

# Tactical Shin Guards



The Tactical Shin Guards are worn over the top of the Kyahan or Shin Straps and between the bridge of the foot and below the knee joint, wrapping the Tibia and Fibula bone of the leg. The Shin Guards are to protect the user against close quarter combat blows or cuts to the lower leg that may otherwise be subjected to trauma or injury.

All Tactical Shin Guards are designed to limit damage to bone or subcutaneous tissue of the lower portion of the leg, but only if struck perpendicular or 90 degrees to the aluminium rods either directly or with glancing blows or cuts. They are not designed for excessive and repeated blows to test either the durability of the Shin Guards or to see how much it hurts against direct or indirect blows with excessive force. The Tactical Shin Guards should be worn as a preventive measure to avoid or evade injury, and not exceed the limitations or become self reliant when wearing them. Even though you may possibly be injured or feel the blows when wearing the Shin Guards, your injuries will be far less than you think and easier to deal with because you had them on.

Try and keep in mind that once wearing them you must try to forget you have them on, so they become apart of your natural movement for defence, and not a means of protection or a shield in order to protect you from injury.



( image -1 )

2/ If fitting the left Shin guard first allow the right hand cord to be slightly shorter than the left hand cord, this will make sure the final bow is on the inside of the leg. then pass the right cord from behind then around to the front of your leg and through the eyelet at the top of the Shin Guard as in ( image -2 ). It is important to keep the cord just below the fold of the knee at this point.



( image -2 )



( image -3 )

3/ Now take both ends of the cords in each hand and pull slightly in the direction of the opposite leg and making final adjustments to your Shin Guard avoiding any twist or folds in either the cords or undergarments, and making sure the Guard is central the the shin bone, and the cords are above the calf muscle before performing a basic overhand knot to secure as in ( image -3 )

4/ Repeat a second knot or Bow to hold the Gauntlet in place making sure the Bow is on the inner part of the leg as in ( image -4 ). ( This will avoid snagging or hocking up when field training ). Everything is difficult at first, but the more you practice then it will become second nature to you.



( image -4 )