



**Kuk Sool Won Ltd.**

### **Safeguarding in Martial Arts: Safe Practice**

Kuk Sool Won involves 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 (Mohm Puhl Ki) which is a specific set of body conditioning exercises designed to move each of the 164 joints in the body to their full range of motion. To help reduce the risk of injury, specific attention should be paid to those muscle groups that will be used during later activity.

#### **2. Kuk Sool Won practices techniques involving 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 taught to use locks, throws or strangles will not do so in an unsafe way or a way in which their training partner will be harmed.

#### **3. Kuk Sool Won practices techniques involving strikes, punches and kicks**

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.

- (a) Light contact only, especially to the head. Light contact means the technique is targeted but controlled so that whilst the opponent/partner is touched the technique is not followed through. Expert advice from a neurosurgeon is that the use of helmets, hand mitts and foot pads does not eliminate the risk of brain injury from full contact strikes.

- (b) 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.

#### **4. Kuk Sool Won involving weapons**

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.