



Safeguarding in Martial Arts: Safe Practice

Storm Family Martial Arts use a variety of Martial arts which are 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. (*This 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. This should include a gradual intensity increase in cardiovascular exercise to increase the heart rate and increase blood flow. All major muscle groups should be included in the warm up and it should be specific to what will be performed later in the activity. To help reduce the risk of injury, all muscles should be stretched prior to any of the main activities taking place.

A Warm up may consist of but not inclusive of

- Press ups
- Sit Ups
- Burpees
- Plank

These exercises will make sure all participants have been warmed up thoroughly.

2. Storm Family Martial Arts uses Martial Arts Primarily involving strikes, punches and kicks

Some examples are: Karate, Taekwondo, Thai Boxing and Kickboxing

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 includes:

- (a) Sparring is practiced only when the Instructor is satisfied the student is both competent and confident or after 9months – 1year of training when it becomes a requirement for grading. Sparring is 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). Padded gloves, foot pads, shin pads, mouthguard and head protection are to be worn when sparring at all times. (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.)

- (b) Drills in all Other Children's classes are non-contact or pad drills only and contact to the head is forbidden.

- (c) We avoid excessive stretching and exercises such as press-ups on the knuckles or hitting heavy bags as the joints of children are still developing and can be damaged by these exercises.

3. Storm Family Martial Arts and the practices of arts including 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.

4. Storm Family Martial Arts and Martial Arts involving weapons

Storm utilizes JKD Kali and Dacayana Eskrima (Sticks)

Weapons classes at Storm Family Martial Arts are used on occasion until they become a mandatory part of the syllabus Brown belt and above.

The children's training syllabus does not extend to the regular use of a weapons system only JKD Kali and Dacayana Eskrima on occasion under expert supervision

Safe practice should include but is not limited to:

- (a) No live blades (sharp or otherwise) in the training hall when children are present
- (b) Safe protocols for the use of training weapons by children
- (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 a Martial Art.

Within all Storm Family Martial Arts schools and locations, the highest levels of care and safeguarding is of the upmost importance. The duty of care and instruction is constantly monitored and adhered to by all our instructors and coaching team.

ALL STORM FAMILY MARTIAL ARTS INSTRUCTORS ARE QUALIFIED, INSURED, DBS & FIRST AID RECOGNISED.