



**PART NO. 6223HKR (painted) & 6223-1HKR (ceramic)**  
**SUPER COMPETITION ENGINE SWAP HEADERS**  
**1979-93 Ford Mustang (351W)**  
**1979-86 Mercury Capri**

**NOTE:** Will fit Dart/Windsor head.

**NOTE:** Reducers are available with an oxygen sensor on 1980 and later models – 2 1/2" bolt-on P/N 11045HKR and 3" bolt-on P/N 11046HKR.

**NOTE:** This swap is designed using the stock 5.0L motor mounts and locations.

**NOTE:** The installation of this header requires that you use the factory "dual hump" transmission crossmember, which came on the 1986-89 Mustang 5.0L models.

**NOTE:** The right and left header assemblies use a slipper tube design. The slipper tube is used to allow the ease of installation and has no adverse effect upon the performance of the vehicle.

Thank you for making HOOKER HEADERS your choice in a high-performance exhaust system. Extensive dyno/track testing has enabled HOOKER to offer the most advanced design in exhaust systems. The installation, while not complex, will take a certain amount of time. However, the additional horsepower and improved performance will more than justify your efforts. Proper installation and maintenance will ensure long life and maximum performance from your HOOKER HEADER exhaust system.

**WARNING!** Breaking in an engine with ceramic-coated headers **WILL** result in damage to the coating and will **VOID** all warranties. Ceramic-coated headers require several heat cycles to fully cure before they will withstand extreme heat. HOOKER recommends using a cast-iron exhaust manifold or an old header to break in new engines to avoid coating damage.

**BEFORE STARTING**

Your vehicle must be raised a minimum of 36 inches. A floor hoist is ideal. If no hoist is available, we strongly urge the use of axle stands as a safety measure. **CAUTION!** YOUR CAR SHOULD NOT BE SUPPORTED ON A BUMPER JACK.

**INSTALLATION PROCEDURE – PLEASE READ CAREFULLY**

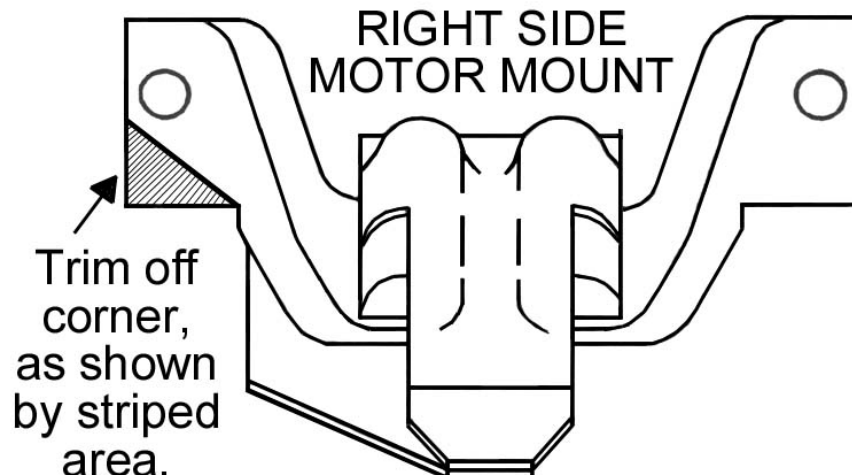
1. Disconnect the negative battery cable to prevent damage to the electrical system. Unbolt the headpipe from the stock exhaust manifolds and push aside.
2. Remove the spark plugs, stock exhaust manifolds, bottom A-arm to the frame brace, (convertible models) oil dip stick, and tube. Loosen the starter cable so it can be moved for clearance, but is easy to tighten.

**NOTE:** Because of various motor mount designs used between 1979 and 1993, some right side mounts may need to be trimmed for clearance of the R-4 tube. See Figure A.

3. Install sub-flanges to the heads using the gaskets and supplied countersunk bolts.
4. Starting from below, work the left header up into place.
5. Position the header gasket and start all bolts (most restricted first). Install the L-4 slip tube and start the bolts. Tighten all the bolts evenly.
6. From the bottom, work the R-4 tube into position in front of the starter. Do not start the bolts yet.
7. Now, work the R-3 tube on the outside of the R-4, keeping it in front of the starter. Do not start the bolts yet.
8. Hold the R-4 to the head at the correct exhaust port and tighten the cable on the starter with it positioned for maximum clearance.
9. Work the main body of the header from the bottom up over the top of the starter. Insert tubes R-3 and R-4 into the slipper.
10. Position the gasket and start all bolts (most restricted first). Install the R-2 slip tube and start the bolts. Torque all the bolts evenly.
11. Replace the dipstick, housing, and spark plugs. It may be necessary to slightly bend the dipstick tube in order to clear the headers.
12. To complete your system, purchase a Hooker Reducer Kit (P/N 11030HKR) and bolt a reducer and gasket to each of the header collectors.
13. Connect the battery, start the engine, and check for leaks. Be sure all brake lines, fuel lines, and electrical wires have sufficient clearance. Reroute as necessary. On manual transmission models, check the clutch for clearance.

When finished, give your vehicle a test drive, checking carefully for any new noises. After several days of driving, retighten all the bolts.

Any questions? Please contact Technical Service: 1-866-GOOLLEY or 270-781-9741. For online help, please refer to the website: [www.holley.com](http://www.holley.com).



**Figure A**

**LIMITATION OF LIABILITY – DISCLAIMER:**

The regulation of emissions production, noise levels, and safety standards is undertaken by the federal government, each of the fifty state legislatures, and by many local municipalities, towns, and counties.

HOOKER makes no warranties of merchantability, of fitness for particular purpose, or that its products are approved for general use, or that its products are approved for general use, or that its products comply with laws, regulations, or ordinances in the state where they may be sold to the ultimate purchaser, the consumer.

Unless expressly stated to the contrary in the catalog, instruction sheet; or price list, the entire risk as to the conformity of any company product in any such state and as to repair should the product prove to be defective or non-conforming, is on the retail purchaser, the buyer, the ultimate consumer, of such product and it is not upon the seller, distributor, or manufacturer.

In this connection, the retail purchaser, the buyer, the ultimate consumer assumes the burden of the entire cost of any and all necessary service, alterations, or repair.

**THE FOREGOING STATEMENT LIMITS THE LIABILITY OF THE MANUFACTURER.**

California vehicle code, sections 27156 AND 38391, prohibit the advertising, offering for sale, or installation of any device, which modifies a vehicle's emission control system, unless exempted, unless otherwise noted. HOOKER Headers have not received an exemption from these code sections and are to legal for sale or use in California on vehicles originally equipped with catalytic converters, it is illegal, except for racing vehicles, which may never be driven upon a highway. To remove or otherwise render inoperative any emission control device on the regulated motor vehicles – check catalog listings to ensure proper application in the other 49 states, unless otherwise noted, HOOKER Headers are not legal for pollution-controlled motor vehicles, except for racing vehicles, which may never be used upon a highway and are not intended or applicable for highway use.

**6223HKR-INST**  
**Date: 10-27-04**