



Red Nail and Gold Nail: Rules for Bending and 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. Only your hands are touching and bending the nail.
2. You are not pushing the nail against any other body part or other object.
3. You are not using any other materials or devices, except for a pair of IronMind's Hand Pads, which can be folded to pad the palms or simply wrapped around the entire nail.
4. The bend is completed within 1 minute.
5. You are bending an authentic IronMind Red Nail™ or Gold Nail™ that has not been modified in any way.
6. You bend the nail into a U shape.

Verification:

Bender's Name: _____

Referee's Name: _____

Address: _____

Certification Location: _____

Telephone: _____

Telephone: _____

Email: _____

Email: _____

Referee's Signature*: _____

Date: _____

*By signing above, I verify that (bender) _____ bent the IronMind Red Nail Gold Nail

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 sent to IronMind within 72 hours of the certification attempt (both email and snail mail are acceptable):

- Completed Rules for Bending and 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 and all necessary items 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

