



Safe Practise Policy

Safeguarding in Martial Arts

Moonlight Warriors Martial Arts

Introduction

- Moonlight Warriors Martial Arts is committed to providing a safe and positive environment for all members, with a focus on the specific needs of children aged 5+ in our Freestyle Karate, Nunchucks, and Kama classes.
- Safe practice is essential in martial arts to minimize the risk of injury, especially for developing children.
- This policy outlines our safe practice procedures, drawing upon guidance from Sport England and the Safeguarding Code in Martial Arts.

2. Warm-Ups

- All classes will begin with a thorough warm-up, appropriate to the activities planned.
- Warm-ups will prepare specific muscle groups to reduce the risk of injury during training.
- Warm-ups for Karate will include head rotations, arm circles, hip rotations, Leg lunges, leg to chest.
- Warm-ups for Nunchucks/Kama will include shoulder rotations, Wrist movements, hip rotations

3. Freestyle Karate (Strikes, Punches, and Kicks)

- Moonlight Warriors Martial Arts' Freestyle Karate involves strikes, punches, and kicks. To ensure safety, we adhere to the following:
- **Head Contact:**
 - For students under 16, head contact is *only allowed in controlled, light-touch sparring with mandatory headguards. Anyone under the age of 8, head contact is strictly prohibited.* This decision is based on the Martial Arts Safeguarding Group's strong recommendation to protect developing brains.
 - For students 16 and older, head contact during sparring is *allowed with mandatory headguards and under strict instructor supervision.* Controlled, light contact is always emphasized.
 - All sparring must be supervised by a qualified instructor.
- **Body Contact:**
 - Controlled contact to the body is permitted during sparring, with appropriate protective equipment (e.g., gloves, body protectors) for all ages.
 - The level of contact will be appropriate to the age and skill level of the participants.
- **Stretching and Exercises:**
 - Excessive stretching and exercises that can put undue stress on developing joints are avoided for children. This includes *press-ups on knuckles, planks, shoulder taps, ballistic stretching.*
 - Strength training for children will focus on bodyweight exercises and proper form.
- **Floor Covering:**
 - Sparring and contact drills will be conducted on *regulation tatami mats* to provide cushioning.
- **Injury Procedures:**
 - Any suspected head injury will be treated with extreme caution. The student will be removed from activity, and *parents/guardians will be notified immediately. Medical attention will be sought if necessary. The student will not be able to continue training during this class.*
 - All injuries will be recorded in an incident log.
 - A qualified first aider will be present at all classes.

4. Nunchucks and Kama

- Nunchucks and Kama training presents specific risks and requires strict safety protocols. These protocols are:
- **Age Restrictions:**
 - Nunchucks and Kama training is only permitted for students aged *7 and older*, at the instructor's discretion, based on maturity and control.
- **Equipment:**
 - Only foam or padded training Nunchucks and Kama are allowed for initial training. Wooden or metal equipment is only permitted with advanced students and under strict instructor supervision.
 - All equipment will be inspected before use to ensure it is in good condition.
- **Supervision:**
 - Nunchucks and Kama training will be closely supervised by a qualified instructor at all times.
 - Specific safety instructions will be given before each drill.
- **Drills:**
 - Drills will focus on individual control, hand-eye coordination, and spatial awareness.
 - Partner work, if any, will be highly controlled and limited, with strict safety protocols.
 - Emphasis will be placed on controlled movements to prevent self-injury or injury to others.
- **Environment:**
 - Sufficient space will be maintained between students to prevent accidental contact with Nunchucks or Kama.
 - Other students not participating in the training must maintain a safe distance.

5. General Safe Practice

- All instructors are qualified and experienced in teaching martial arts to children. *Sensei Sue holds 2nd Dan Black Belt in Traditional Karate with over 10 years experience teaching.*
- Classes will be structured to be enjoyable while maintaining the necessary discipline for safe learning.
- The training area will be kept free of obstructions.
- Students are expected to wear appropriate attire. *Gi bottoms or suitable trousers/shorts, t-shirt or Gi top and in colder months a hoodie or jumper. No socks to be worn during training. No jewellery is to be worn during training to avoid injury.*
- Students must inform instructors of any injuries or medical conditions before training.