



Kazoku Ju Jitsu Safe Practice Policy

Martial Arts is an activity 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 at Risk).

1. Warm Ups

All activities should first include a thorough warm up which is appropriate for the activity taking place. To help reduce the risk of injury, specific attention should be paid to those muscle groups that will be used during later activity.

2. Throwing, grappling and strangling

The risks include but are not limited to: falling on unsuitable surfaces; landing on the head; damage to the joints from locks; strangulation.

Safe practice should include, but is not limited to:

- (a) Checking the matted area for suitability, particularly where the mats have been joined.
- (b) Checking that there are no hard surfaces or sharp/hard objects around the matted area.
- (c) Having an experience instructor who will ensure that children are not taught to use locks, throws or strangles which will cause injury.

3. Strikes, punches and kicks

The risks include but are not limited to: 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 must include:

- (a) 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). Children under the age of 16 shall not make any contact to the head during sparring/continuous fighting.
- (b) 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 exercises.

(c) The 'tap' rule shall be rigorously observed by all participants. When a partner 'taps out' with any part of their body, the hold or technique shall be released immediately.

4. Weapons

Safe practice must include:

- (a) No blades (sharp or otherwise) in the training hall when children are present.
- (b) Safe protocols for the use of training weapons by children.
- (c) Students using weapons shall be spaced well apart.
- (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 ju jitsu.