

How to use Touch-Free punching

emiTag

Strap the emiTag around your wrist as shown on the picture. In speed the punching is performed by holding the emiTag 20-50 cm from the control for a short moment. The red LED light in the emiTag will start flashing, and keeps flashing for 10 seconds after the punch.

NOTE! It is important to see this flashing, since this is the only feedback telling you that the punch is performed correctly!!!!!!

At the competitions you are using two emiTag, strap both tags around same wrist and fasten them with safety pins.



TOUCH-FREE PRO

The controls are of the type Touch-Free PRO. Punching range is 75cm. The range is reduced by punching in high speed. Touch-Free PRO control unit is inside the o-flag fastened on a stick. On most controls there are control units on both side of the track. **Do NOT touch the flag or control unit when punching.**

START

Touch-Free Start PRO. Hold your emiTags up to the starting unit to "zero" the emiTags 2 minutes before the start.

FINISH

In finish there are loops on the ground so that you pass the finish line at full speed. The readout is after the finish line.

An example how to punch and control the punch in high speed!

