

XBOX 360

KINECT™

My Self Defence Coach



UBISOFT®

KINECT, Xbox, Xbox 360, Xbox LIVE, and the Xbox logos are trademarks of the Microsoft group of companies and are used under license from Microsoft.

300042910

! WARNING Before playing this game, read the Xbox 360® console instructions, KINECT sensor manual, and any other peripheral manuals for important safety and health information. Keep all manuals for future reference. For replacement hardware manuals, go to www.xbox.com/support or call Xbox Customer Support.

For additional safety information, see the inside back cover.

Important Health Warning About Playing Video Games

Photosensitive seizures

A very small percentage of people may experience a seizure when exposed to certain visual images, including flashing lights or patterns that may appear in video games. Even people who have no history of seizures or epilepsy may have an undiagnosed condition that can cause these “photosensitive epileptic seizures” while watching video games.

These seizures may have a variety of symptoms, including lightheadedness, altered vision, eye or face twitching, jerking or shaking of arms or legs, disorientation, confusion, or momentary loss of awareness. Seizures may also cause loss of consciousness or convulsions that can lead to injury from falling down or striking nearby objects.

Immediately stop playing and consult a doctor if you experience any of these symptoms. Parents should watch for or ask their children about the above symptoms—children and teenagers are more likely than adults to experience these seizures. The risk of photosensitive epileptic seizures may be reduced by taking the following precautions: Sit farther from the screen; use a smaller screen; play in a well-lit room; do not play when you are drowsy or fatigued.

If you or any of your relatives have a history of seizures or epilepsy, consult a doctor before playing.

PEGI ratings and guidance applicable within PEGI markets only.

What is the PEGI System?

The PEGI age-rating system protects minors from games unsuitable for their particular age group. PLEASE NOTE it is not a guide to gaming difficulty. Comprising two parts, PEGI allows parents and those purchasing games for children to make an informed choice appropriate to the age of the intended player. The first part is an age rating:



The second is icons indicating the type of content in the game. Depending on the game, there may be a number of such icons. The age-rating of the game reflects the intensity of this content. The icons are:



For further information visit <http://www.pegi.info> and pegionline.eu

! Playing KINECT Safely

Make sure you have enough space so you can move freely while playing.

Gameplay with KINECT may require varying amounts of movement. Make sure you won't hit, run into, or trip over other players, bystanders, pets, furniture, or other objects when playing. If you stand or move during gameplay, you need good footing.

Before playing: Look in all directions (right, left, forward, backward, down, and up) for things you might hit or trip over. Be sure your play area is far enough away from windows, walls, stairs, etc. Make sure there is nothing you might trip on—for example, toys, furniture, loose rugs, children, pets, etc. If necessary, move objects or people out of the play area. Don't forget to look up—be aware of light fixtures, fans, or other objects overhead when assessing the play area.

While playing: Stay far enough away from the television to avoid contact. Keep enough distance from other players, bystanders, and pets—this distance may vary between games, so take account of how you are playing when determining how far away you need to be. Stay alert for objects or people you might hit or trip on—people or objects can move into the area during gameplay, so you should always be alert to your surroundings.

Make sure you always have good footing while playing. Play on a level floor with enough traction for the game activities, and make sure you have appropriate footwear for gaming (no high heels, flip flops, etc.) or are barefoot if appropriate.

Before allowing children to use KINECT: Determine how each child can use KINECT and whether they should be supervised during these activities. If you allow children to use KINECT without supervision, be sure to explain all relevant safety and health information and instructions. **Make sure children using KINECT play safely** and within their limits, and make sure they understand proper use of the system.

To minimize eyestrain from glare: Position yourself at a comfortable distance from your monitor or television and the KINECT sensor; place your monitor or television and KINECT sensor away from light sources that produce glare, or use window blinds to control light levels; choose soothing natural light that minimizes glare and eyestrain and increases contrast and clarity; and adjust your monitor's or television's brightness and contrast.

Don't overexert yourself. Gameplay with KINECT may require varying amounts of physical activity. Consult a doctor before using KINECT if you have any medical condition or issue that affects your ability to safely perform physical activities or if: You are or may be pregnant; you have heart, respiratory, back, joint, or other orthopedic conditions; you have high blood pressure or difficulty with physical exercise; or you have been instructed to restrict physical activity. Consult your doctor before beginning any exercise routine or fitness regimen that includes KINECT. Do not play under the influence of drugs or alcohol, and make sure your balance and physical abilities are sufficient for any movements while gaming.

Stop and rest, if your muscles, joints, or eyes become tired or sore. If you experience excessive fatigue, nausea, shortness of breath, chest tightness, dizziness, discomfort, or pain, STOP USING IMMEDIATELY, and consult a doctor.

See the Healthy Gaming Guide at www.xbox.com for more information.

My Self Defence Coach

TABLE OF CONTENTS

Connect to Xbox LIVE	2
How to Get Help with KINECT.....	2
Game Controls.....	3
Introduction.....	4
Navigation	4
How to Begin.....	6
Activities	7
Profile & Extras	10
Calendar	11
Options.....	11
Technical Support	15
Warranty	16
Playing KINECT Safely.....	17

Xbox LIVE

Xbox LIVE® is the online game and entertainment service for Xbox 360. Just connect your console to your broadband Internet service and join for free. You can get free game demos and instant access to HD movies (sold separately)—with KINECT™, you can control HD movies with the wave of a hand. Upgrade to an Xbox LIVE Gold Membership to play games online with friends around the world and more. Xbox LIVE is your connection to more games, entertainment, and fun. Go to www.xbox.com/live to learn more.

Connecting

Before you can use Xbox LIVE, connect your Xbox 360 console to a high-speed Internet connection and sign up to become an Xbox LIVE member. For more information about connecting, and to determine whether Xbox LIVE is available in your region, go to www.xbox.com/live/countries.

Family Settings

These easy and flexible tools enable parents and caregivers to decide which games young game players can access based on the content rating. Parents can restrict access to mature-rated content. Approve who and how your family interacts with others online with the Xbox LIVE service, and set time limits on how long they can play. For more information, go to www.xbox.com/familysettings.

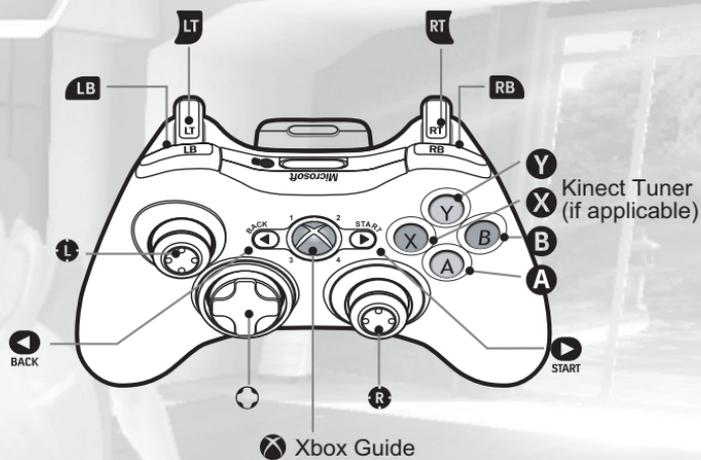
How to Get Help with KINECT

Learn More on Xbox.com

To find more information about KINECT, including tutorials, go to www.xbox.com/support.

GAME CONTROLS

Xbox 360 Controller



INTRODUCTION

A new dojo just opened! It's the opportunity to learn how to defend yourself against all types of attacks and situations.

In this dojo, each room is dedicated to an activity which will help you, in a calm and cool atmosphere, to prepare your body and spirit to learn Self Defence techniques.

You can also choose the coach with whom you feel the most comfortable. They will follow you in each workout, cheering you on and bringing you advice.

It's now time for you to open the doors to the dojo and begin your training.

NAVIGATION

In the Main Menu

The main menu, set up like a carousel, only displays one option at a time. To display the next option, do a hand movement to the right or the left.

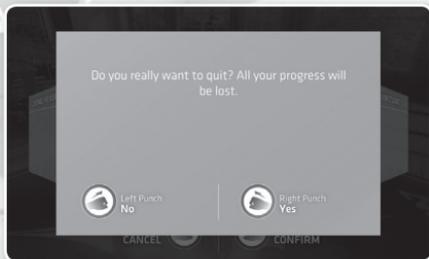


To confirm an option, do a right punch toward the screen, perpendicular to the body. After doing a punch, don't keep your arm outstretched, bring it back to your body.

To cancel and return to the previous choice, do a left punch toward the screen.

Contextual Screens

You will sometimes have to answer a question yes or no. Just do a right punch for a positive answer and a left punch for a negative one.



The right punch can also be used to skip tutorials, demonstrations or videos.

In-game

During a class, you can pause by placing your open left hand parallel to the bottom left corner of the screen while keeping your body straight.

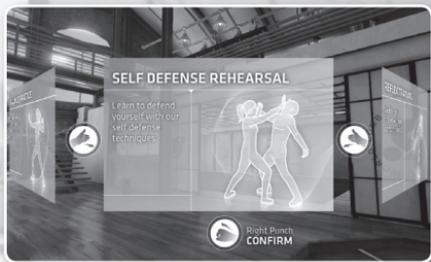
The pause menu works like the main menu, except that the left punch allows you to go back to the workout.

HOW TO BEGIN

First time playing

If you launch the game for the first time, you will have to answer a couple questions to complete your profile: What is your gender? And your coach's?

To answer, you will use two menus which function just like the main menu. You will access the main menu once you have answered the questions.



The main menu

The main menu has six options:

- Self Defense Rehearsal
- Cardio Workout
- Balance Practice
- Reflex Training
- Profile and Extras
- Options

When you confirm one of these options, you go to the activity menu. “Profile and Extras” and “Options” have specific sub-menus.

The activity menu works like the main menu. It allows you to select a class, containing several lessons. To find out how you did on an activity, raise your left hand in this menu.

Some activities or classes are locked at the beginning of the game. They are represented in grey in the menus. You have to keep learning Self Defence techniques and successfully complete your lessons in each activity to unlock them.

ACTIVITIES

For each activity, be sure to always face the Xbox 360 Kinect Sensor, your legs parallel.

Self Defense Rehearsal

This is the game's main activity. You will learn different specific defence techniques according to the type of attack and context.

First, the coach and their assistant will show you the steps for the technique. Then, you will copy the steps, one at a time. And finally, you will copy the entire technique, with proper timing.



Cardio Workout

Practise different fitness sessions inspired by combat movements!

You will have to copy the sequences of movements along with your coach. These classes will increase your stamina and sense of coordination.



Balance Practice

These balance classes are similar to the cardio workouts, but the objective is different. You must copy your coach's movements in order to improve your balance. The movements are very slow and require precision.



Reflex Training

You have three types of classes: dodging, blocking and striking.

This part of the game will allow you to train your reflexes!

Dodging requires you to have good reflexes to avoid your coach's strikes, while blocking enables you to stop them with your arms or legs (depending on the mode selected: punch or kick).

When you begin striking class, the coach will get into various positions, wearing hand protections or pads and you'll have to carry out the correct strike with your hands or legs (depending on the mode selected: punching or kicking).



Results screens

Your performances are evaluated for each activity. These indicators are used to give you a grade at the end of the class.



In this screen, you can view the different details of your performance depending on the activity chosen.

According to your performance, a screen can appear to inform you that you have unlocked a new level or activity, earn a new title or unlocked an achievement.

PROFILE AND EXTRAS

In this menu, you can view your general or specific progress in each activity. From this menu, you can also edit your profile or look at the extra contents.

View your progress

With the “View Profile” option, you can have a look at a general image representing your level in each activity, as well as some details on your general progress.



Moving your hand to the left or the right will also display a graphic for an activity. Each graphic represents your progress in one activity. Each graphic is followed by some additional information on your progress with your current title.

The title represents your level in the activity.

These specific graphics can also be consulted by raising your left hand in the relevant activity menu.

Manage your profile

The “Edit profile” option enables you to change the information you gave the first time you launched the game (your gender and your coach’s gender).

“Change profile” allows you to play with a different gamertag.

Coach’s tips

In this menu, at any time, you may view the coach’s tip videos that you unlocked throughout the game.

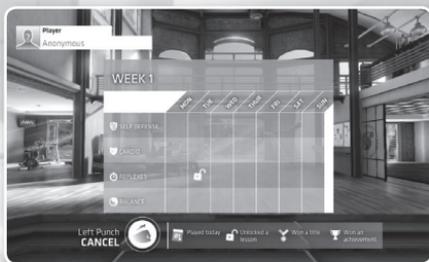
These videos bring you tips from a professional coach on different aspects of Self Defence. You unlock them by getting good results in each activity.

Achievements

As you progress or when you did a great job, you win an achievement. You can find a list of all the game’s achievements in this menu.

CALENDAR

The calendar allows you to see your level of diligence in each activity. On every day that you finish a class, a stamp will appear in your calendar. Special stamps will replace the previous ones in the calendar, based on your progress in that one day (unlocked content, won a title...).



OPTIONS

This menu allows you to modify visual and sound settings, languages, subtitles and storage devices and view the game's credits.

NOTES



NOTES



NOTES



MY SELF DEFENCE COACH

© 2011 Ubisoft Entertainment. All Rights Reserved. Ubisoft and the Ubisoft logo are trademarks of Ubisoft Entertainment in the U.S. and/or other countries. Developed by AMA Ltd.

TECHNICAL SUPPORT

If you experience difficulties playing your Ubisoft game, please contact our 24-hour online solution centre at <http://support.ubi.com> first.

Our Support team can be reached on **0871 664 1000** (national rate) between 11am and 8pm, Monday to Friday (excluding bank holidays).

Faulty Game:

If you believe your game is faulty, please contact our support team before returning your product to the retailer.

Damaged Game:

If your game is damaged at purchase, please return to your retailer with a valid receipt for advice on replacement.

If your receipt has expired and you are within the 90-day warranty period, please contact the Ubisoft support team for verification.

Please note that we do not offer hints & tips at our technical support centre. These can usually be found free of charge on the Internet.

WARRANTY

Ubisoft guarantees to the original purchaser of this computer software product that the compact disc (CD)/cartridge supplied with this product shall not show any default during a normal use period of ninety (90) days from the invoiced date of purchase. In the first instance please return the faulty product to the point of purchase together with your valid receipt. If for any reason this is not possible, (and it is within 90 days of the purchase date), then the faulty compact discs/cartridges should be returned to Ubisoft at the below address, along with a dated receipt, location of purchase, a statement describing the fault, and all original packaging.

Address for returns:

Ubisoft, Chertsey Gate East, London Street,
Chertsey, Surrey, United Kingdom, KT16 8AP

Where a CD key is required to access on-line game play, this cannot be reproduced or replaced. It is the responsibility of the original purchaser to keep this CD key secure. Lost, stolen or damaged CD keys cannot be replaced.