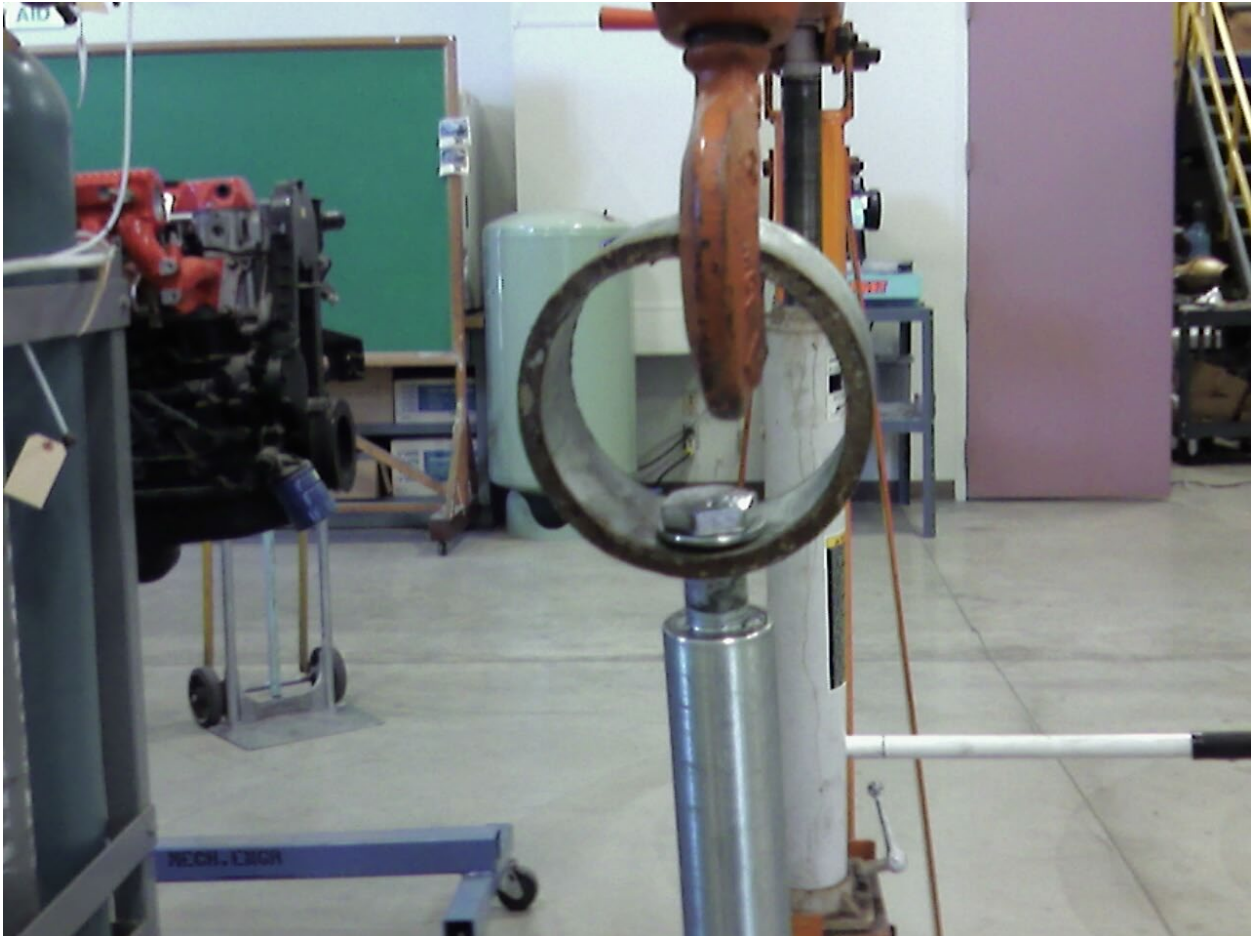


How to Remove Honda CL-160 Fork Seals

1. Remove forks from motorcycle
2. Note: Do not remove allen bolt from bottom of fork. This holds a standpipe and is sealed in and will not aid in removing fork seal. (ask me how I know)
3. I used a hydraulic engine host stand to pull the top tube from the fork leg.
 - a. First remove the top fork bolt and drain the fork oil.
 - b. Remove circlip above the fork seal
4. I found a scrap 3" tube and drilled a hole large enough for the top fork bolt and be able to hook it with the engine host in the photo below.



5. Next instead of using metal rods (all bent with trying to pull top tube out) to hold the bottom of the fork tube I used fork lift tow straps, see photo below.



6. Then I used a heat gun at the perimeter of the fork where the fork seal is and used the hydraulic engine hoist to separate the fork tube from the lower fork leg. POP! (If you don't have this setup you can also rig up a slide hammer)
7. After cleaning out the inside and bottom of the fork leg you can re-insert the fork leg and apply grease to the inner lip of the new fork seal and tap it in with a pvc pipe.
8. Re-install circlip.
9. Remount fork legs on bike.
10. Fill with specified amount of fork oil. (I like Bel-Ray because it has seal swell.)
11. Go for a ride with you new non leaking fork seals!



Larry Coolidge