

# **Kuk Sool Won of Salford**

## **Safe Practice Policy**

### **1 - Warm Ups**

All classes begin with a thorough warm-up routine that is designed specifically for Kuk Sool Won training. This routine involves the activation of all muscles, tendons, and ligaments that are used during practice to prevent any injuries such as pulled muscles.

### **2 - Throwing, Grappling, and Strangling**

Risks:

- Falling on unsuitable surfaces
- Landing on the head
- Damage to the joints from joint locking techniques
- Strangulation

Safe Practices:

- Always using mats when falls are likely
- Ensuring the matted area is sufficient in size and does not contain any gaps
- Checking for any sharp objects or hard surfaces on or around the matted area
- Having an experienced instructor supervise the teaching and practice of any complex techniques that could lead to injury if done carelessly

### **3 - Strikes, Punches, and Kicks**

Risks:

- Concussion from blows to the head
- Damage to internal organs
- Damage to joints from heavy impacts

Safe Practices:

- No heavy contact in sparring classes, all sparring is light to no contact with an emphasis on controlling strikes and not following through.
- Dipped foam protection gear must be worn on the head, hands, and feet when sparring
- Where possible, students will only spar with people of a similar age and size and gender
- All sparring is supervised by a qualified instructor
- Strike shields are not used by students under 13, to prevent any injuries to joints from heavy impacts when kicking and striking

### **4 - Weapons**

Risks:

- Cuts and bruises from careless practice and clipping yourself with the weapon

Safe Practices:

- All weapon practice is supervised by a qualified instructor
- No live blades used when under 18s are present

Reviewed 06/3/24

- All participants are spaced sufficiently to prevent any clashing of weapons during training
- Students begin learning a new type of weapon by using a safety version, such as foam nunchucks for example