



OWNERS MANUAL FOR ALUMINUM STILTS

Thank you for purchasing Daddy Long Leg Stilts! Enclosed you will find simple instructions on how to attach your shoes, mold the shin plate (if needed), velcro attachment and tying in technique. Your stilts also come with a caddy of extra parts. We also designed these stilts to be as DIY as possible. The 1/4 inch grade 8 bolts and locking nuts are readily available as is the PVC that the shin plate is composed of. Even the down tubes can be made by you! Almost any 1&1/2 inch round material can be used..with some honing and polishing.

To download this document as a PDF please visit:
<http://daddylonglegstilts.com/purchase/order-form/>

understanding your risks

Stilt Walking, aerial sports such as trapeze, web, fabric, hoop, and any circus or gymnastic activity etc. is a thrill seeking, daredevil type of activity.

These activities are extremely hazardous and should be approached with this in mind. When doing these activities - you are willfully risking life & limb.

The use of Stilts is a very dangerous activity that can result in serious injury and even death to the user or bystander as well as long term injury from unintended use of the body's innate geometries used in dancing or performing on stilts and other circus apparatus.

These stilts are made with high quality materials and care, but due to the constant bending, twisting, and stress that stilts go through, stilt components can and sometimes do break. Any stilt made will eventually fail due to the intense and organic fatigue that the metal goes thru. You can expect many years of safe use under a professional stilt theater, dance and acrobatic regime of training and performing and many more as a moderate user. Extreme stilt work such as Korean Plank or any sort of stunt work involving falling or shock loading the stilts multiple times will increase the likelihood of breakage.

It is the user's obligation to always inspect and determine that the stilts are safe to use each and every time you wear them. Daddy Long Legs Stilt Company can not determine how the equipment will be used, abused or miss-used.

Improperly stored stilts or stressing stilts beyond normal stilt and acrobatic activities may result in injury or equipment failure.

Daddy Long Legs Stilt Company takes absolutely no responsibility in:

- The use of the stilts.
- Any activity associated with the stilts.
- Warranties on construction and safety of stilts.
- Changes or alterations made by the user or purchaser

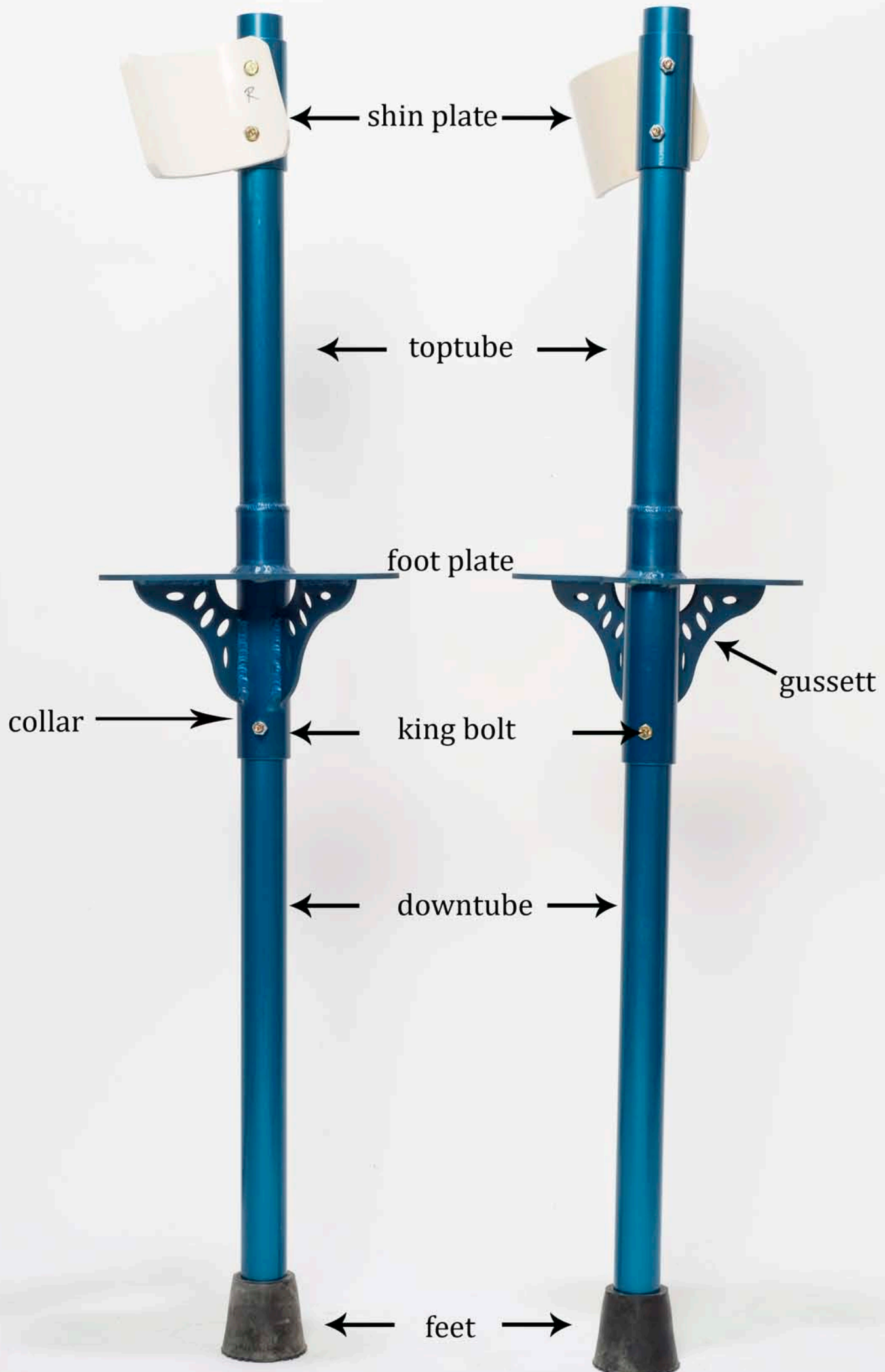
The USER (YOU) knowing the extreme nature of this endeavor, assumes all responsibilities.

If the user is not willing to assume the risks associated with this sport and activity then perhaps the user should not engage in the sport and the use of this equipment, or any activity or with any gear or equipment that puts the body in probable place for injury or death.

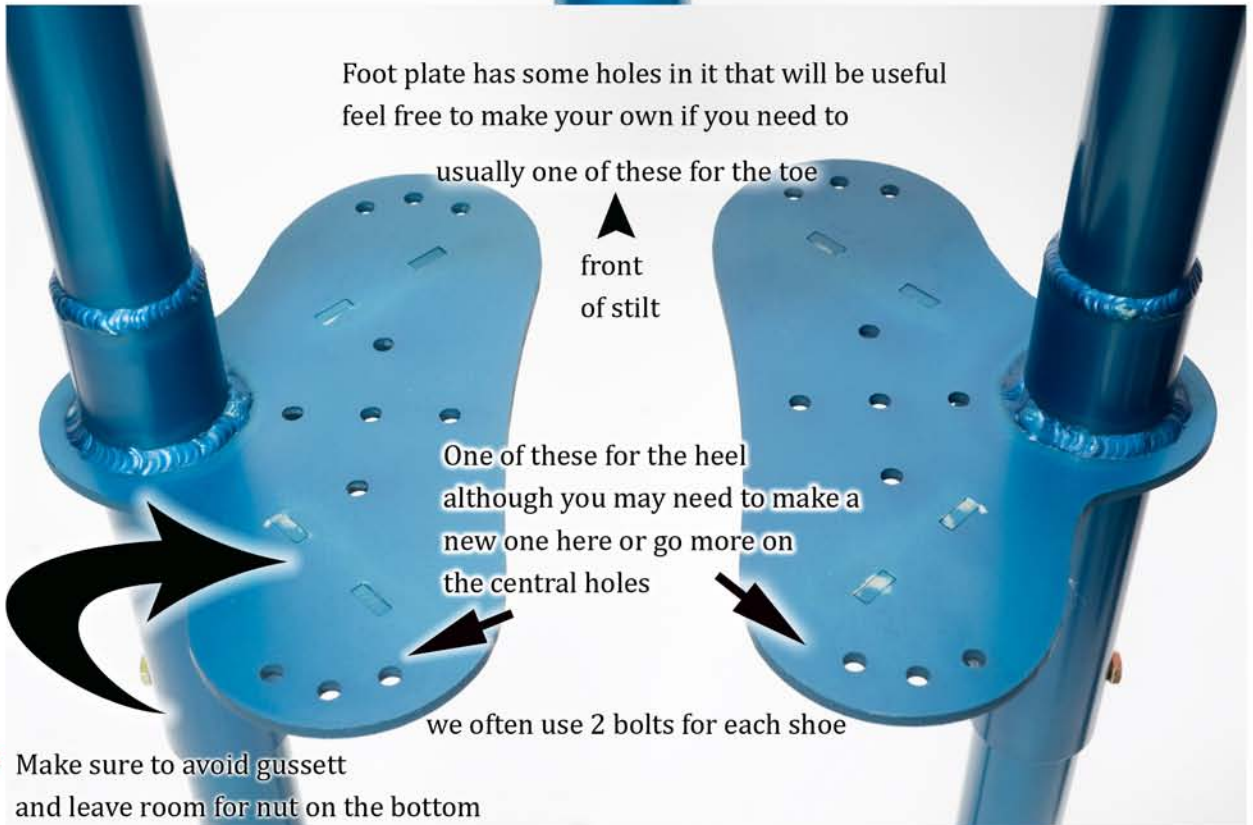
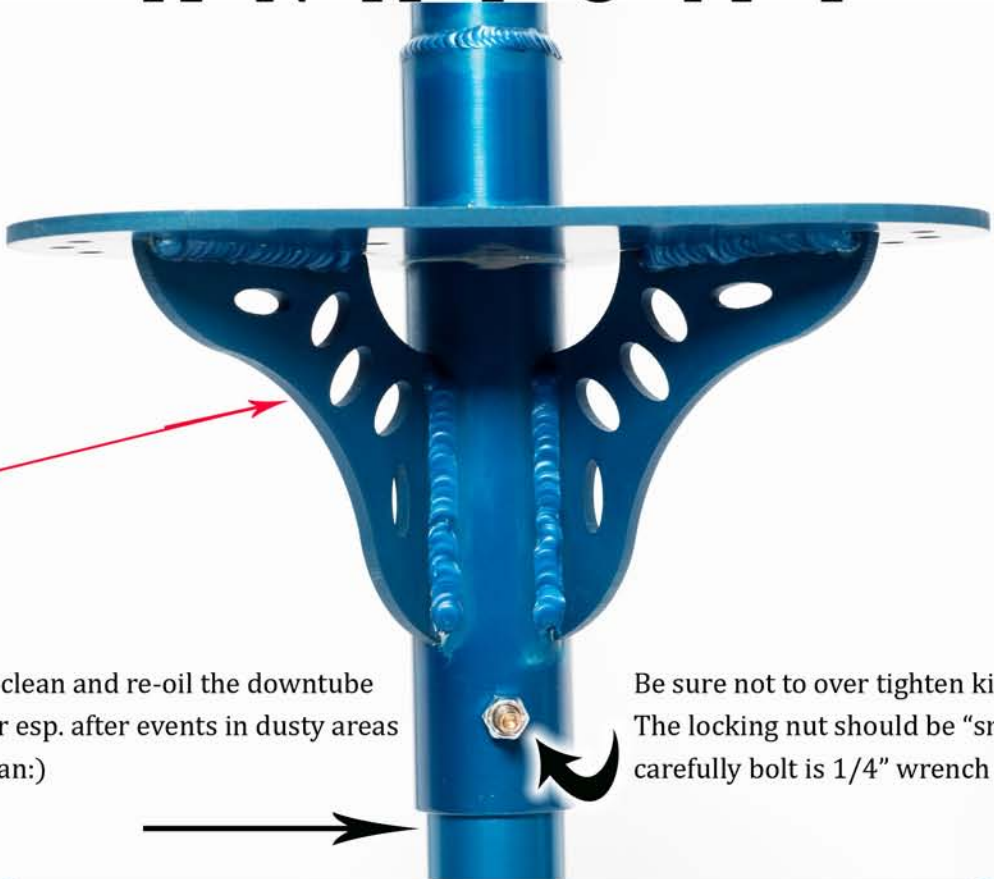
Daddy Long Legs Stilt Co. will inspect any breakage upon return of goods and in good faith if we can see that the manufacturing process was faulty by inspection of the unit in question and/or we see a trend in batched serial numbers related to that pair we will replace it free of charge.

be responsible- stilting is dangerous

A N A T O M Y

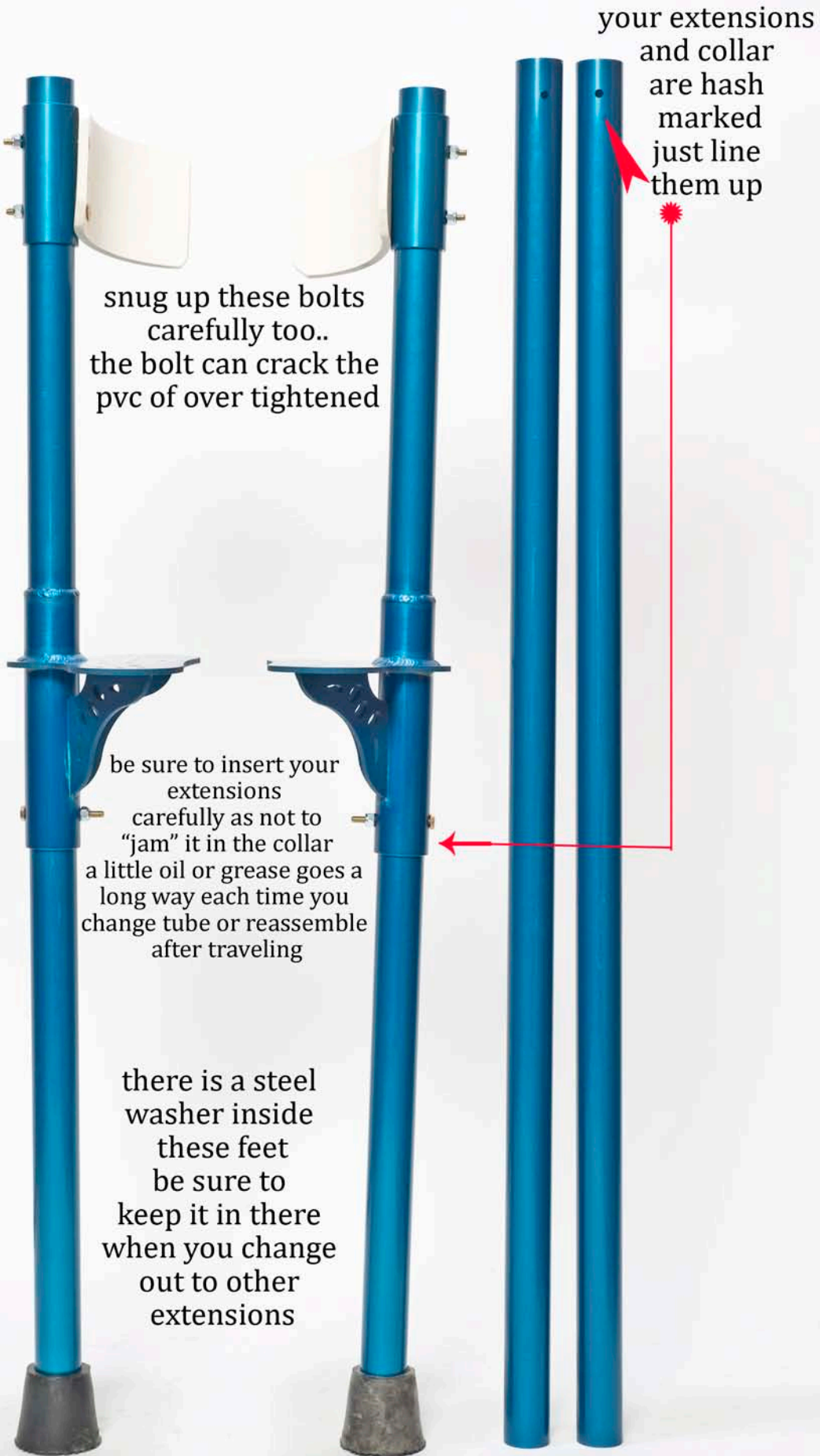


A N A T O M Y



We recommend that you use new shoes or shoes that are in good shape-with a nice thick sole. We find that skate shoes and shoes with flat soles work best. Purchasing athletic insoles are a good idea too.

ANATOMY





ATTACHING YOUR SHOES



pull out insole and loosen or remove laces



**clamp your shoe down
exactly where you want it to be**







arch of foot is aligned with stilt tube

usually we find that this can vary an
inch on each side depending on the person
but its is somewhat in center relation
to the top of the tab

note the alignment of the shoe and the stilt



**drill thru the holes
already set in foot plat
that align best with
your shoe**





2 bolts usually work best-
keeping the arch or
middle of the shoe free
bes sure not to
overtighten the shoe bolts
to avoid distortion of your
shoe Also the bolt and
washer can tear all the
way thru the shoe-so get
it nice and tight but stop
short of distortion your
shoe



**hold bottom nut
and tighten the
bolts in the shoe
careful not to
over tighten
it will distort the
shoe & eventually
cut thru it-besides
being
uncomfortable**





note the washer





**both shoes attached and
ready to form fit the plastic**







Installing a new shin plate

top hole of plastic is already drilled precisely install and tighten down

set the slight angle -(1-3degrees)
and drill plastic thru hole that
is already in stilts





**tightening up this top bolt will
help secure the plastic
while you drill thru it**

**knee plates are
generally set about 1-3 degrees
towards the front of the body
and drill thru the plastic**



CREATING A COSMETIC FIT

**put on stilt—then slowly heat up plastic
this takes about 3–5 minutes
plastic is very flexible when ready
remember to have your pads & materials
in arms reach**





slowly go over all sides of the knee plate

NOTE:

your shin plate may not need to be molded as we have come up with an average size that seems to work for most users





about 2-3 inches away



carefully place the warm plastic onto the pad where the knee plate will go use finger tips to get it in place then grab the pad for the other side & get ready to put it in place on top so you can get a full surround to press the warm plastic to fit your form.



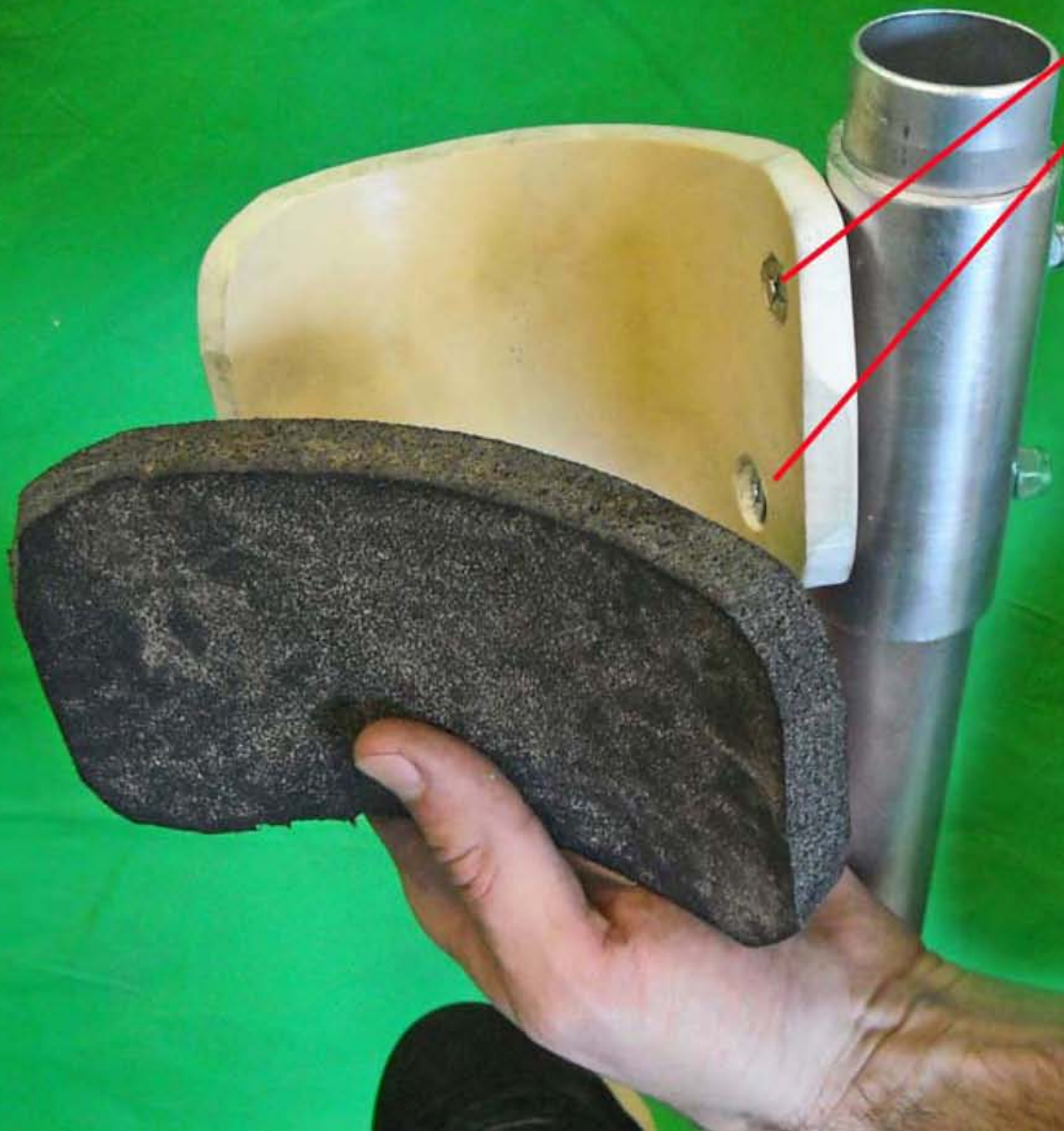


now using both pads to protect your leg from the heat press and hold that plastic & snug it completely to fit your leg—flex your calf & extend your leg out to insure that you get a fit that is accommodating to flexion.





**plastic custom fit for you and now ready to
apply the pad--note the counter sink of the bolts**



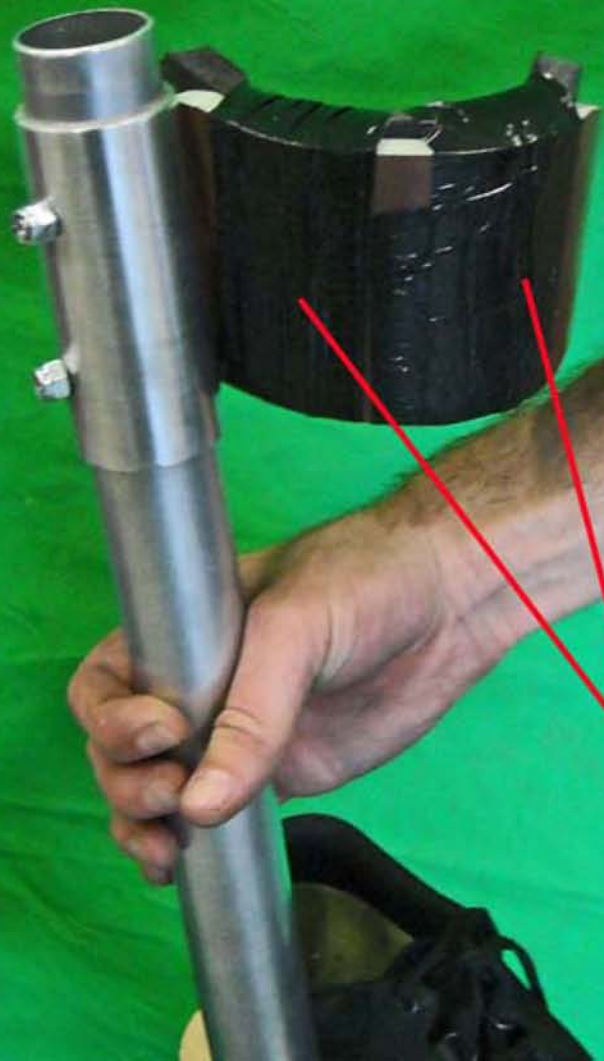


**taping from the inside to the outside
to insure pad covers the edge of the
plastic-don't over tape this pad...or
at least not till you try it on and
walk in it**





it takes about 2-- 18 inch pieces of tape



**now ready to attach the small
piece of hook onto the face of
the knee plate**

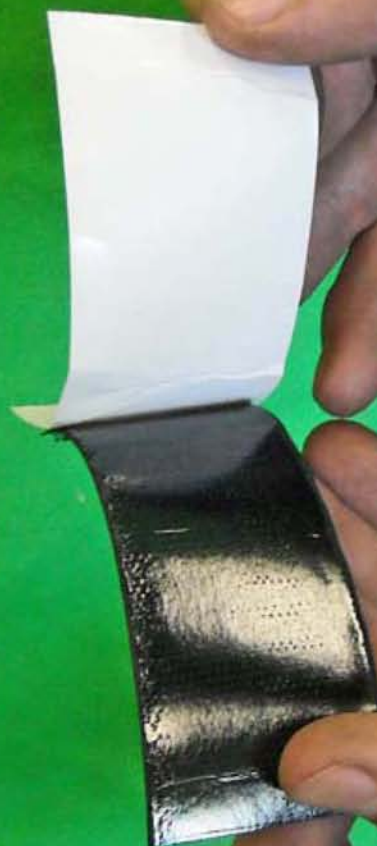


1/2 the component of velcro--hook





**peel the hook side of the
small piece provide**



**place in line with the direction of
the path of the velcro strapping**





done!



loop side





**now place the velcro strap
directly on the knee plate**





ready to strap in!



knee pads are essential







**2 way stretch lycra about
3 ft long x 10 inches wide**

**be sure to encapsulate the whole
knee plate a couple of times in the
wrap then you can tie it off with a
square knot-or 2 overhand knots
on top of one another**



ready to get up!





thats what friends are for





up up & away!

