

# SAFE PRACTICE POLICY

## Kishinkai Wado Ryu Karate



Karate activities where safe practice is essential to help prevent injury. \*Children are particularly vulnerable as they are still developing mentally and physically, so training methods need to be modified as described below. (\*also includes Adults potentially at Risk)

### 1. Warm Ups

All activities should first include a thorough warm up routine from head to toe stretching and gradual cardiovascular activity. To help reduce injury, specific attention should be paid to those muscle groups that will be used during later activities during the lesson.

### 2. Martial Arts involving throwing, grappling and strangling

#### Carrying out throws, takedowns & sweeps involved in karate

The risks include: falling on unsuitable surfaces: landing on the head: damage to the joints from throws and locks.

#### Safe practice must include:

- Checking the matted area for suitability, particularly where the mats have been joined.
- Checking that there are no hard surfaces or sharp/hard objects around the matted area.
- Having an experience instructor who will ensure that children are not taught to use locks, throws or locks which can injure their training partner.

### 3. Strikes, punches and kicks

#### Sparring during the karate classes within the karate syllabus

The risks are: concussion (brain injury) from heavy blows to the head; damage to internal organs and joints from heavy blows; injury from inappropriate stretching and other exercises.

#### Safe practice sparring must include:

- All children and young persons' practice will have additional safety considerations and requirements such as gender, age, size and experience.
- All Kumite (free fighting) for children and young persons will be very light contact and with relevant protection to ensure safety at all times
- Protection such as padded gloves, footwear and head protection are required for all Kumite requirements.

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- d. Light contact only, especially to the head. (Light contact means the technique is targeted but controlled so that whilst the opponent is touched the technique is not followed through). Expert advice from a neurosurgeon is that the use of helmets, mitts or foot pads does not eliminate the risk of brain injury from full contact strikes.
- e. Avoiding excessive stretching and exercises such as press-ups on the knuckles or hitting heavy bags; the joints of children are still developing and can be damaged by these exercise

#### 4. Martial Arts involving weapons

Some examples are Kendo, Kobudo, Laido and Freestyle Forms Karate

**We do not hold any weapons classes within the canton martial arts syllabus, but would follow these practices as an example if we did. There may be a time where we would consider “tanto dori” knife defence in the future but this would be for experienced adults only.**

Safe practice must include:

- a. No live blades (sharp or otherwise) in the training hall when children are present
- b. Safe protocols for the use of training weapons must be in place at all times.
- c. Good supervision at all times by Instructors

Above all, safe practice means having a suitably qualified and experienced instructor who will ensure that children are not exposed to the above risks and who can make a training session enjoyable whilst maintaining the discipline essential to learning karate.

**ALL KISHINKAI WDO RYU KARATE INSTRUCTORS ARE QUALIFIED, INSURED, DBS & FIRST AID RECOGNISED.**

Within all locations throughout the Kishinkai Wado Ryu Karate care and safeguarding is paramount. The duty of care and instruction is constantly monitored and adhered to by all our instructing teams.