 1: XP CALF GUARDS (XP INSTRUCTOR ONLY – FOR WDS INSTRUCTOR GO TO STEP 2B)**

To Use: Place the Calf Guard over your calf and secure the straps snugly with the hook/loop fasteners. Press the hook and loop on each strap together firmly to fasten securely.



**Step 2: XP LOWER LEG GUARDS**

To Use: Place the Lower Leg Guard over your shin, knee and lower thigh and attach the ankle, shin, and thigh straps snugly with the hook/loop fasteners.





### Step 2B: WDS LOWER LEGS

To Use: Place the Lower Leg Guard over your shin, knee and lower thigh and attach the ankle, shin, and thigh straps snugly with the hook/loop fasteners.

Note: The WDS Lower Leg Guard is similar to the XP design but has wings around the Calf, eliminating the need for Calf Guards.



### WARNING

Do not direct strikes to joints. Knees are particularly vulnerable to injury. Any strikes to the back of the knee must be directed above or below the joint and allow the joint to bend naturally. Techniques to these joints may result in injury and disability, including bruising, dislocation, and fractures.

### Step 3: THIGH GUARD HARNESS (XP & WDS)

To Use: Put on the Thigh Guard Harness as you would a vest. Size it so the belt buckles just under your rib cage. If the suspenders are too loose, or too tight, you will need to make an adjustment by slipping the belt through one of the other two loops in the backbone strap. Place the buckle through the slot that best positions the belt under the rib cage. Fasten the buckle in front making sure the belt is under the rib cage.



### Step 4: THIGH GUARD FOR WDS (bronze) & XP (red)

Note: There are right and left Thigh Guards. Wear the Thigh Guard Harness for proper and secure Thigh Guard placement.

To Use: Place the Thigh Guard so the top-most strap is on your hip and your knee fits snugly into the contoured area. Thread the top strap around your belt and secure it with the hook/loop fastener. Wrap and fasten the two parallel thigh straps for a secure fit.



### WARNING

Use the Thigh Guard Harness to secure the Thigh Guards. Do not attach the Thigh Guards to the Rear Guard; this may damage the Thigh Guards or cause them to be improperly placed.

### Step 5: REAR GUARD & LOWER ABDOMINAL PAD, L.A.P. FOR WDS (bronze) & XP (red)



Note: The Lower Abdominal Pad (L.A.P.) must be worn over additional groin protection. The L.A.P. must be worn in conjunction with the Rear Guard. To Use: Attach the L.A.P. to the Rear Guard by crossing the straps of the Rear Guard, passing them through the loop of the L.A.P., and securing them to the back of the Rear Guard as shown or at the waist. Place the rear Guard over your buttocks and temporarily fasten the waist strap. Pull the L.A.P. up between your legs and position it over the groin and abdominal area (with the hard shell groin cup and supporter and/or "No Foul" Groin Guard already in place). Open the Rear Guard waist strap and fasten it around the top of the L.A.P. and waist as shown. Adjust all straps for a secure fit. Depending on your size, the crossed straps of the Rear Guard will be fastened to the Rear Guard or at the waist.

### WARNING

The groin is a vulnerable area. The L.A.P. is intended only to cushion against and reduce the risk of injury from unintentional or misdirected light blunt force, but may not entirely eliminate such injuries. It is not intended to protect against intentional, forceful, direct, or repeated strikes. Trauma, including rupturing and hemorrhaging, to the groin or abdomen may result from such strikes. The L.A.P. is intended for use only with the additional protection of a hard shell groin cup and supporter and/or the "No Foul" Groin Guard. The individual user should check that the combination of these groin protectors provides adequate coverage and protection and are properly fitted and secured to avoid injury. The L.A.P. must be worn attached to the Rear Guard for proper placement on the body.

### Step 6: WDS VINYL COLLAR - WDS ONLY

To Use: Place the back piece of the Vinyl Collar at the back of your neck. Wrap the ends around to the front and attach them with the Velcro® tab. Then position the front unit at your throat, wrap the ends, and secure them at the back of your neck. Position the Collar for a close fit to avoid contact of nonlethal training projectiles and fragments to the neck.



### WARNING

The neck is a vital area. Unauthorized projectiles or those shot at too-close range may penetrate the neck and cause injury, including bruising and hematoma, disability, and death.

Wear the Vinyl Collar securely to provide a margin of safety from such injury. Do not direct any blunt force to the neck; such force may cause neck and spine injuries, including paralysis, and death.

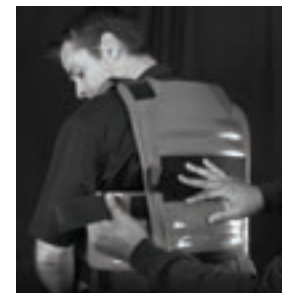
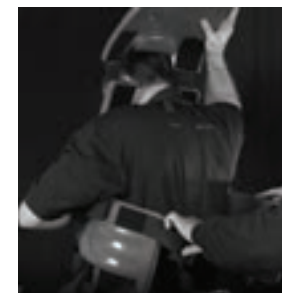
### Step 7: BODY GUARD FOR WDS (bronze) & XP (red)

Note: Shoulder straps may be adjusted to lower the Body Guard on tall individuals.

To Use: Attach the front and back pieces of the Body Guard with the straps and fasteners at the shoulders. Pull the Body Guard over your head and, using the shoulder straps, adjust it so the front trauma shield is centered over your solar plexus (center of chest below breastbone).

Attach and secure the wings in the back with the center strap and fasteners. Place the back of the Body Guard over the wings and securely attach the two remaining parallel straps.

It may be easier to have someone do this for you. For safety and mobility, adjust all straps until the fit is comfortably snug.



# XP AND WDS INSTRUCTOR SUIT

## WARNING

The spine and chest are vital and vulnerable areas. Do not direct any strikes to the spine to avoid injury, disability, including paralysis, and death. Do not direct more than moderate blunt force to the chest during normal positioning and circumstances. The Body Guard XP is not intended to protect the tailbone, including from falls.

For some applications, the Inner Chest Guard must be worn with the Body Guard to aid in reducing the risk of injury to the chest area but no gear can guarantee protection. Even combined, they are intended only to provide a margin of safety from moderate blunt force blows under normal conditions.

The Inner Chest Guard and Body Guard must be properly fitted, and secured to optimize protection. If either becomes dislodged or straps become loose during use, stop immediately, reposition, and re-secure before continuing the simulation.

### Step 8: BODY GUARD PROTECTOR - Comes with standard XP Special Configurations Package

Note: The Body Guard Protector helps protect the front overlay of the Body Guard from minor abrasions due to normal use, weapon control training with props, and environmental contact, such as rough surfaced flooring.



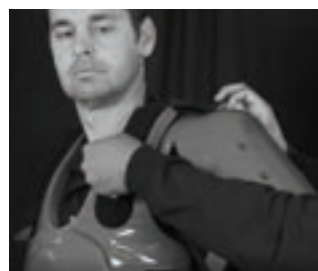
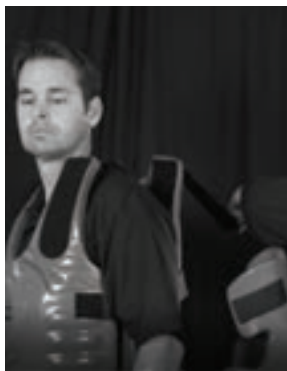
To Use: Align the vinyl protector with the contours of the Body Guard overlay, with the larger flap at the bottom. Attach the four hook patches on the vinyl protector to the four corresponding loop patches at the sides of the Body Guard.



## WARNING

The Body Guard Protector is intended only to help protect the surface of the Body Guard from wear and damage during normal use.

### Step 9: SHOULDER GUARDS FOR WDS (bronze) & XP (red)



To Use: Attach the Shoulder Guards after you have put on the Body Guard. Open the strap on one shoulder of the Body Guard. Place the Shoulder Guard in a comfortable position on your shoulder and adjust the Body Guard shoulder flaps so the corresponding hook patches on the inside of the Body Guard engage the loop patches on the outside of the Shoulder Guard. Re-attach the Body Guard shoulder strap over the flaps. You may have to re-adjust the gear and fastenings to achieve the right fit for your body.

Then adjust and secure the biceps strap.

## WARNING

Shoulders are particularly vulnerable to injury. Techniques to these joints may result in injury and disability, including bruising, dislocation, and fractures.

### Step 10: FULL ARM GUARDS - X (red) Standard Instructor & WDS (bronze) Special Configuration



Note: There are right and left Arm Guards.

To Use: Wrap and attach the straps loosely around the Arm Guard. Then slide your arm into the guard until your fingers fit comfortably in the grip. Re-adjust the straps, especially at the elbow, to create a snug fit.



### Step 10a: INNER FOREARM GUARD - XP (red) Special Configuration & WDS (bronze) Standard Instructor

Note: If you are using the recommended foundational gear, be sure the Macho Cloth Elbow Guards are in place with the padding over the outside of the elbow joint.

To Use: After slipping on the Cloth Elbow Guard, place the Inner Forearm Guard over the inner forearm and attach the straps securely. The Arm Guard may now be positioned over the Inner Forearm Guard.

# XP TRADITIONAL HEAD

## Step 10b: ELBOW-FOREARM GUARDS - WDS (bronze)

To Use: Center the “donut” over the elbow and adjust the straps above and below the joint for a secure fit.



### WARNING

Do not direct strikes to joints. Elbows are particularly vulnerable to injury. Any strikes to the inside of the elbow must be directed above or below the joint and allow the joint to bend naturally. Techniques to these joints may result in injury and disability, including bruising, dislocation, and fractures.



## WARNING

The Traditional Head with Face Cage, Safety Glasses, and Throat Guard provide limited protection from infrequent and accidental light blunt force to the head and throat, which are vital areas, vulnerable to unavoidable risks of serious and life-threatening injury and disability.

This gear is intended only to reduce the risk of injury, disability, and death from light blunt force when the head and throat are not frequent or intentional target areas, but no gear can guarantee protection from such injury. Avoid all contact to the neck and spine to avoid injury, including paralysis, and death. Equipment must be properly fitted and secured to optimize protection. If it becomes loose or dislodged during use, stop



training immediately, re-position and re-secure it before continuing the simulation.

Review all general and product-specific warnings, instructions, and guidelines before using any of these products.

### XP TRADITIONAL HEAD - Standard with XP Instructor and XP Student

#### Step 1: THROAT GUARD - XP INSTRUCTOR ONLY

Students go to Step 2.

To Use: Attach the Throat Guard to the Head with Cage before putting on the headgear. Center the Throat Guard at the chin of the Head and snugly lace the two hook/loop fastener straps supplied with the Throat Guard through the corresponding holes in the Head and Throat. Firmly press together the hook and loop on each strap to fasten securely.



## WARNING

The throat is a vital area. Do not allow more than infrequent and accidental light blunt force to the throat to avoid injury, including damage to the trachea, disability, and death.

The Throat Guard must be properly fitted and secured to the Head with Face Cage to optimize protection. If the Throat Guard becomes loose or dislodged during use, stop immediately, re-position and re-secure it before continuing the simulation.

#### Step 2: TRADITIONAL HEAD WITH FACE CAGE

Note: The Traditional Head with Face Cage is worn by the instructor and Student when the head is not a regular target area but a margin of protection from infrequent and accidental light blunt force is desired. If the instructor’s head is a target area for intentional light blunt force, wear the Special Configuration Enhanced Head Assembly.

To Use:

Four hook/loop fasteners are attached to the Face Cage. Position the Cage on the foam Head and wrap the straps through the holes in the headgear as shown. Be sure the hook and loop are pressed tightly together so the Cage is secure and does not move on the headgear.



With the Safety Glasses on and the Face Cage and Throat Guard already attached, grasp the headgear at the ears and pull snugly onto your head. For proper fit, your chin should fit in the chin hole and your ears should fit in the ear openings. After making these adjustments, pull the back flaps snugly around your head, close the gap, and secure the strap. It may be easier to have someone do this for you.



# XP TRADITIONAL HEAD

## WARNING

The Traditional Head with Face Cage is worn when the head is not a regular target area but a margin of protection from infrequent and accidental light blunt force is desired. The Traditional Head with Face Cage is intended to reduce risks of injury, disability, and death, but it cannot eliminate all such risks. (If the instructor's head is a target area for intentional light blunt force, wear the Special Configuration Enhanced Head Assembly.)



### **DO NOT ALLOW MORE THAN INFREQUENT AND ACCIDENTAL LIGHT BLUNT FORCE TO THE HEAD.**

Serious head, face, eye, and neck injuries, including fractures, paralysis, disability and/or death may occur from strikes, blows, and falls to the head. The Traditional Head with Face Cage is intended to reduce the risk of such injury. Macho does not guarantee protection from such injury.



The Face Cage must be properly fitted and secured to the foam Traditional Head and the entire headgear must be properly fitted and secured to optimize protection. The headgear should be snug when first put on; heat generated while wearing the headgear will cause the foam head to soften and be more pliable. When it is properly sized and adjusted for your head, there should be very little air space in, or movement of, the gear. Headgear that is too large is likely to be dislodged or come off, resulting in increased risks of injury. To help protect the back of the head in the event of accidental strikes and falls, securely close the gap at the back of the head.

Any part of an instructor's or student's body that may come into contact with a Face Cage should be protectively padded.

### **Wear your mouth guard.**

Do not grab, grapple with, or otherwise penetrate the Face Cage. Special caution is advised as serious to fatal injuries may result to both participants, including, but not limited to, cuts, bruises, and fractures affecting the head, neck, eyes, limbs, and fingers. Impact resistant eye protection must always be worn if there is any risk of contact to the eyes. The open construction of the Face Cage will not prevent penetration by fingers or other objects. The Face Cage is not intended to provide protection against weapons of any type, including, but not limited to: simulated or real edged weapons (knives); sharp or pointed objects; inert (or any) OC sprays; batons other than the RedMan Training Baton; or long guns or hand guns.

Students must wear the Self Defense Punch or similar foam hand gear with enclosed fingers to prevent penetration of the Cage if there is any chance of hand contact with a Face Cage.



Inspect the Face Cage before each use, especially around the spot welds and all attachments and trim to ensure that they are secure. If the Cage is bent or damaged in any way, or if any attachments or trim are missing, loose, or damaged, discard and replace immediately.

Inspect the foam Head. If it is cracked or damaged in any way, discard and replace immediately.

If the headgear, or any part thereof, including the Face Cage and Attachable Shield, becomes loose or dislodged during use, stop immediately, re-position, and re-secure it before continuing the simulation.

### **OPTIONAL: ATTACHABLE SHIELD FOR FACE CAGE**

Note: The Attachable Shield provides additional protection for the face, diminishing the possibility of penetration of the Face Cage and allowing for training with RedMan inert OC spray and soft, simulated practice knives when appropriate eye protection is also worn.

To Attach the Shield to the Face Cage: Center the Shield on the Face Cage, the straps must be on the outside of the shield with the top edge of the Shield just below the top horizontal Face Cage wire. Wrap the center loop strap under the top wire, then around the top and down onto the hook which is permanently attached to the Shield. Similarly attach the hook/loop on the sides of the Shield to the sides of the Face Cage. Pull each strap tightly and press each hook/loop firmly together to ensure secure attachment so there will be no movement of the Shield on the Cage.

Care: The Attachable Shield may be cleaned with warm, soapy water and RedMan's disinfectant. Use a soft cloth to avoid scratching the lens.



# ENHANCED HEAD ASSEMBLY

**Enhanced Headgear Assembly is for Instructors Only. Sold as a Special Configuration for the XP Instructor and WDS Instructor.**

The Enhanced Head with Face Cage, Safety Glasses, Throat Guard, and Collar provide limited protection from light blunt force to the head, throat, and neck, which are vital areas, vulnerable to unavoidable risks of serious and life-threatening injury and disability.

Do not direct more than light blunt force to the covered head, throat, and neck. This gear is intended only to reduce the risk of injury, disability, and death from light blunt force, but no gear can guarantee protection from such injury.

Equipment must be properly fitted and secured to optimize protection. If it becomes loose or dislodged during use, stop training immediately, re-position and re-secure it before continuing the simulation.

Review all general and product-specific warnings, instructions, and guidelines before using any of these products.



## Special Product: COLLAR

To Use: Place it snugly around the neck and attach the hook straps on the Collar to the loop on the front of the Body Guard. When properly fitted and secured, there will be very little movement of the Collar, and both back and side movements of the head and headgear will be restricted.

## WARNING

The neck is a vital area. Do not direct more than light blunt force to the neck to avoid serious injury, disability, including paralysis, and death.

Be sure the Collar is properly sized for your neck. It should not be uncomfortably high or cause the headgear to be pushed up or otherwise dislodged, as decreased visibility and injury may result.

The Collar must be properly fitted and secured to the Body Guard to optimize protection. If the Collar becomes loose or dislodged during use, stop immediately, re-position and re-secure it before continuing the simulation.

## THROAT GUARD



To Use: Attach the Throat Guard to the Enhanced Head with Face Cage before putting on the headgear. Center the Throat Guard at the chin of the Head and snugly lace the two hook/loop fastener straps supplied with the Throat Guard through the corresponding holes in the Head and Throat. Firmly press together the hook and loop on each strap to fasten securely.



## WARNING

The throat is a vital area. Do not direct more than light blunt force to the throat to avoid serious injury, including damage to the trachea, disability, and death.

The Throat Guard must be properly fitted and secured to the Head with Face Cage to optimize protection. If the Throat Guard becomes loose or dislodged during use, stop immediately, re-position and re-secure it before continuing the simulation.

## ENHANCED HEAD WITH FACE CAGE

Note: The Enhanced Head with Face Cage is used when the instructor's head is a target area for light blunt force only.

To Attach the Face Cage: Four hook/loop fasteners are attached to the Face Cage. Position the Cage on the foam Head and wrap the straps through the holes in the headgear. Be sure the hook and loop are pressed tightly together so the Cage is secure and does not move on the headgear.

To Use: With the Safety Glasses on and the Face Cage and Throat Guard already attached, pull the headgear snugly onto your head.

For proper fit, your chin should fit in the chin hole and your ears should fit in the ear openings. After making these adjustments, fasten the overlapping back flaps securely with the hook and loop between the flaps and the outer strap, also with hook/loop fasteners. It may be easier to have someone do this for you.



# ENHANCED HEAD ASSEMBLY

## WARNING

The Enhanced Head with Face Cage is worn when the head is a target area for light blunt force only. The Enhanced Head with Face Cage is intended to reduce risks of injury, disability, and death, but it cannot eliminate all such risks.

**DO NOT DIRECT MORE THAN LIGHT BLUNT FORCE TO THE HEAD.** Serious head, face, eye, and neck injuries, including fractures, paralysis, disability and/or death may occur from strikes, blows, and falls to the head. The Enhanced Head with Face Cage is intended to reduce the risk of such injury. Macho does not guarantee protection from such injury. The Face Cage must be properly fitted and secured to the foam Enhanced Head and the entire Enhanced Head Assembly (including the Throat Guard and Collar) must be properly fitted and secured to optimize protection. The headgear should be snug when first put on; heat generated while wearing the headgear will cause the foam head to soften and be more pliable. When it is properly sized and adjusted for your head, there should be very little air space in, or movement of, the gear. Headgear that is too large is likely to be dislodged or come off, resulting in increased risks of injury. To help protect the back of the head from serious injury, close the overlapping back flaps securely.

Any part of an instructor's or student's body that may come into contact with a Face Cage should be protectively padded.

Wear your mouth guard.

Do not grab, grapple with, or otherwise penetrate the Face Cage. Special caution is advised as serious to fatal injuries may result to both participants, including, but not limited to, cuts, bruises, and fractures affecting the head, neck, eyes, limbs, and fingers.



Impact resistant eye protection must always be worn if there is any risk of contact to the eyes. The open construction of the Face Cage will not prevent penetration by fingers or other objects. The Face Cage is not intended to provide protection against weapons of any type, including, but not limited to: simulated or real edged weapons (knives); sharp or pointed objects; inert (or any) OC sprays; batons other than the RedMan Training Baton; or long guns or hand guns.

Students must wear the Self Defense Punch or similar foam hand gear with enclosed fingers to prevent penetration of the Cage if there is any chance of hand contact with a Face Cage.

Inspect the Face Cage before each use, especially around the spot welds and all attachments and trim to ensure that they are secure. If the Cage is bent or damaged in any way, or if any attachments or trim are missing, loose, or damaged, discard and replace immediately.

Inspect the foam Head. If it is cracked or damaged in any way, discard and replace immediately.

If the headgear, or any part thereof, including the Face Cage and Attachable Shield, becomes loose or dislodged during use, stop immediately, re-position, and re-secure it before continuing the simulation.

## ATTACHABLE SHIELD FOR FACE CAGE

Note: The Attachable Shield provides additional protection for the face, diminishing the possibility of accidental penetration of the Face Cage and allowing for training with inert OC sprays and soft, simulated practice knives when appropriate eye protection is also worn.

All warnings for the Face Cage apply.

To Attach the Shield to the Face Cage: Center the Shield on the Face Cage, the straps must be on the outside of the shield with the top edge of the Shield just below the top horizontal Face Cage wire. Wrap the center loop strap under the top wire, then around the top



and down onto the hook which is permanently attached to the Shield. Similarly attach the hook/loop on the sides of the Shield to the sides of the Face Cage. Pull each strap tightly and press each hook/loop firmly together to ensure secure attachment so there will be no movement of the Shield on the cage.

Care: The Attachable Shield may be cleaned with warm, soapy water and RedMan's disinfectant. Use a soft cloth to avoid scratching the lens.

## WARNING

The Attachable Shield is intended only to offer additional protection against unintentional or misdirected strikes to the facial area when used in conjunction with the RedMan instructor and student Heads with Face Cage. It is designed to be used only with these Heads with Face Cage and should not be attached to any other headgear.

The Attachable Shield is intended only to provide a margin of protection against penetration of the Face Cage from unintentional or misdirected strikes to the eyes, nose, and upper face. It is puncture-resistant but not puncture-proof and does not eliminate all risks of penetration of the Cage, including blindness and facial injury. It is not designed to protect the mouth, teeth, or gums or against intentional or forceful impact. Wear your mouth guard.

Impact resistant eye protection must always be worn if there is any risk of penetration of the Face Cage and contact to the eyes.

Safety Glasses (that fully enclose the eyes) must be worn when training with inert OC spray.

Inspect all parts of the headgear before each use. If the Attachable Shield, its vinyl trim, or hook/loop fasteners are loose or damaged in any way, discard and replace immediately.

All headgear and attachments must be properly fitted and secured to optimize protection. If the headgear, or any part thereof, including the Face Cage and the Attachable Shield, becomes dislodged during use, stop immediately, re-position, and re-secure it before continuing the simulation.

# D2 HEADGEAR SYSTEM: COMPLETE

The D2 Head Gear is sold as a complete assembly, but can be worn as one of 3 Configurations.

## D2: Defensive Tactics

includes the D2 Head, Face Cage and Safety Glasses. It may be used in place of the Traditional Head with Face Cage in the XP Instructor Suit or the XP Student Suit.



## D2: Weapons Defense

includes the D2 Head, VForce Mask, Safety Glasses and D2 Hood. It is sold as part of the WDS Instructor Suit and WDS Student Suit Configurations. All 4 parts must be worn together for use with nonlethal training projectiles.



**D2: Complete** includes D2 Head, VForce Mask, Face Cage, Safety Glasses and D2 Hood for instructors who conduct or combine their training to cover defensive tactics and use with simulated firearms. Assemble the parts of the head as defined for the specific application.



## D2 DEFENSIVE TACTICS: FOR DEFENSIVE TACTICS ONLY. NOT FOR USE WITH TRAINING PROJECTILES.

The D2 Head with Face Cage is worn by the instructor when the head is not a regular target area, but a margin of protection from infrequent and accidental light blunt force is desired. If the instructor's head is a target area for intentional light blunt force, wear the Special Configuration Enhanced Head Assembly.

The D2 Head with Cage may be used with the Attachable Shield to allow for training with RedMan Inert OC spray and soft practice knives. See Warnings and Instruction for Attachable Shield on page 15.

## Step 1: THROAT GUARD (INSTRUCTORS ONLY)

### Students go to Step 2.

To Use: Attach the Throat Guard to the D2 Head with Cage before putting on the headgear. Center the Throat Guard at the chin of the Head and snugly lace the two hook/loop fastener straps supplied with the Throat Guard through the corresponding holes in the Head and Throat. Firmly press together the hook and loop on each strap to fasten securely.



## WARNING

The throat is a vital area. Do not allow more than infrequent and accidental light blunt force to the throat to avoid injury, including damage to the trachea, disability, and death.

The Throat Guard must be properly fitted and secured to the Head with Face Cage to optimize protection. If the Throat Guard becomes loose or dislodged during use, stop immediately, re-position and re-secure it before continuing the simulation.



## Step 2: D2 HEAD WITH FACE CAGE

Attach the Face Cage to the D2 Head before putting on the Headgear. Position the Cage over the face opening of the D2 Head. Wrap the three hook/loop straps through the holes in the Headgear as shown. Press the chin of the Cage to the Headgear to secure hook / loop fastener. Be sure the Cage is snug to the Headgear and does not move on the Headgear.

To Use: With the Safety Glasses on and the Face Cage and Throat Guard (Throat Guard for Instructors Only) already attached, grasp the headgear at the ears and pull snugly onto your head. For proper fit, your chin should fit in the chin hole and your ears should fit in the ear openings. After making these adjustments, pull the back flaps snugly around your head, close the gap, and secure the strap. It may be easier to have someone do this for you.

## WARNING

The D2 Head with Face Cage is worn when the head is not a regular target area but a margin of protection from infrequent and accidental light blunt force is desired. The D2 Head with Face Cage is intended to reduce risks of injury, disability, and death, but it cannot eliminate all such risks. (If the instructor's head is a target area for intentional light blunt force, wear the Special Configuration Enhanced Head Assembly.)

**DO NOT ALLOW MORE THAN INFREQUENT AND ACCIDENTAL LIGHT BLUNT FORCE TO THE HEAD.** Serious head, face, eye, and neck injuries, including fractures, paralysis, disability and/or death may occur from strikes, blows, and falls to the head. The D2 Head with Face Cage is intended to reduce the risk of such injury. Macho does not guarantee protection from such injury.

The Face Cage must be properly fitted and secured to the foam D2 Head and the entire headgear must be properly fitted and secured to optimize protection. The headgear should be snug when first put on; heat generated while wearing the headgear will cause the foam head to soften and be more pliable. When it is properly sized and adjusted for your head, there should be very little air space in, or movement of, the gear. Headgear that is too large is likely to be dislodged or come off, resulting in increased risks of injury. To help protect the back of the head in the event of accidental strikes and falls, securely close the gap at the back of the head.

Any part of an instructor's or student's body that may come into contact with a Face Cage should be protectively padded.

# D2 HEADGEAR SYSTEM: COMPLETE

## Wear your mouth guard.

Do not grab, grapple with, or otherwise penetrate the Face Cage. Special caution is advised as serious to fatal injuries may result to both participants, including, but not limited to, cuts, bruises, and fractures affecting the head, neck, eyes, limbs, and fingers.

Impact resistant eye protection must always be worn if there is any risk of contact to the eyes. The open construction of the Face Cage will not prevent penetration by fingers or other objects. The Face Cage is not intended to provide protection against weapons of any type, including, but not limited to: simulated or real edged weapons (knives); sharp or pointed objects; inert (or any) OC sprays; batons other than the Red-Man Training Baton; or long guns or hand guns.

Students must wear the Self Defense Punch or similar foam hand gear with enclosed fingers to prevent penetration of the Cage if there is any chance of hand contact with a Face Cage.

Inspect the Face Cage before each use, especially around the spot welds and all attachments and trim to ensure that they are secure. If the Cage is bent or damaged in any way, or if any attachments or trim are missing, loose, or damaged, discard and replace immediately.

Inspect the foam Head. If it is cracked or damaged in any way, discard and replace immediately.

If the headgear, or any part thereof, including the Face Cage and Attachable Shield, becomes loose or dislodged during use, stop immediately, re-position, and re-secure it before continuing the simulation.

**D2 WEAPONS DEFENSE: For use with the WDS Instructor and WDS Students Suits with nonlethal training projectiles and to provide limited protection from infrequent and accidental light blunt force.**



**Step 1: THROAT GUARD (INSTRUCTORS ONLY - see Step 1, page 15)**

### Step 2: VFORCE MASK

Center the VForce® Mask over the front of the D2 Head Face opening. Align the Mask on the face opening of the Headgear; and put the elastic strap around the headgear, but above the flaps in the back. Read VForce® Mask Use and Care Instructions included with the Mask on proper inspection, use, care, and lens replacement.



### Step 3: HOOD

Pull the fabric Hood over the D2 Head and Mask. The fabric hood provides additional protection from penetration of crevices or small openings by nonlethal training projectiles or fragments and damage to foam from nonlethal training projectiles. Pull the hood over the top of the Headgear.

To Use: With Safety Glasses on and the Mask, Throat Guard and Hood assembled, grasp the headgear at the opening, open as wide as you can, and pull snugly onto your head. Close the back of the head with the Velcro closure. Cover head completely with Hood and grab the Hood straps and pull together.

Full assembled head should include Safety Glasses, VForce Mask, D2 Head, Throat Guard and Hood.

## WARNING

If the Headgear or any part thereof, including VForce® Mask or Hood, becomes loose or dislodged, stop immediately, re-position and re-secure before continuing the simulation.

The Headgear should be snug. When properly sized and adjusted, there should be very little airspace in, or movement of, the Headgear. Headgear that is too large is likely to be dislodged, resulting in increased risk of injury.

Impact resistant eye protection must always be worn when training with nonlethal training projectiles. Under excessive pressure, long term use, and other misuse, the Lens may break, posing serious hazard to the eyes.

Wear the fabric Hood to help prevent nonlethal training projectiles from penetrating a crevice or projectile fragments from entering the Mask through air vents. Such fragments may cause cuts and other eye and face injury.

The VForce® Mask is not intended for blunt force. Wear mouth guard.

Inspect all Headgear, Mask, and Hood parts before each use. If any are cracked, damaged, or torn in any way, discard and replace immediately.





# SPECIAL CONFIGURATION

## PUTTING ON XP/WDS SPECIAL CONFIGURATION PRODUCTS

Special Configuration products are worn:  
(1) As add-ons for additional protection  
(2) In place of corresponding suit components  
(3) As selected items for specific drills

### Special Product: FOOT GUARDS



Note: The Foot Guards must be attached to the Lower Leg Guards.

To Use: Slide your foot into the Foot Guard with the elastic under the arch. Wrap the strap around the back of the heel and secure it with the hook/loop fasteners. For a correct and secure fit, be sure the Foot Guard is properly positioned and attached to the Lower Leg Guard with the hook fastener on the Foot Guard tongue engaging the corresponding loop fastener on the inside of the Lower Leg Guard.

### WARNING

The Foot Guard is intended only to receive moderate blunt force strikes (“stomps”) to the foot when properly positioned and secured.

Instructors wearing the Foot Guards XP and students striking them must wear cross-training athletic or sturdy duty shoes. Narrow, high heels may puncture the foam, damaging the gear and causing personal injury.

Any foot techniques administered toward students by instructors wearing the Foot Guards must be light blunt force only to appropriate, covered areas.

### Special Product: MALE GROIN GUARD (“No Foul”)

To Use: With the hook/loop fasteners attached at the waist, step into the Groin Guard with the narrow elastics between your legs. Position the Guard comfortably over the groin area. Adjust the overlapping waist strap for a secure fit: attach the end with the double-sided hook and loop to the loop strip on the Guard; then attach the side with the orange tab. For proper attachment, the strap end with the orange tab must be the outside, top layer. Press all layers of hook and loop firmly together to fasten them securely. To tighten the rear elastics, slide them forward on the waistband to the sides of your waist and extend them around your buttocks.



### WARNING

The groin is a vulnerable area. The Groin Guard (“No Foul”) is intended only to cushion against and reduce the risk of injury from accidental light blunt force but no gear can eliminate all risks of injury. The Groin Guard may be worn with additional groin protection.



### Special Product: ENHANCED LOWER ABDOMINAL PAD (L.A.P.E.)

Note: The Enhanced Lower Abdominal Pad (L.A.P.E.) must be worn over a hard shell groin cup and supporter and/or a “No Foul” Groin Guard. The Enhanced Lower Abdominal Pad must be worn in conjunction with the Rear Guard.



To Use: Attach the L.A.P.E. to the Rear Guard by crossing the straps of the Rear Guard, passing them through the loop of the L.A.P.E., and securing them to the back of the Rear Guard as shown or at the waist. Place the rear Guard over your buttocks and temporarily fasten the waist strap. Pull the L.A.P.E. up between your legs and position it over the groin and abdominal area (with the hard shell groin cup and supporter and/or the “No Foul” Groin Guard already in place). Open the Rear Guard waist strap and fasten it around the top of the L.A.P.E. and waist as shown. Adjust all straps for a secure fit. Depending on your size, the crossed straps of the Rear Guard will be fastened to the Rear Guard or at the waist.



### WARNING

The groin is a vulnerable area. The L.A.P.E. is intended only to cushion against and reduce the risk of injury from moderate blunt force techniques to the groin and lower abdominal area, but no gear can eliminate all risks of such injury. Trauma, including rupturing and hemorrhaging, to the groin or abdomen, may result from such strikes.



The L.A.P.E. is intended for use only with the additional protection of a hard shell groin cup and supporter (worn inside the clothing) and/or the “No Foul” Groin Guard (worn outside the clothing). The individual user should check that all groin protectors provide adequate coverage and protection and are properly fitted and secured to avoid injury.

The L.A.P.E. must be worn with the Rear Guard for proper attachment and placement on the body.

# SPECIAL CONFIGURATION

## Special Product: INNER CHEST GUARD

Front chest protection worn under the Body Guard

Note: RedMan strongly recommends that the Inner Chest Guard be worn under the Body Guard by:

- (1) Female trainers, for greater comfort than wearing the Body Guard alone.

- (2) All trainers receiving repetitive blows to the chest.

To Use: Put your head through the shoulder straps. With the straps crossing through the plastic piece just below the shoulder blades, loop them through the D-rings.

Adjust the straps until the fit is comfortably snug. Tie the straps securely to each other positioning the knot off-center to avoid contact with the spine. The Body Guard may now be placed over the Inner Chest Guard.



## WARNING

The chest is a vulnerable area. The Inner Chest Guard is intended only to be worn underneath the Body Guard to provide additional protection from moderate blunt force and repeated blows; using the Inner Chest Guard alone may result in injury due to insufficient padding of the torso and lack of coverage to the back, spine, and shoulders.

The addition of the Inner Chest Guard is not intended to encourage any more than moderate force, as used with the Body Guard alone.

Cleaning the Inner Chest Guard: Wash with warm water and mild soap. Drip dry. Do not machine or heat dry. For disinfecting, spray with RedMan's disinfectant.

## Special Product: SELF DEFENSE PUNCH



Note: The Self Defense Punch provides a margin of protection for both the student's hands (especially from contact with the Face Cage) and authorized target areas of the instructor's body.



To Use: Slide your four fingers under the vinyl palm strap and insert your thumb through the underside of the foam palm extension. Slide your fingers into the grip inside the vinyl finger covering so the grip fits over your first finger joints, and position your thumb under the thumb strap. Your fingertips should be completely covered by the vinyl coverings. Wrap the elastic strap around your wrist and secure it with the hook/loop fasteners.

## WARNING

The Self Defense Punch is intended only to reduce the risk of accidental injury to the student and/or instructor during defensive tactics simulation training conducted at authorized light and moderate blunt force to specific target areas and supervised by a qualified instructor. The Self Defense Punch does not provide braced support for the wrist.

Do not use on training equipment such as hanging bags. All Punches (hand gear) must be properly fitted and secured to optimize protection. If gear becomes loose or dislodged during use, stop immediately, re-position and re-secure it before continuing the simulation.

## Special Accessory: INNER FOREARM GUARDS



Note: Be sure your Macho Cloth Elbow Guards are in place with the padding over the outside of the elbow joint.

To Use: After slipping on the Cloth Elbow Guard, place the Inner Forearm Guard over the inner forearm and attach the straps securely. The Arm Guard may now be positioned over the Inner Forearm Guard.



# XP AND WDS STUDENT SUITS



The XP or WDS Student Suits are the minimum equipment needed for student use in dynamic simulation training without projectiles. Optional gear should be worn at the instructor's discretion, depending on the type of training, the techniques used, and the individual student's physical needs.

**Note: Do not direct more than light blunt force toward any authorized, covered area of the student's body.**

## WARNING

This product guide provides important information about suiting-up procedures, proper use, and care of the instructor and student suits. Carefully review this material; failure to do so may result in injury, disability, or death to instructors and students and damage to the equipment.

PUT THE XP OR WDS STUDENT SUIT ON OVER THE FOUNDATIONAL GEAR.



**Step 1: TRADITIONAL HEAD WITH FACE CAGE** (see page 11)

**Step 2: ATTACHABLE SHIELD FOR FACE CAGE – Optional** (see page 12)

**Step 3: ELBOW-FOREARM GUARDS & KNEE-SHIN GUARDS**



Note: The Elbow-Forearm and Knee-Shin Guards are designed to fit comfortably and securely over elbow and knee joints, offering significant protection with minimal restriction of mobility. The unique "donut" design helps keep the guards securely over the joints, while significantly increasing the protection provided.

## WARNING

Do not direct strikes to joints. Elbows and knees are particularly vulnerable to injury. Any strikes to the inside of the elbow or knee must be directed above or below the joint and allow the joint to bend naturally. Techniques to these joints may result in injury and disability, including bruising, dislocation, and fractures.

# XP AND WDS STUDENT SUITS

## Step 4: STUDENT BODY GUARD

Note: Shoulder straps may be adjusted to lower the Body Guard on tall individuals.

To Use: Attach the front and back pieces at the shoulder. Pull the Body Guard over your head and, using the shoulder straps, adjust it so that the front trauma shield is centered over your solar plexus (center of chest below breast bone). The bottom of the back piece should extend down at least to your waist. Pull the side flaps snugly over the back piece and secure the straps. It may be easier to have someone do this for you. For maximum mobility, adjust all straps until the fit is comfortably snug.



Note: The WDS Body Guard is shorter than the XP to allow space for a duty belt.

## WARNING

The Student Body Guard may be used to aid in preventing or reducing injury to the chest area. It is intended only to provide a margin of safety from light blunt force. To avoid serious injury, disability, including paralysis and kidney damage, and death, do not direct or deflect strikes to the spine or kidneys.

The Body Guard must be properly fitted and secured to optimize protection. If it becomes dislodged or straps become loose during use, stop immediately, re-position, and re-secure it before continuing the simulation.

## Step 5: STUDENT UPPER ARM GUARD

Note: There are right and left Upper Arm Guards.



To Use: Place the Guard on your upper arm. Wrap and secure the arm strap. Thread the strap at the shoulder under the Body Guard shoulder and fold it back on itself, firmly attaching the hook/loop fastener.

## WARNING

Do not direct more than light blunt force to the student's covered upper arm.

## Step 6: SELF DEFENSE PUNCH (optional)



Note: The Self Defense Punch provides a margin of protection for both the student's hands (especially from contact with the Face Cage) and authorized target areas of the instructor's body.



To Use: Slide your four fingers under the vinyl palm strap and insert your thumb through the underside of the foam palm extension. Slide your fingers into the grip inside the vinyl finger covering so the grip fits over your first finger joints, and position your thumb under the thumb strap. Your fingertips should be completely covered by the vinyl coverings. Wrap the

elastic strap around your wrist and secure it with the hook/loop fasteners.

## WARNING

The Self Defense Punch is intended only to reduce the risk of accidental injury to the student and/or instructor during defensive tactics simulation training conducted at authorized light and moderate force to specific target areas and supervised by a qualified instructor.

The Self Defense Punch does not provide braced support for the wrist.

Do not use on training equipment such as hanging bags.

All Punches (hand gear) must be properly fitted and secured to optimize protection. If gear becomes loose or dislodged during use, stop immediately, re-position and re-secure it before continuing the simulation.



# SELF DEFENSE INSTRUCTOR



The Self Defense Instructor Suit is the cornerstone of dynamic simulation training gear. As the instructor, you must be able to withstand the repetitive strikes needed for multiple students to learn techniques effectively. And while the suit covers most of your body, you'll be surprised at how freely you can maneuver.

While the component parts of this suit vary somewhat for the different applications, the same guidelines apply. The full Self Defense Instructor Suit and designated foundational gear allows no contact whatsoever to specific vital areas, light contact to other specific vital areas, and moderate force to non-vital target areas. Contact is authorized only to covered areas with all gear in place and with normal positioning and circumstances.

## Step 1: FOOT GUARDS XP

Note: The Foot Guards XP must be attached to the Lower Leg Guards XP.

To Use: Slide your foot into the Foot Guard with the elastic under the arch. Wrap the strap around the back of the heel and secure it with the hook/loop fasteners. For a correct and secure fit, be sure the Foot



Guard is properly positioned and attached to the Lower Leg Guard with the hook fastener on the Foot Guard tongue engaging the corresponding loop fastener on the inside of the Lower Leg Guard.

## WARNING

The Foot Guard is intended only to receive moderate force strikes ("stomps") to the foot when properly positioned and secured. Instructors wearing the Foot Guards XP and students striking them must wear cross-training athletic or sturdy duty shoes. Narrow, high heels may puncture the foam, damaging the gear and causing personal injury.



Any foot techniques administered toward students by instructors wearing the Foot Guards must be light contact only to appropriate, covered areas.

## Step 2: LOWER LEG GUARDS

To Use: Place the Lower Leg Guard over your shin, knee and lower thigh and attach the ankle, shin, and thigh straps snugly with the hook/loop fasteners.



## WARNING

Do not direct strikes to joints. Knees are particularly vulnerable to injury. Any strikes to the back of the knee must be directed above or below the joint and allow the joint to bend naturally. Techniques to these joints may result in injury and disability, including bruising, dislocation, and fractures.

## Step 3: THIGH GUARD BELT

Note: A duty belt or pants belt may be used in place of the Thigh Guard Belt.

To Use: Secure the Thigh Guard Belt at the waist for proper attachment of the Thigh Guards.



## Step 4: THIGH GUARDS XP

Note: There are right and left Thigh Guards. A belt must be worn for proper and secure Thigh Guard placement.

To Use: Place the Thigh Guard so the top-most strap is on your hip and your knee fits snugly into the contoured area. Thread the top strap around your belt and secure it with the hook/loop fastener. Wrap and fasten the two parallel thigh straps for a secure fit.



## WARNING

Use the Thigh Guard Belt to secure the Thigh Guards. Do not attach the Thigh Guards to the Rear Guard; this may damage the Thigh Guards or cause them to be improperly placed.

# SELF DEFENSE INSTRUCTOR

## Special Product: ENHANCED LOWER ABDOMINAL PAD (L.A.P.E.)

Note: The Enhanced Lower Abdominal Pad (L.A.P.E.) must be worn over a hard shell groin cup and supporter plus a “No Foul” Groin Guard. The Enhanced Lower Abdominal Pad must be worn in conjunction with the Rear Guard.



To Use: Attach the L.A.P.E. to the Rear Guard by crossing the straps of the Rear Guard, passing them through the loop of the L.A.P.E., and securing them to the back of the Rear Guard or at the waist. Place the rear Guard over your buttocks and temporarily fasten the waist strap. Pull the L.A.P.E. up between your legs and position it over the groin and abdominal area (with the hard shell groin cup and supporter and the “No Foul” Groin Guard already in place). Open the Rear Guard waist strap and fasten it around the top of the. Adjust all straps for a secure fit.

Depending on your size, the crossed straps of the Rear Guard will be fastened to the Rear Guard or at the waist.

## WARNING

The groin is a vulnerable area. The L.A.P.E. is intended only to cushion against and reduce the risk of injury

from moderate force techniques to the groin and lower abdominal area, but no gear can eliminate all risks of such injury. Trauma, including rupturing and hemorrhaging, to the groin or abdomen, may result from such strikes.

The L.A.P.E. is intended for use only with the additional protection of a hard shell groin cup and supporter (worn inside the clothing) and a “No Foul” Groin Guard (worn outside the clothing). The individual user should check that all three groin protectors provide adequate coverage and protection and are properly fitted and secured



to avoid injury.

The L.A.P.E. must be worn with the Rear Guard for proper attachment and placement on the body.

### Step 5: BODY GUARD XP

Note: Shoulder straps may be adjusted to lower the Body Guard on tall individuals.

To Use: Attach the front and back pieces of the Body Guard with the straps and fasteners at the shoulders.

Pull the Body Guard over your head and, using the shoulder straps, adjust it so the front trauma shield is centered over your solar plexus (center of chest below breastbone). Attach and secure the wings in the back with the center strap and fasteners. Place the back of the Body Guard over the wings and securely attach the two remaining parallel straps. It may be easier to have someone do this for you. For safety and mobility, adjust all straps until the fit is comfortably snug.

## WARNING

The spine and chest are vital and vulnerable areas. Do not direct any strikes to the spine to avoid injury, disability, including paralysis, and death. Do not direct more than moderate force to the chest during normal positioning and circumstances.

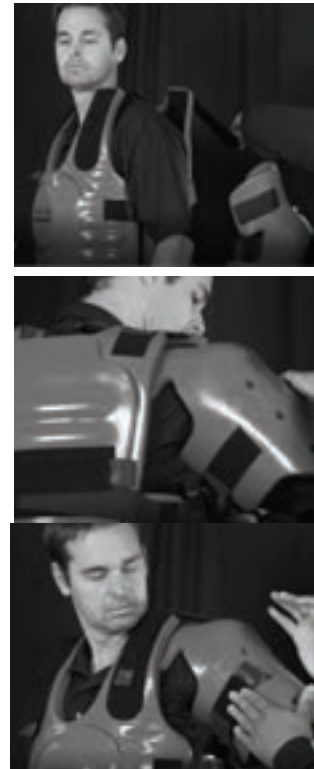
The Body Guard XP is not intended to protect the tailbone, including from falls. For some applications, the Inner Chest Guard must be worn with the Body Guard to aid in reducing the risk of injury to the chest area but no gear can guarantee protection. Even combined, they are intended only to provide a margin of safety from moderate force blows under normal conditions.

The Inner Chest Guard and Body Guard must be properly fitted, and secured to optimize protection. If either becomes dislodged or straps become loose during use, stop immediately, re-position, and re-secure before continuing the simulation.

### Step 6: SHOULDER GUARDS

Note: There are right and left Shoulder Guards.

To Use: Attach the Shoulder Guards after you have put on the Body Guard. Open the strap on one shoulder of



the Body Guard. Place the Shoulder Guard in a comfortable position on your shoulder and adjust the Body Guard shoulder flaps so the corresponding hook patches on the inside of the Body Guard engage the loop patches on the outside of the Shoulder Guard. Re-attach the Body Guard shoulder strap over the flaps. You may have to re-adjust the gear and fastenings to achieve the right fit for your body. Then adjust and secure the biceps strap.



**WARNING**  
Shoulders are particularly vulnerable to injury. Techniques to these joints may result in injury and disability, including bruising, dislocation, and fractures.



#### Step 7: ARM GUARDS XP

Note: There are right and left Arm Guards.

To Use: Wrap and attach the straps loosely around the Arm Guard. Then slide your arm into the guard until your fingers fit comfortably in the grip. Re-adjust the straps, especially at the elbow, to create a snug fit.

### WARNING

Do not direct strikes to joints. Elbows are particularly vulnerable to injury. Any strikes to the inside of the elbow must be directed above or below the joint and allow the joint to bend naturally. Techniques to these joints may result in injury and disability, including bruising, dislocation, and fractures.

#### Removing Instructor and Student Gear

Removal of the instructor and student gear is basically the reverse of dressing. Pull the tabs (if any) on the gear to fully disengage the hook/loop closures on the straps before removal. To avoid damage to the gear, do not attempt to remove any piece of strapped equipment

without first separating the hook/loop fasteners.

#### Cleaning and Disinfecting

Disinfecting is essential after each use, between users when gear is shared, whenever it comes into contact with blood or other body substances, and before storing. Sanitize the gear with RedMan's spray disinfectant or a fresh, mild bleach solution (1/4 cup bleach per gallon of water).



Pre-clean the gear to remove any blood or other body substances using Standard Precautions, combining Body Substance Isolation and Universal Precautions (including the use of appropriate cleaning gloves, the isolation of substances, proper disposal of contaminated items, etc.) as defined by OSHA and the CDC. These procedures will help prevent infection by blood borne and other pathogens, including HIV/ AIDS and Hepatitis. (See Contact Information on pagexx)



Thoroughly cover the gear with the disinfectant or bleach solution. Leave wet for 10 minutes for broad spectrum disinfecting before wiping dry, or allow to air dry. Wipe away any bleach residue.

Wash vinyl-dipped foam equipment, including straps, regularly with warm, soapy water. This will help keep equipment free of odors and help prevent deterioration of the coating from perspiration.

### WARNING

Porous, non-waterproof surfaces of the gear may absorb pathogenic, disease-causing microorganisms. Appropriate procedures and disinfecting agents will help reduce the risk of personal infection and disease but are not guarantees against them.

Review the recommendations in this product guide for cleaning and disinfecting and follow your agency's policy and

procedures to help minimize health risks. There are many factors to consider when cleaning, disinfecting, and decontaminating gear. Macho/RedMan makes no guarantee of results based on these recommendations.

#### Repairing

The RedMan Repair Kit may be used on the XP and WDS instructor and student foam equipment. Torn gear may be easily repaired and straps may be reattached and extended.

### WARNING

Do not repair tears in foam with tape; this will cause areas of undue stress.

Use of other glues or solvents may attack the coating of the foam, affecting the structural integrity of RedMan products. RedMan is not responsible for the safety or suitability of any user-performed repairs, modifications, or alterations.

#### Packing

Proper packing and storage will extend the life span of your RedMan gear. Improper packing may damage the equipment.

After cleaning, disinfecting, and drying your RedMan equipment, place it in an appropriate gear bag or in plastic bags and boxes large enough to pack it without compressing it.

Place equipment loosely with elastic straps folded back and attached to themselves, except the Heads and Body Guards, which should have straps attached as if in use. Do not stretch the straps for storage as this will reduce their elasticity and may compress and distort the gear. Equipment packed so that it wrinkles may develop tears in the creases.

#### Storing

Store equipment in a cool, dry place. Do not expose to direct sunlight or extreme temperatures as these may cause hardening or softening of the foam. To avoid crushing, do not place objects on top of the equipment.

Refer to the RedMan Suit Assembly and Packing Booklet for detailed steps with pictures on how to properly pack and store your RedMan Gear. Booklet can be found at [www.redmangear.com/warnings-guidelines](http://www.redmangear.com/warnings-guidelines).



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