



Red Nail and Gold Nail: Rules for Bending and Official Referee Form

Rules for Bending a Red Nail or a Gold Nail

Bending nails is a fun and effective way to strengthen your grip and demonstrate your wrist, hand, and upper body strength. Please use caution when bending nails, and always train with safety and good sense first and foremost in your mind; your hand health should always be your primary consideration.

There are several recognized methods for legitimately bending an IronMind Red Nail or a Gold Nail:

- hands at waist level, bending the nail downward into a U
- hands at chest level, bending the nail downward into a U
- hands at head or chest level, bending the nail upward into a U

Other variations of these are acceptable, so long as:

1. You are bending an authentic IronMind Red Nail™ or Gold Nail™ that has not been modified in any way.
2. Only genuine IronMind Hand Pads are used; they cannot be modified in any way. No accessories (such as rubber bands) can be added to the pads and used during the bend.
3. Ordinary chalk (magnesium carbonate) may be used on the bender's hands, but nothing else is permitted (tacky, for example, is specifically disallowed).
4. No part of the bender's arms or hands may touch the body below the waist level.
5. The nail is bent into a U shape in less than one minute with the legs of the nail spread no more than 2 inches at the completion of the bend.
6. The bender is not allowed to use any wraps, tape or any other supporting material on his body.

Verification:

Bender's Name: _____

Address: _____

Telephone: _____

Email: _____

Age: _____ Weight: _____ Height: _____

Referee's Name: _____

Certification Location: _____

Telephone: _____

Email: _____

Referee's Signature: _____

I verify that (bender) _____ bent the IronMind Red Nail Gold Nail following all of the rules listed above.

Date: _____

In order to make our decision regarding your certification, IronMind requires that you contact us within 24 hours with the result of the certification attempt. The following is to be received by IronMind within 72 hours of the certification attempt:

- Completed Official Referee Form (sent by referee)
- A short biography (please include your age, weight, and height; where you live; what your work and interests are; some information about your training and goals; and any related accomplishments you'd like to mention)
- A waist-up photo of you

Please return this completed form to:
 IronMind Enterprises, Inc., PO Box 1228, Nevada City, CA 95959 USA
 tel: 530-272-3579; fax: 530-272-3095; e-mail: sales@ironmind.com

