



SAFE PRACTICE POLICY

Our lessons are conducted with the simplest aim of making sure our students enjoy the session and that all risks are mitigated as much as possible.

We are fully aware of the risks of Karate due to it being a striking martial art. Having said that we reduce the risks with our in-class practices and ability levelled content. Our classes are split according to ability and, in some cases, age. In our Tiger classes (4-6yrs), contact is greatly reduced and may only take place in the form a touch sparring game (no fists). In level 1, the concentration is mostly on technique with occasionally pads being used and the same touch sparring game taking place that we use in our tigers classes.

In level 2, we gradually introduce sparring within defined sparring rules such as only controlled body strikes. As students progress through the system, then the striking area is increased but with the emphasis on control. Typically a student enters level 2 after at least 18 months in our level 1 class.

As a general rule, all exercises are light contact. We expect and demand all strikes to be controlled. Any sparring exercises involve both gum shields and the use of fist protector/sparring mitts. Across the Academy, sparring is introduced at level 2 classes which is after the students has been in the Academy for at least a year to 18 months. Even then our philosophy to contact is a baby steps process with heavy concentration on technique and respect for your training partner. As the student matures into their martial arts grade and standing, the range of targets is increased. All competitions involve sparring mitts and gum shields with heavy supervision and refereeing. Refereeing is usually conducted by multiple referees. Students do not enter into full competition sparring until the age of 13 years.

Competitors typically compete on tatami style matting and train on gym style flooring. We follow the protocols as laid down by our first aid course providers in the case of head injuries. We always have first aid trained staff on site during lessons. Students do not compete in mixed gender categories but may, occasionally, spar in mixed pairings. In the case of mixed gender sparring, they are supervised and refereed.

We do not use any weapons in our training sessions but do, on occasion, use focus pads and breaking boards. In both instances, students are monitored and supervised stringently. Our overall aim is to make sure students enjoy the sessions and avoid any risks to their health both physically and mentally.

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