

Safe Practice Policy

CMA Karate Association

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Revision 1.1

Martial Arts 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. (*also includes Adults at Risk)

1. Warmups

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

2. Wado Ryu Karate and self-defense involve techniques, such as throwing and locking

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

Our 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 experienced instructor who will ensure that children are not taught to use locks and throws which will cause injury.
- (d) Only allowing students to participate in techniques that include throws once they have been taught to breakfall correctly
- (e) The use of controlled take downs where mats are not in use

3. Training involving strikes, punches and kicks

- (a) Head contact is not permitted for any child under the age of 16, for children 16 and above (WKF Cadet level) head contact is permitted but must be controlled, light contact with no follow-through or connection

- (b) For adults 18 and above head contact is allowed with controlled, light contact to the side of the head. Contact to the front of the head and face is not allowed but can be used as a misdirect or fake providing it not make contact.
- (c) For gradings we may use a matted area for the purpose of sparring, pair work and self-defense.
- (d) For sparring training, gradings (7th Kyu/Orange belt and above) or competition events all students must have mitts, gum shields and for females a chest guard, for males a cup or box to participate.
- (e) All students aged 16 and below will be allowed to train together, they will not mix with adults or youths, however students aged 16 and above will be allowed to train together in accordance with our sparring practices.
- (f) Floor covering (e.g. mats) may be used when sparring in grades or in competition, but for standard training they will not be used
- (g) For any injuries there will always be a registered first aider on site
- (h) We avoid excessive stretching and exercises such as press-ups on the knuckles or hitting heavy bags; for under 16 as the joints of children are still developing and can be damaged by these exercises.

4. Martial Arts involving weapons

While Wado Ryu Karate includes pairs with Tanto (knife) and Tachi (sword or bokken), we practice this at a high level, (1st Kyu/Brown and Black belt above). No live blades are used for this kind of training, but the use of wooden tanto and bokken are used.

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 always 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.