

## KYB and Showa Shock Service

Rebuilding shocks is fairly simple for the mechanically inclined using common hand tools. If you feel you do not have the mechanical ability, please do not attempt to rebuild your shock.

That said, most of the tools you will need are likely in your toolbox. The only special tool that is absolutely needed is the nitrogen tank and regulators. You can usually rebuild your shock and take it to your local dealer for recharging.

Shocks need rebuilding for various reasons. The oil breaks down after a lot of use and needs to be changed. I change my oil twice a year but riders who ride a lot will need to service their shock more. If you have oil running down your shock shaft, or if your shock suddenly gets springy, your seal head has likely blown. Some of the steps listed below can be ignored if you are only changing your oil. Do all of the steps if you are replacing a seal head. Good luck and e-mail me at [motoprof@motocross.com](mailto:motoprof@motocross.com) if you have any questions.

I tried to make servicing shocks as easy as I can. This is why this article is written in the way that it is. If you fill in the information when asked, it will make your job easier when reassembling it.

1. Remove the shock from the bike and clean it thoroughly.
2. Measure the installed spring length before removing the spring, **fig 1**. This will allow you to reinstall the spring close to the original sag if using the same spring.

**My installed spring length is**

\_\_\_\_\_

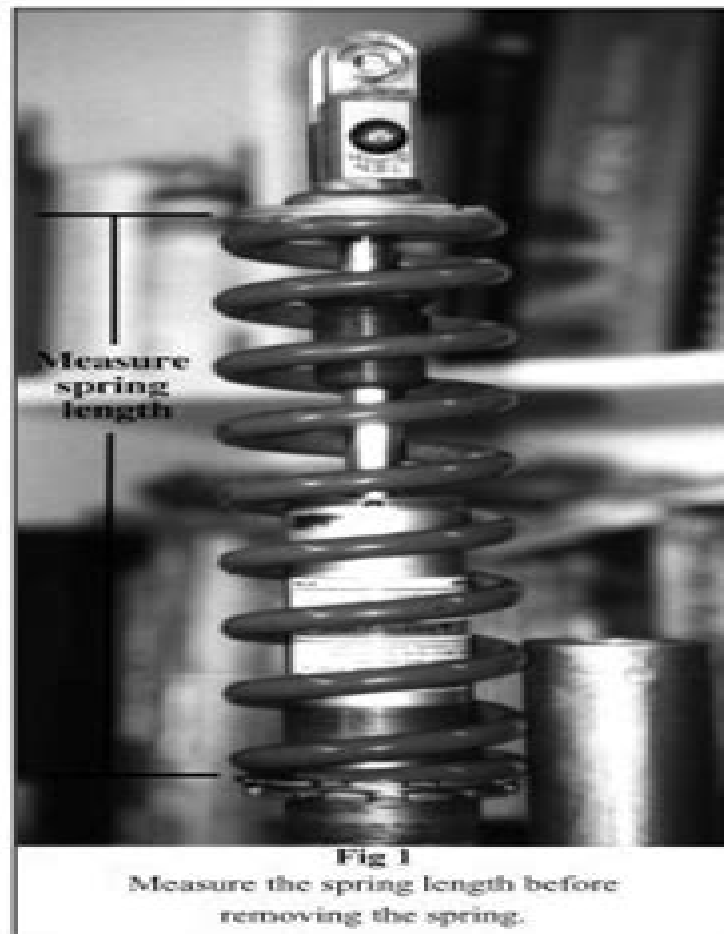
3. Screw both the compression and rebound adjusters in while counting how many clicks you hear.

**My low speed compression adjuster is**  
\_\_\_\_\_ **turns out.**

**My high speed compression adjuster is**  
\_\_\_\_\_ **turns out (if installed).**

**My rebound adjuster is**  
\_\_\_\_\_ **turns out.**

4. Turn the compression and rebound adjusters all the way out.



5. Clamp the shock in a padded vice and push down the nitrogen valve core to remove all of the nitrogen from the bladder. Remove the valve core.

# Showa Shock Manual

**N Noddings**



## Showa Shock Manual:

**Mergent International Manual** ,2009      **MX & Off-Road Performance Handbook -3rd Edition** Eric Gorr,      **The Red Baron's Ultimate Ducati Desmo Manual** Eduardo Cabrera Choclán,2019 The secrets of Ducati L twins with belt driven cams finally explained in a single DIY mechanic friendly manual This book is the incredibly comprehensive practical manual you have been waiting for      *Moody's International Manual* ,2000      Current Catalog National Library of Medicine (U.S.),1967 Includes subject section name section and 1968 1970 technical reports      *National Library of Medicine Current Catalog* National Library of Medicine (U.S.),1974 First multi year cumulation covers six years 1965 70      *The Pennsylvania Manual* ,1922      Smull's Legislative Hand Book and Manual of the State of Pennsylvania ,1922      **Cycle World Magazine** ,2010-01      *Suzuki GSX-R Performance Projects* Ian Falloon,      **Cycle World Magazine** ,1980-01      Cycle World Magazine ,1986-01      *WALNECK'S CLASSIC CYCLE TRADER, JULY 2005* Causey Enterprises, LLC,      **Cycle World** ,2001

**United States Government Publications Monthly Catalog** ,1947      **Road and Track** ,1992      *The Honda Valkyrie* Peter Rakestrow,2017-08-15 The story of the ultimate Honda power cruiser      *AAMA Specifications Form - Passenger Car; Chrysler Sebring. 1999* ,1998      MVMA Specifications Form - Passenger Car; Geo Metro. 1990 ,1989      *American Motorcyclist* ,2007-12 American Motorcyclist magazine the official journal of the American Motorcyclist Association tells the stories of the people who make motorcycling the sport that it is It s available monthly to AMA members Become a part of the largest most diverse and most enthusiastic group of riders in the country by visiting our website or calling 800 AMA JOIN

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