

HIGH GEAR

IMPACT REDUCTION SYSTEM SAFETY MANUAL

- ▶ SAFETY INFORMATION
- ▶ TRAINING TIPS
- ▶ PUTTING GEAR ON
- ▶ CLEANING INFO



ATTENTION

PLEASE ENSURE THIS IMPORTANT INFORMATION IS READ BY ANYONE USING HIGH GEAR™, ESPECIALLY PAGES 4, 6 & 7.

PLEASE READ CAREFULLY!

This document contains important tips on training safety and how to use the HIGH GEAR™ suit properly.

DIRECT QUESTIONS OR COMMENTS:

LONDON BRIDGE TRADING COMPANY, LTD.

585 London Bridge Road, Virginia Beach, Virginia USA 23454

Phone: Toll Free 800-229-0207 • E-mail: highgear@londonbridgetrading.com

READ BEFORE USING HIGH GEAR™ TRAINING EQUIPMENT

1. The techniques, tools, tactics and drills practiced for personal or professional self defense scenarios are to be used for legitimate purposes only, in appropriate combat, law enforcement or self-defense situations.
2. **DO NOT depend on HIGH GEAR™ for your safety. Your safety depends upon you and your ability to avoid, defuse or control confrontations.** Your safety depends on your judgment during all confrontations.
3. If you are a beginner, seek the guidance of an experienced trainer. If you are a trainer make sure you and your students fully understand the legal and moral implications of practicing and using self-defense in your country, state, province, city, and so on.
4. Men should take precautions and wear a protective cup. **(Sold separately.)**
5. A fitted mouthpiece is recommended.
6. HIGH GEAR™ is **TRAINING** equipment. By using this gear and practicing any combative or martial art system you are “consenting to participate”. When you train in any combative or martial art system, there is an ‘assumption’ of risk. **Practice and train at your OWN RISK.** Practice safely. Seek competent instruction. Seek competent counsel on use of force matters involving your safety based on your lifestyle and/or occupation.
7. **If you misinterpret a concept expressed in this SAFETY MANUAL you could be seriously injured or killed as a result of the misunderstanding.** Therefore the information contained in the SAFETY MANUAL must be understood and the additional drills created as a result of integrating HIGH GEAR™ must only be used as a supplement to competent personal instruction.

Please conduct your training as safely and intelligently as possible. Do understand that every type of physical training brings with it the risk of injury, especially tactical, combative and self-defense related training exercises.

Please have anyone affiliated with simulation type training read this document in its entirety and ALWAYS review the safety concerns and considerations with any class taught using HIGH GEAR™.



HIGH GEAR™ EQUIPMENT

About Our Gear

No protective gear can completely guard against injury. In scenario based training, the term 'Protective Gear' must not be confused with the notion of 'protection'. Our brand of 'Protective' gear is used to dissipate energy created by intentional contact. HIGH GEAR™ is truly unique in that it integrates a customized impact 'reduction' design, so that you can move freely and still feel contact during training. **Our gear does not provide a guarantee against possible injury, nor is it 'injury proof'. The users must be prudent and act responsibly. Remember: HIGH GEAR™ is a training aid.**

Assumption of Risk

All combative training, including self-defense drills and scenarios, defensive tactics training, boxing, grappling, stick fighting, kickboxing and any other form of martial arts involves deliberate contact at times. Participants should understand that there are inherent risks associated with any contact sport or exercise, especially combative sports and training.

Diligence in Training

It is strongly recommended that the user of our gear or training methods train responsibly and under safe and supervised conditions at a reputable gym or training facility. Practice only with certified coaches and instructors to enhance the safe training process.

Additional Safety

It is the responsibility of the participants to ensure that HIGH GEAR™ is in good condition and properly put on before usage. Prior to each session, inspect the gear to make sure it is properly fitted and that all the safety components are in place. This is doubly importantly for those authorized to use marking cartridges to ensure that the modifications are fresh and tested accordingly, prior to the scenario (law enforcement & military ONLY).

London Bridge Trading Company, Ltd. cannot be held responsible in any manner for the use or misuse of the products sold. The user assumes full responsibility and/or risk in any and all respects for the use of said products. If the user has any doubts about the safety of the equipment and/or product, please discontinue use.

The purchase of any and all equipment from London Bridge Trading Company, Ltd. amounts to an acceptance on the part of the purchaser of the above Disclaimer, as well as the Terms and Conditions, herein stated.

USING HIGH GEAR™ FOR FORCE-ON-FORCE TRAINING

1. True simulation training is NOT sparring! It is not a mano a mano competition.
2. Simulations should be carefully designed training evolutions used to practice skills and tactics needed during personal defense [or professional activities like arrest & control, weapon retention, prisoner handling, room clearance, etc.].
3. The HIGH GEAR™ suit allows participants to move realistically so that a truer replication of the real life event can be experienced, but this means there MUST be an element of awareness and cooperation as role-players should be feeding targets by presenting precontact cues to challenge the student's ability.
4. Training in a live environment, such as with HIGH GEAR™, brings a greater responsibility for safety because it brings with it a necessary and mutual risk and reward.
5. **DO NOT ATTEMPT TO USE HIGH GEAR™ LIKE OTHER PROTECTIVE TRAINING GEAR.**
6. **Our gear is designed to replicate real aggression or resistance. Therefore training must be alive versus static.** The gear transfers energy. We designed it this way deliberately. There must be feedback for training to have merit.
7. Bulky gear can act as a shield, but it also distorts reaction time and proximity sense. **HIGH GEAR™ was designed as 'impact reduction gear' - not as a shield. It is not meant to withstand static full-force blows. NEVER 'just' stand there and let a training partner hit you.**
8. Simulations with HIGH GEAR™ must be goal oriented. This is the only way to truly evaluate your training effectiveness. But the secret lies in the ability of the role player to provide realistic pre-contact cues.
9. Safety must always be the most important element of any dynamic simulation.

AUTHORIZED TRAINING METHODS

Misconceptions About Training With Padded Gear

- There is an erroneous belief that just because you are wearing protection you are protected. *You are not!* Energy is always transferred.
- **Padding only serves as impact reduction.** Force must travel somewhere. This misunderstanding is a common misconception in the training community and the cause of many training accidents.
- **HIGH GEAR™ can only reduce impact – it does not stop it!** Therefore, do not strike, hit or kick your training partner(s) with full force.
- **Always stay away from deliberate contact to 'red-zones'** like throat, knee and elbow joints, groin, etc.

SUIT UP IN OUR GEAR™

Once you are familiar with HIGH GEAR™, it should take around three minutes to gear up by yourself. You can develop your own routine but here's a recommended procedure.

1. **First put on the PADDED SHORTS.** Pull them up for a snug fit. Men should wear a protective cup. You are recommended to have one as they are not sold with HIGH GEAR™.
2. **Next slip on the ELBOW PADDING.** There is a special piece to protect the Ulna bone built into the unit. Put it on naturally with the elbow point in the 'donut' of the elbow pad and tighten Velcro straps. The long piece on the forearm pad goes on the bottom.
3. **Put on the SHIN PAD** and make sure they are snug.
4. **Next put on the TORSO PIECE** (chest unit). Be sure the Torso Piece rides evenly on top of the shoulder/neck area (Traps). Often the gear is thrown on quickly and the Torso Piece is fitted too far back. Pull it up straight. Next grab the two Rib Panels (under the chest piece) and pull them across your stomach and attach with the Velcro mates.
5. Pull the thick Velcro straps located on each side of the front shield of the Torso Piece and pull them down and back (towards your kidneys) and attach them to their Velcro mates. This process pulls the front of the chest guard away from the neck and allows for greater comfort.
6. **Attach the THROAT PIECE** and tuck in the fabric base under the chest piece.
7. Put on an oversized sweatshirt, BDU's, flight suit or other clothing to protect the gear from being used as a handle [pulled on] during the training.
8. **Pull HEAD UNIT down to completely cover head** and tighten all straps to ensure a snug fit. Make sure the Chin Piece is snugly secured.
9. **Finally, slip on the FIST PADS.** This unit also helps secure your wrist with Ulna padding. The Elbow Piece should slide easily over the Fist Pad.

GEAR MAINTENANCE

1. Wear a light, long-sleeved T-shirt and a thin pair of running sweats under the gear to absorb most of the sweat.
2. If you are working serious scenarios it is important that you wear clothing over the gear to ensure that it is not torn up on concrete, etc. and that your training partners don't use the straps as 'handles'. This will extend the life of the gear.
3. When finished training, wipe the suit down with a damp cloth and let it air dry before putting it back in a duffel bag etc. **DO NOT** throw it in a closed gym bag and leave it damp with sweat. This may lead to bacteria growth, mildew and odor.
You may place the suit into a Decon Zone sanitizing system.
4. Optional: Keep a couple of socks filled with cedar chips in the duffel bag to help keep everything fresh.
5. About once a month spray the suit with Dr. Scholl's (Use their baking soda based antifungal spray, it eliminates odor and keeps the suit fresh.)
6. If you use the suit often, you can use some anti-bacterial soap on a damp cloth to wipe the gear out well and then hang it on an outdoor clothes line to air out.

NOTE: Some incredibly senseless training accidents have occurred in both the law enforcement and martial art community because of ‘personal’ negligence where individuals failed to use common sense or follow the safety briefings and rules.

SUMMARY: Start using the HIGH GEAR™ as if you weren’t wearing our gear at all. This means: while wearing our equipment, continue doing your usual drills at the pace and intensity considered to be **SAFE** without protective equipment. This will teach you what you can and can’t do in the gear. Then slowly increase the intensity of your drills or simulations. This will help you focus on finesse, target acquisition, balance and technique. This process can help prevent students from over-effort and trying to hit too hard. This standard operating procedure is also an excellent warm-up for the actual training.

SAFETY POINTS

- **WARNING! HIGH GEAR is NOT body armor. It is NOT full-contact gear. You cannot stab it or shoot at it with live or real weapons.** NOTE: For simulated knife or stick training, USE ONLY padded training replicas.
- HIGH GEAR™ is a research tool. Used properly, it will help you analyze tactics without the usual contact fears often experienced when training without gear.
- Do not abuse the gear. You or your training partner can be injured.
- Establish time-outs, safety gestures [both verbal and visual] and other safety guidelines to protect one another during contact simulations.
- **NEVER ADJUST OR REMOVE PORTIONS OF THE GEAR WHILE STILL ENGAGED IN A TRAINING EVOLUTION OR DRILL**, your partner may not notice your action and strike at you while you are unaware or exposed.

TRAINING PROTOCOL

The following should be taken into consideration prior to any type of training with HIGH GEAR™, including: Force-On-Force Law Enforcement Or Military Scenarios, Self-Defense Simulations, Sparring, Mixed Martial Art, Freestyle Sparring, Isolation Drills, Arrest & Control Tactics, Defensive Tactics, so on.

- All gear gets in the way, which means there are blind spots and sticking points when equipment is used. Research this in advance of a freestyle simulation. Know your weak spots. Know the gear’s weak spots.
- Wear oversized clothing on top of your HIGH GEAR™. This helps prevent damage from accidental and deliberate pulling and grabbing of elastics and gear components. It will add to the ‘life’ of your gear, and visually provide a more realistic training session.
- Do not pull on the gear. This will stress the seams and possibly tear the elastics. Remember, the gear will not be present in a real fight, so don’t use it as a handle in a practice one.

HEAD & THROAT SAFETY – EXTREMELY IMPORTANT!

- There is **NO WAY** to adequately protect the neck, skull or brain in training and allow for realistic movement or mobility. It is impossible to measure **ACTUAL** impact to the head, for any type of sparring, simulation training, mixed martial art practice, no-holds barred training or self-defense drills. Your head is your ‘command center’: **PROTECT IT!**
- Therefore, we **DO NOT** advocate or encourage deliberate direct hard contact to the head. If you strike to the head or neck region in your system or training program, **YOU DO SO AT YOUR OWN RISK**. Further, we strongly urge that if head strikes are used in your system that they are restricted or modified with respect to follow-through and impact to protect you and your training partners.
- Our headgear was designed to protect you and your partners from controlled actions to the head region; the padding and Lexan shield offers moderate levels of protection from control strikes and some forms of *accidental* and *incidental* impact.
- Please evaluate your training environment for hidden risks and remind the class to limit direct contact and/or follow-through to the head & neck region (safety for the head/neck region is covered in the simulation course).
- The neck/throat piece is designed to protect the soft tissue of the throat from glancing contact from other body parts during simulations. **IT IS NOT DESIGNED** to receive direct blows to the throat area; **IT WILL NOT PROTECT** the wearer from choking & strangulation techniques (just like in real life).
- Do not strike or attack directly into the throat piece as the windpipe, trachea and Adam’s apple is still susceptible to **SERIOUS** damage.

Custom fitted HIGH GEAR™ hood is designed to withhold 9mm marking cartridge projectiles.

Genuine leather trim and patches reinforce and provide additional protection around the ear and mouth vents, as well as the visor, from hand to hand and projectile training.



The state-of-the art HIGH GEAR™ helmet fits perfectly under the marking cartridge hood. The same lightweight, leather and Lexan helmet that allows for realistic role-player interaction is not affected with the new conversion package.

Our visor is customized with Velcro ensuring the hood and helmet fit securely and will not move during close quarter drills that demand shoot/no-shoot contact.

CONVERSION INSTRUCTIONS



Step 1 Remove your stock visor.



Step 2 Replace with new custom visor.



Step 3 Secure the Velcro strip on the inside of the hood to the Velcro strip on the edge of the visor. Pull the hood over the chin piece and then over the entire head gear. A Velcro strip along the backside secures the hood in place so it's snug for integrated empty hand & marking cartridge drills.

REVIEW

- A. HIGH GEAR™ does not come with groin protection and therefore a protective cup is recommended.
- B. The plastic chin piece strap (on the helmet) must be firmly affixed to the participant's chin. It is also strongly recommended that the participant also wear a fitted mouthpiece.
- C. The neck/throat piece is designed to protect the soft tissue of the throat from glancing contact from other body parts during simulations. It is NOT designed to receive direct blows to the throat area; IT WILL NOT PROTECT the wearer from choking & strangulation techniques. It can be used to practice simulated throat grabs and controls, but these target areas and drills must be monitored and structured to enhance safety. *Again: Do not strike or attack directly into the throat piece as the windpipe, trachea and Adam's apple is still susceptible to SERIOUS damage.
- D. Although there is strategic padding covering most areas of the body, special attention must be emphasized for exposed regions and joints.
- E. As with the head and neck, we advise you to restrict direct impact to joints like the knees and elbows. There is an additional leg attachment (included at no extra cost) to cover the common peroneal nerve just above the knee region. This piece slips on after the gear is on and is ideally suited for those with longer legs.
- F. Though the gear can be used over clothing, we also recommend that an additional layer of clothing be worn over the gear (oversized sweatshirt, sweatpants, flight suit, etc). The reason for this is that it better approximates your real threat during a confrontation (looks like a real 'aggressor'). It also limits wear & tear on the gear during simulations (pulling/grabbing).
- G. The VISOR can be removed easily from the headgear to clean it or to use the headgear for other forms of training [boxing-type sparring etc.] BE ADVISED: the overall shock dispersing quality and protective coverage of the headgear changes dramatically when the visor is removed. Protection to the nose and eye region is virtually nonexistent when the Lexan visor is removed. The headgear is still structurally sound, but we only suggest removal of visor for 'boxing' style drills. If removed, make sure it is replaced correctly before starting any type of simulation or contact drill.



London Bridge Trading Company, Ltd.

757.498.0207 • 800.229.0207 • FAX 757.498.0059

www.londonbridgetrading.com