



Krino Holm

EVOLUTION OF BALANCE
unicycles | components | accessories

KH 20"

KH 20"

Designed for Trials, Street, Flatland, Kids Muni

Built to withstand abuse, the KH20 is designed for trials, street, and flatland riding. It also excels as a durable muni for kids.



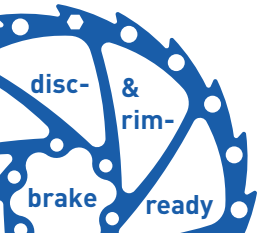
Specifications

Frame	19", 7005 aluminum. Forged bearing housings, butted seatpost tube, rounded flat crown.
Weight	Longneck: 5.5 kg regular neck: 5.4 kg
Colour	KH Signature blue
Hub	KH Moment ISIS CrMo
Cranks	KH Spirit ISIS, 137 mm (single hole, non-disk)
Pedals	Wellgo clear polycarbonate with blue anodized steel pins and spindle
Rim	KH 19", 36 hole, 47 mm wide, eyelets, offset spokes,
Saddle	KH Fusion Street
Seatpost	KH Forged 27.2x350mm bolt-on style, sand blast black
Tire	20x2.50 Maxxis Creepy Crawler
Spokes	14G SS with brass nipples. Spoke length: 171mm (Moment Hub)
Seatpost clamp	KH Double Bolt

KH 24"

Designed for Freeride, All-Mountain Muni

The ultimate all-around mountain unicycle, the KH24 excels for freeriding and all mountain conditions.



Specifications

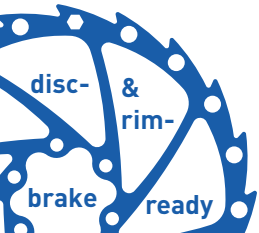
Frame	24", 7005 aluminum. Forged bearing housings, butted seatpost tube, rounded flat crown.
Weight	6.1 kg
Colour	KH Signature blue
Hub	KH Moment ISIS CrMo
Cranks	KH Spirit ISIS, 127/150 mm (double hole, disk brake compatible)
Pedals	Wellgo clear polycarbonate with blue anodized steel pins and spindle
Rim	KH 24", 36 hole, 47 mm wide, eyelets, offset spokes, ovalised holes
Saddle	KH Fusion Freeride
Seatpost	KH Forged 27.2x350mm adjustable, sand blast black
Tire	Duro Wildlife Leopard 24"x3.0
Spokes	14G SS with brass nipples. Spoke length: 231mm (Moment Hub)
Seatpost clamp	KH Double Bolt
Brake Mount	Hydraulic disc brake and Magura rim brake compatible. Brake not included.

KH 26"

KH 26"

Designed for All-Mountain Muni

With a high strength-weight ratio, the KH26 is a versatile mountain unicycle that excels for all-mountain and cross-country trails.



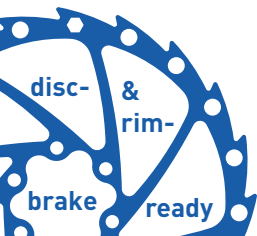
Specifications

Frame	26", 7005 aluminum. Forged bearing housings, butted seatpost tube, rounded flat crown.
Weight	5.5 kg
Colour	KH Signature blue
Hub	KH Moment ISIS CrMo
Cranks	KH Spirit ISIS, 127/150 mm (double hole, disk brake compatible)
Pedals	Wellgo clear polycarbonate with blue anodized steel pins and spindle
Rim	KH 26", 36 hole, 47 mm wide, eyelets, offset spokes, ovalised holes
Saddle	KH Fusion Freeride
Seatpost	KH Forged 27.2x350mm adjustable, sand blast black
Tire	Maxxis High Roller 26"x2.7"
Spokes	14G SS with brass nipples. Spoke length: 260mm (Moment Hub)
Seatpost clamp	KH Double Bolt
Brake Mount	Hydraulic disc brake and Magura rim brake compatible. Brake not included.

KH 29"

Designed for Cross-Country Muni

The KH29 rolls smoothly over bumps and is the fastest choice for cross country mountain unicycling. Also a top quality all-around road/hybrid unicycle.



Specifications

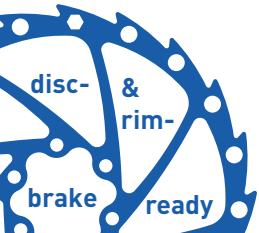
Frame	29", 7005 aluminum. Forged bearing housings, butted seatpost tube, rounded flat crown.
Weight	5.7 kg
Colour	KH Signature blue
Hub	KH Moment ISIS CrMo
Cranks	KH Spirit ISIS, 127/150 mm (double hole, disk brake compatible)
Pedals	Wellgo clear polycarbonate with blue anodized steel pins and spindle
Rim	KH 700c, 36 hole, 47 mm wide, eyelets, offset spokes, ovalised holes
Saddle	KH Fusion Freeride
Seatpost	KH Forged 27.2x350mm adjustable, sand blast black
Tire	Maxxis Ardent 29"x2.4"
Spokes	14G SS with brass nipples. Spoke length: 287mm (Moment Hub)
Seatpost clamp	KH Double Bolt
Brake Mount	Hydraulic disc brake and Magura rim brake compatible. Brake not included.

KH 36"

KH 36"

Designed for Commuting, Distance Riding

With a stiff, lightweight frame and comfortable saddle, the KH36 is built for on and off-road distance riding and commuting.



Specifications

Frame	36", 7005 aluminum. Forged bearing housings, butted seatpost tube, rounded flat crown.
Weight	7.6 kg
Colour	KH Signature blue
Hub	KH Moment ISIS CrMo
Cranks	KH Spirit ISIS, 127/150 mm (double hole, disk brake compatible)
Pedals	Wellgo clear polycarbonate with blue anodized steel pins and spindle
Rim	Nimbus Nightrider, 36 hole, 42 mm wide, eyelets
Saddle	KH Fusion Freeride
Seatpost	KH Forged 27.2x350mm adjustable, sand blast black
Tire	Nimbus Nightrider 36"x2.25" rated up to 65 PSI
Spokes	14G SS with brass nipples. Spoke length: 371mm (Moment Hub)
Seatpost clamp	KH Double Bolt
Brake Mount	Hydraulic disc brake and Magura rim brake compatible. Brake not included.

SPIRIT SPIRIT

Spirit Double Hole Disc Cranks

Strong. Light. Disc brake compatible. Spirit disc cranks result from a sophisticated effort to develop the highest possible strength to weight ratio and pedalling performance in a unicycle crank.

Spirit disc cranks allow installation of a standard disc brake rotor (not included) to the right hand crank. This enables the rider to install a disc brake and maintain an efficient pedalling stance, minimal weight, and the strongest possible wheel geometry. The rotor attachment is hardly noticeable for riders choosing not to use disc brakes. All cranks have double pedal holes for versatility.



Features

- 7050 Aluminum (similar yield strength but tougher than 7075 Al)
- Compatible with most hydraulic disc brakes
- Shaped to avoid ankle bone bashing and heel clipping
- Shaped to optimize shifting for KH/Schlumpf geared hubs
- Double pedal holes for versatility
- Lengths (mm): 110/127, 110/137, 127/150, and 137/165
- Weights: 378 g (110/127), 402 g (110/137), 432 g (127/150), 460g (137/165)
- Disc rotor compatibility: 160 mm or larger, International Standard (IS) mount

SPIRIT

Spirit Single Hole Cranks

Spirit cranks result from a sophisticated effort to develop the highest possible strength to weight ratio and pedalling performance in a unicycle crank. Spirit single hole cranks are designed for trials, street, road, and flatland riding.

Features

- 7050 Aluminum (similar yield strength but tougher than 7075 Al)
- Shaped to avoid ankle bone bashing
- Rollo disk compatible (Spirit version) for flatland riding
- Lengths / Weights: 110 mm (350g) , 127 mm (388g) , 137 mm (410g)



MOMENT

Ultra high strength ISIS spline CrMo or Titanium spindle hub. Built to withstand the punishment of aggressive riding and suitable for all types of unicycling.

Moment CrMo Hub:

- CrMo axle, hollow 6061-T6 Aluminum body, & high strength 7075-T6 aluminum flanges
- Flanges are machined separately and pressed onto axle splines, improving strength and allowing the use of a lighter hub body
- Flanges are shaped and sized for optimal wheel strength
- Weight: 580g, Axle bolt: M12, 36 hole



T-BAR

T-BAR

The T-bar Touring Handle significantly improves distance riding comfort by shifting the rider into a more “bike-like” position that reduces pressure at the front of the saddle. Recommended for both road riding and cross-country muni.

Features:

- Simple and Strong
- Fully adjustable height and length
- Includes saddle reinforcement plate
- Bar-ends are replaceable if damaged
- Brake lever position between bar-ends allows two-hand braking

- Weight: 602 g



STARFIGHTER

Brake lever extension

Secure grip on your brake lever is critical for effective braking. The Starfighter extension clamps to your brake lever and provides increased braking control without getting in the way of your legs and non-braking fingers. Compatible with most rim and disk brakes.



HANDLEMOUNT

BRAKE BRACKET

Handlemount brake bracket

Lightweight brake lever attachment bracket mounted under the saddle handle. U-shaped attachment plate maximizes front-to-back brake adjustment.



FUSION

Three styles: Freeride, Street & Slim

The saddle is a critical part of your riding gear. For muni, distance, and all-around riding styles, almost nothing affects riding enjoyment more than saddle comfort. For freestyle, flatland, street, and trials, the saddle is more than a place to sit - it's a tool to push, pull, and spin your unicycle in any number of directions, and it must be strong and easy to grab. Fusion saddles result from significant investment and thousands of hours of testing over nearly a decade of riding, incorporating feedback from top riders around the world. Three models - the Freeride, Street, and Slim - cover every riding style.

Common features:

- Stiff, strong, saddle frame
- Bumpers and seatpost are secured with low profile 4 mm hex bolts (no need for a 10 mm wrench)
- Saddle frame and rear bumper are constructed from recyclable materials (#5)
- Optional reinforcement plate available for aggressive riders



The Fusion Slim

is designed for those who prefer the thinnest possible saddle. A center cutaway and breathable stretch-nylon top panel improve comfort and grip ability.

- Very slim padding with center cutaway is easy to grip on the side for trials, or in any orientation for street and flatland.
- Rounded rear bumper is protective, comfortable to grab, and shaped to reduce thigh irritation during tricks
- Weight: 750g



The Fusion Street

is designed for trials, street, flatland and freestyle riding, and distance touring for those who prefer a slimmer saddle with the T-bar touring handle.

- Slim yet comfortable padding with center cutaway
- Removable cover
- Rounded rear bumper is protective, comfortable to grab, and shaped to reduce thigh irritation during tricks
- Weight: 774g

The Fusion Freeride

is designed for muni, distance touring, and all-around use.

- Comfortable and shock absorbent foam
- 30mm centre cutaway to reduce pressure in critical areas
- Stiff and strong saddle frame
- Removable cover
- Weight: 816g



SEATPOSTS

KH Forged Adjustable

Allows adjustment of saddle angle for optimal comfort and control. Both the post and angle adjustment bracket are one-piece forged.



KH Seatclamp

Simple and strong. Double bolt clamp. 27.2 mm
Available in several colours - check with your dealer!



SEATPOSTS

KH Forged Fixed

Lightweight and strong, KH fixed posts (27.2 mm) are now entirely forged in one piece - no welds or bonds. The post-plate join at the top is kept smooth (e.g. no sharp ribs to smack your fingers during flatland riding) and the thicker, butted collar below the plate adds reinforcement but also lets the seatpost be lowered close to the seatpost - an advantage for shorter riders. The 25.4 post has a one-piece forged top piece that is bonded and double pinned to the seatpost tube for strength.

Sizes: 350 mm length, 27.2 mm and 25.4 mm diameter.



LEG ARMOR

Percussion

Comfortable, Lightweight & Durable

Kris Holm Percussion Armor is the first armor designed to meet the specific demands of unicyclists.

- Full coverage to both the front and back of the leg
- Leg/calf/knee abrasion patches to resist tire abrasion
- Fitted, flexible knee coverage
- Durable ballistics nylon face fabric
- Lightweight, cool and well-vented behind the knee
- Quick and easy to take on/off
- Machine-washable in front-load washer
- Weight: 650 g (size L)
- Sizes: S - XXL



LEG ARMOR

Percussion

Sizing Guide:

To find the correct size, measure the length of your leg from the top of your ankle joint to the middle of your knee. (first table).

The lower chart shows a general guide based on your height. In reality, size preference will vary based on personal leg length.

Size	Leg Length
Small (S)	35 cm (14")
Medium (M)	37.5 cm (15")
Large (L)	40 cm (16")
XL	42.5 cm (17")
XXL	45 cm (18")

Size	Height
Small (S)	150 cm - 160 cm (5'0" - 5'4")
Medium (M)	160 cm - 170 cm (5'4" - 5'8")
Large (L)	170 cm - 180 cm (5'8" - 5'11")
Xtra-Large (XL)	180 cm - 190 cm (5'11" - 6'2")



Gloves

Pulse

Essential protection

Falling on your hands happens frequently to everyone, regardless of ability, making wrist support an essential part of your protective gear. Pulse gloves are cool, comfortable, and offer flexible wrist support without the cast-like feel of wrist guards.

- Integrated wrist wrap with semi-flexible splint
 - Double layer palm abrasion protection
 - Cool, breathable fabric on the backs of the gloves
 - Machine-washable in front-load washer
 - Weight: 150 g (size L)
 - Sizing: Measure the circumference of the widest part of your hand, not including your thumb, and reference the following table:
 - also available in fingerless (not shown)
- | | |
|------------------|------------------|
| S (Small) | 16,25 - 18,5 cm |
| M (Medium) | 18,5 - 21,25 cm |
| L (Large) | 21,25 - 23,75 cm |
| XL (Extra Large) | 23,75 - 26,25 cm |



BOOK

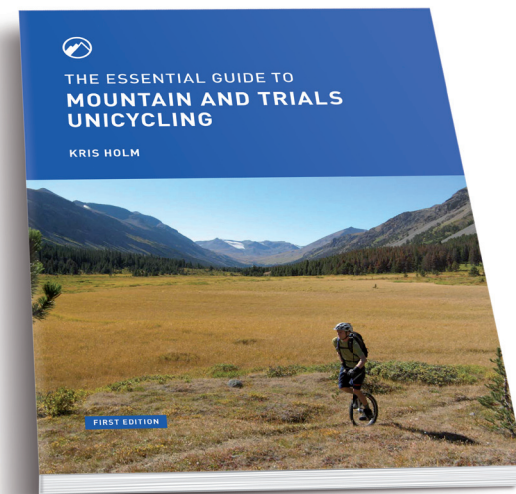
Book


The Essential Guide To Mountain And Trials Unicycling

This is the complete instructional book for riding off-road on one wheel. This land-mark guide provides tips and techniques for beginners venturing off-road for the first time and more advanced riders honing their skills over rougher terrain.

With over 250 photographs and easy to understand instructions, this book introduces the basic of trail riding and describes advanced techniques for climbing and descending more difficult terrain. For unicycle trials, it describes the full range of techniques for riding both urban and natural obstacles. A full chapter is devoted to equipment and choosing the best unicycle for different styles of riding.

„...I give [Kris] praise for sharing his knowledge with other Uni enthusiasts!“
-Wade Simmons, Godfather of Freeride mountain biking





....Talk to a biker and they won't say they want a motor. Talk to a unicyclist and there's no way they've forgotten their other wheel.... If you like the game, you can take mountain unicycles anywhere you like. It's an uncommon sport that's perhaps the most underestimated in all of cycling."

From Kris Holm's The Essential Guide To Mountain and Trials Unicycling"

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