

# Safety Caution

## Caution When installing

WARNING	Special knowledge is required to replace the front fork, rear cushion unit. If someone without special knowledge performed installation, and the installation was improper, it may cause damage on the motorcycle and accident. Please make sure that replacement is conducted in a dealership or controlled environment where there are technicians with special knowledge and skills.
	If the product is installed on a modified motorcycle, it may cause function and performance deterioration. Install this product only on a motorcycle with genuine parts of its manufacturer.
CAUTION	This product is a precision machine part. Deformation and dent from a drop, hammer, and shock may cause function and performance deterioration. When handling and installing the product, do not drop, hammer, and apply shock.
	If only one person handles the product, there may be a case that a motorcycle and parts cannot be held by himself/herself. Make sure 2 or more people work when removing and installing the product.

## Caution when Using

WARNING	High-pressure nitrogen gas is filled in this product. When disassembling and refilling nitrogen gas, the product may burst causing serious injury. If exposed to flames and puncture a hole, this product may burst causing serious injury. Replacement and discarding must be done by a specified dealership.
CAUTION	There are recommended inspection items for this product to maintain its performance. If not inspected and defects are ignored, it may cause function and performance deterioration. When using, make sure to perform the necessary inspection items described in this manual.
	Always use the oils specified by SHOWA. When unspecified oils are used, it may cause function and performance deterioration.

**※This product is dedicated for race , so it is not covered by warranty. It is not covered by warranty if it is used outside of a race or on a vehicle outside a race circuit. Please use oil dedicated for this model. Please contact a dealer for details.**

# Overview

## List of Specification FF

		A-kit	19Y STD
Spring	Rate (N/mm)	5.0	5.0
Operation oil	Type of oil	A15-00	SS19
	Amount of oil in the damper	243cc	243cc
	Amount of oil in the outer tube	315cc	356cc
Damping force	COMP	Max-20 clicks	Max-12 clicks
	REB	Max-20 clicks	Max-8 clicks

## List of Specification RC

		A-kit	19Y STD
Spring	Rate (N/mm)	56	56
Operation oil	Type of oil	SS25	SS25
	Oil level of damper	370cc	370cc
Filled gas pressure	kPa	900	980
Rod size	φ	18	16
Damping force	COMP (Low)	Max-20 clicks	Max-10 clicks
	COMP (High)	MAX-3 turn	MAX-3·1/3 turn
	REB	Max-20 clicks	Max-19 clicks

## Necessary Inspection Items

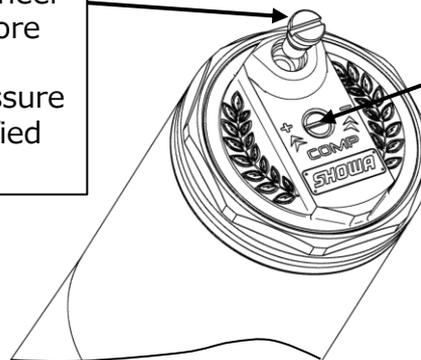
	Before riding	Semi-annually	Annually
Check of outer appearance: loose Bolt, cracks, deformations	↓	↓	↓
Operation check of the front fork suspension.	↓	↓	↓
Oil leakage of the front fork suspension.	↓	↓	↓
Operation check of the rear suspension operation.	↓	↓	↓
Oil leakage of the rear suspension operation.	↓	↓	↓

For details of removing and mounting, please refer to the 18YM CRF450R Owner'S/ Service Manual of the motorcycle manufacturer.



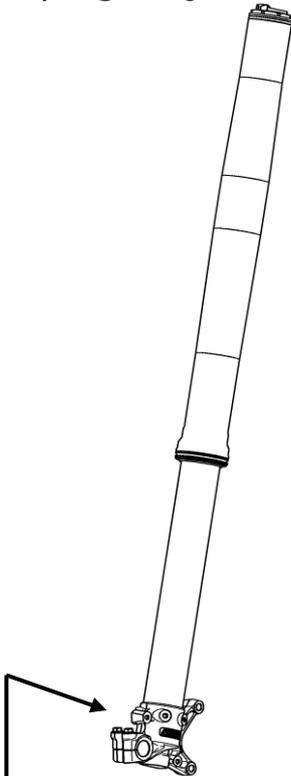
- ①air pressure adjustment
- ②compression damping adjuster

①air pressure adjustment  
1. Before riding, but the bike in vertical position. The front wheel should be off the ground before release the pressure  
2. Install and tighten the pressure release screw with the specified torque : 1.3 N·m

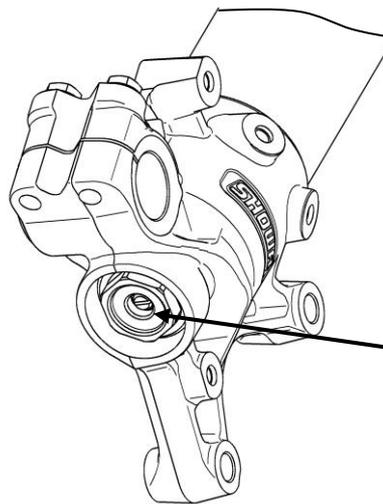


②compression damping adjuster  
Use the right size tool for adjusting the compression adjuster on the Fork cap.  
(8 clicks/1 full turn)  
clockwise      HARD  
counterclockwise      SOFT

**⚠ CAUTION :**  
Do not force to turn from the position that stops lightly for the Soft side and Hard side. It may cause internal damage.



③rebound damping adjuster

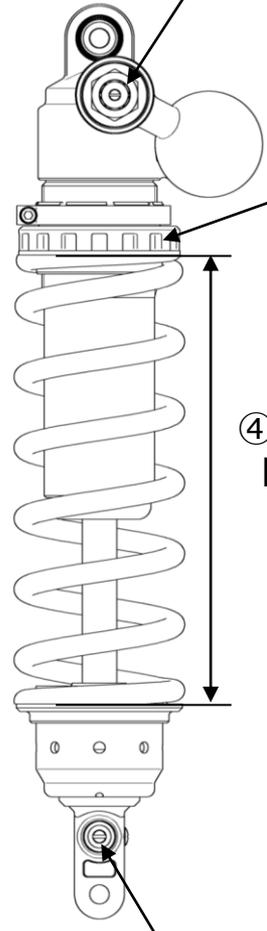


③Rebound Damping Adjustment  
Use the right size tool for adjusting the rebound adjuster on the Forks centre bolt  
(8 clicks/1 full turn)  
clockwise      HARD  
counterclockwise      SOFT

Axle bolts  
Tightening torque : 20N·m

For details of removing and mounting, please refer to the 18YM CRF450R Owner's/Service Manual of the motorcycle manufacturer.

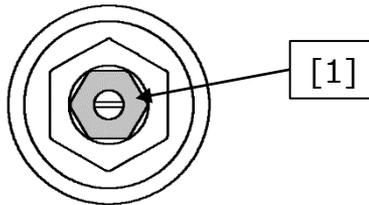
① High speed Compression damping adjuster



② Rebound damping adjuster

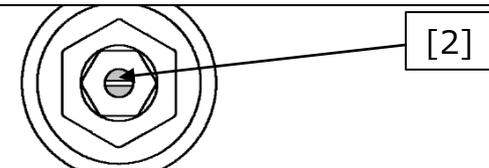
①: High speed compression damping adjuster

Use the right size tool for adjusting the [ 1 ] High speed compression damping adjuster on the Rear Shock absorber  
 clockwise HARD  
 counterclockwise SOFT



① Low speed compression damping adjuster

Use the right size tool for adjusting the [ 2 ] High speed compression damping adjuster on the Rear Shock absorber  
 (8 clicks/1 full turn)  
 clockwise HARD  
 counterclockwise SOFT



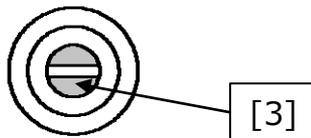
③ Pre-Load adjustment

④ spring length

**CAUTION :**  
 Do not force to turn from the position that stops lightly for the Soft side and Hard side. It may cause internal damage.

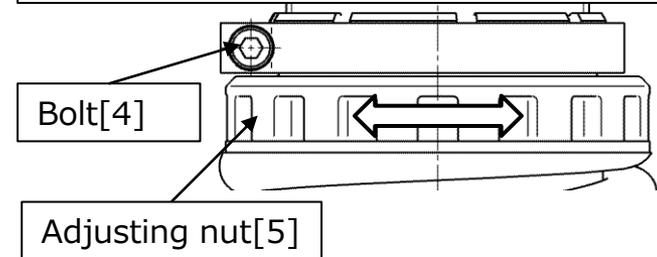
② Rebound Damping Adjuster

Use the right size tool for adjusting the [ 3 ] Rebound Damping Adjuster on the Rear Shock absorber  
 (8 clicks /1 full turn)  
 clockwise HARD  
 counterclockwise SOFT



③ Pre-Load adjustment

Measure the Spring length while the Rear wheel is off the ground. After loosening the Bolt [ 4 ], turn the adjusting nut [ 5 ] to adjust the spring length.  
 Take care not to deform the rubber adjuster. After adjusting, tighten the Bolt [ 4 ] with the specified torque  
 torque : 5 N·m



④ Spring length

- Standard 237mm
- Adjustment range 230~237mm