

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 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

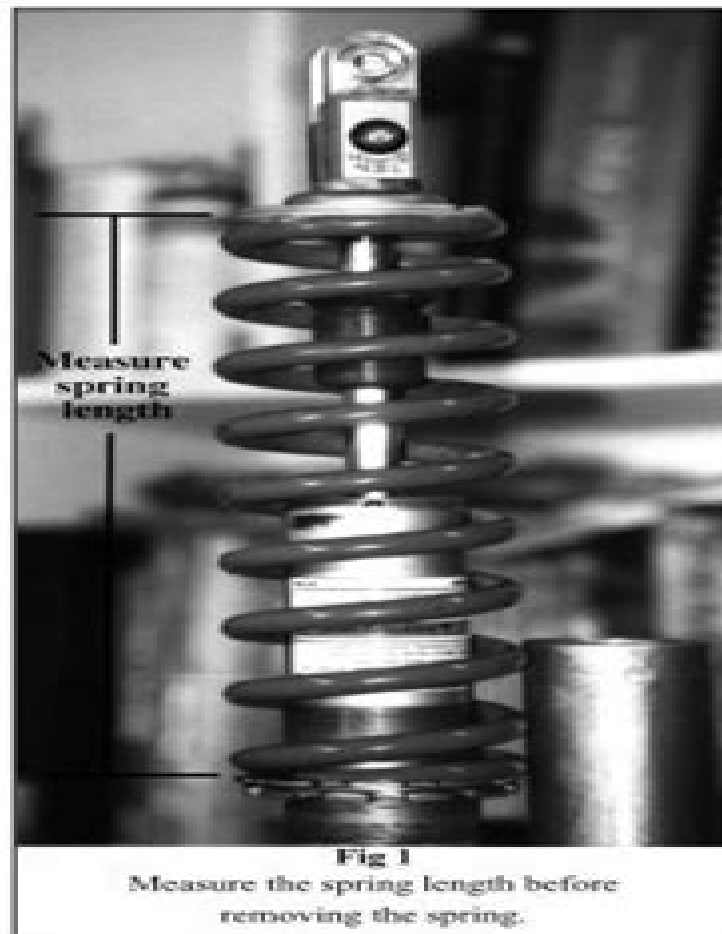
3. Screw both the compression and rebound adjusters in while counting how many clicks you hear.

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.

Kyb And Showa Shock Service Idriders

J Spring



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