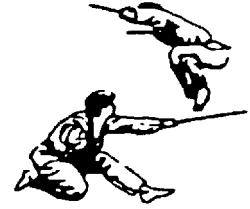




KUK SOOL WON™
Of Beccles & Loddon



TRADITIONAL KOREAN MARTIAL ARTS AND SELF-DEFENCE SCHOOL

**Master Instructor: Philip D Hinchliffe, 6th Degree Black Belt
Member of WKSA (UK) Ltd.**

Mobile: 07960 980333

kuksool100@yahoo.co.uk

www.kswcbl.co.uk

SAFEGUARDING CODE IN MARTIAL ARTS

SAFE PRACTICE POLICY

Kuk Sool Won of Beccles & Loddon

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. 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. 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.

2. Kuk Sool involves throwing, falling, and grappling.

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 or throws which could cause injury.

3. Kuk Sool involves strikes, punches and kicks & sparring.

ALL ORIENTAL SELF-DEFENCE AND PHYSICAL FITNESS TECHNIQUES IN ONE ART

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-Very light, (Kiss touch) Head contact will only happen during controlled and supervised sparring. All students, of all ages, will wear protective equipment when sparring. This consists of: Head guard, padded gloves, foot guards, shin guards and groin protection. Sparring is no contact, however minimal light touch may occur. Student's will only spar under supervision and with other students of similar age, rank, size and weight.

Solo kicking and hand striking are practiced using a mirror to improve technique, these strikes are also practiced in pairs using suitable pads and padded strike targets.

All training takes place on a padded floor. If injury occurs it will be dealt with by the first aid trained staff. If a child is injured in any way the parent or carer will be called as soon as possible. If a blow to the head has occurred, the parent/carers will be advised to seek medical advice from a doctor.

All students are supervised while in class whether taking part or watching.

4. Kuk Sool involving weapons

Foam or Wooden practice weapons are used for children under 18. Aluminum practice blades (not sharpened) are used by over 18's.

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 Kuk Sool Won.