



## Safe Practice Policy

### **Name of Club: (USKA) Ultimate Sport Kickboxing Association**

At the **Ultimate Sport Kickboxing Association (USKA)** we are committed to **SAFE PRACTICE** in Martial Arts to reduce the risk of injury to all our members, children and adults alike.

We ask that all of our students train in bare feet to reduce the chance of them slipping.

All of our sessions are conducted on a fully cushioned matted area or in a cushioned Kickboxing ring to reduce the chance of injury if someone loses their balance and falls over.

We have four different types of classes available to our members at **USKA**:

- 1: Our **USKA Ninja's** (4-7 Years Old)
- 2: Our **Technical Kickboxing Sessions** (8 Years and Above) that are split into three levels of Beginners, Intermediate and Advanced.
- 3: Our **Female Only Technical Kickboxing Sessions** (6 Years and Above) that are split into three levels of Beginners, Intermediate and Advanced.
- 4: Our **Fighters Sessions** (8 Years and Above) to prepare our students for competitions and increase their general fitness and conditioning.

## **USKA Ninja's (4-7 Years Old)**

USKA Little Ninjas classes are aimed at children between 4 and 7 years old and are the perfect introduction to martial arts training and a great stepping stone to Beginners Technical Kickboxing classes.

The USKA Ninja's have their own grading syllabus geared to their age group and all USKA Ninja's classes are based on non-contact between one another again to promote **SAFE PRACTICE**.

A typical USKA Ninja's class will start with all of our children sitting with their arms and legs folded in a line waiting to be put into a team for our relay race warm up. Only one child in each team will be racing at any one time to reduce the potential of injury through children bumping into each other. Our Ninja's are assisted on each relay race by an Instructor or Junior Coach to ensure they are doing the exercise correctly to again reduce the potential of injury.

Following their warm up they will move one of the three activities:

### **1: Technical Line work**

Spaced out at least a meter apart to reduce the chance of them bumping into each other our Ninja's practice their Punches, Kicks and Defences. This is closely monitored by our Instructors and Junior coaches.

### **2: Kickboxing Padwork**

Usually in single file lines our Ninja's will practice their techniques and Combinations onto cushioned focus pads or paddles held by an Instructor or Junior Coach. The emphasis on Padwork will always be on good form and technique rather than power to reduce the risk of injury.

### **2: Kickboxing Bagwork**

Usually in single file lines our Ninja's will practice their techniques and Combinations onto Padded Freestanding Punch Bags closely monitored by an Instructor or Junior Coach. Again the emphasis on Kickboxing Bagwork will always be on good form and technique rather than power to reduce the risk of injury.

After the above activities we will typically finish the session back in spaced lines with some exercises or a fun Martial Arts related game.

Following the session the children are ushered in single file lines to put on their shoes and pick up their belongings before being handed back to their parents at the gym door.

## **Technical Kickboxing Sessions (8 Years And Above)**

USKA Technical Kickboxing classes are aimed at students 8 years and older.

The Technical Kickboxing Students have their own comprehensive grading syllabus progressively getting more difficult as they make their way through their belts.

A typical Technical Kickboxing class will start with a group warm up with all of the class students spread out in lines a meter apart facing the front of the class.

The warm up will consist of cardio, mobility, flexibility and brain stimulation like using upper and lower limbs at the same time with different patterns of movement which happens when actually practicing their martial arts.

The warm up is to help prepare the body and mind for the class and help reduce the risk of injury, boost fitness and good mental health.

Once everyone is warm the Instructor then takes the student through a series of stretches to increase the muscle's range of movement and to prepare the body for the Punches, Kicks and defences that are to follow.

This again reduces the chance of injuries commonly associated with Martial Arts training.

Following the warm up and stretch the student under the Instructor's guidance will work through a syllabus of Kickboxing techniques methodically learning the mechanics of each move preparing the student for a grading examination where they can progress through the levels to Black Belt standard.

Intermediate and Advanced Technical Sessions also on occasion incorporate Kickboxing Padwork, Kickboxing Bagwork and Technical Kickboxing Sparring Drills onto the classes.

### **2: Kickboxing Padwork**

Where ever possible students are always matched evenly size, standard, and age wise during any partner work activities.

On Kickboxing Padwork the student will practice their techniques and Combinations onto cushioned focus pads or paddles held by each other.

The emphasis on Padwork will always be on good form and technique rather than power to reduce the risk of injury.

The students will be shown both the correct technique for holding and hitting the pads and will be closely monitored throughout the drills to reduce the risk of injury.

## **2: Kickboxing Bagwork**

Usually in single file lines our students will practice their techniques and Combinations onto Padded Freestanding Punch Bags closely monitored by an Instructor or Junior Coach.

Again the emphasis on Kickboxing Bagwork will always be on good form and technique rather than power to reduce the risk of injury.

## **3: Technical Kickboxing Sparring Drills**

Technical Kickboxing Sparring is an essential part of our syllabus but it is also essential that we reduce the risk of injury to the head and body so that it can be a safe and enjoyable part of our activities.

Before their first combat sparring session all students will be given a talk on the need to respect their training partners during the sparring session and have control over their techniques, with no wild throwing of punches and kicks in an unsafe manner, and that informed controlled technical sparring is what is required.

Students are encouraged to speak to the instructor if they have any concerns with the level of contact being used by fellow sparring partners which can then be addressed.

**\*\*\*See section on safety sparring equipment required on Fighters Session Description\*\*\***

We always work for best practice in all the elements of our training to reduce the risk of injury but in the unlikely event of an injury occurring we have trained first aiders, first aid kits and a Defibrillator on site ready for use.

All activities are supervised by qualified and experienced instructors with the aid of assistant instructors and Junior Coaches.

## **Female Only Technical Kickboxing Sessions (6 Years And Above)**

USKA Female Only Technical Kickboxing classes are aimed at students 6 years and older.

They are held in an all Female environment under the Instruction of a Female Instructor.

The Female Only Technical Kickboxing Students have their own comprehensive grading syllabus progressively getting more difficult as they make their way through their belts.

A typical Female Only Technical Kickboxing class will start with a group warm up with all of the class students spread out in lines a meter apart facing the front of the class.

The warm up will consist of cardio, mobility, flexibility and brain stimulation like using upper and lower limbs at the same time with different patterns of movement which happens when actually practicing their martial arts.

The warm up is to help prepare the body and mind for the class and help reduce the risk of injury, boost fitness and good mental health.

Once everyone is warm the Instructor then takes the student through a series of stretches to increase the muscle's range of movement and to prepare the body for the Punches, Kicks and defences that are to follow.

This again reduces the chance of injuries commonly associated with Martial Arts training.

Following the warm up and stretch the student under the Instructor's guidance will work through a syllabus of Kickboxing techniques methodically learning the mechanics of each move preparing the student for a grading examination where they can progress through the levels to Black Belt standard.

Intermediate and Advanced Female Only Technical Classes also on occasion incorporate Kickboxing Padwork, Kickboxing Bagwork and Technical Kickboxing Sparring Drills onto the classes.

### **2: Kickboxing Padwork**

Where ever possible students are always matched evenly size, standard, and age wise during any partner work activities.

On Kickboxing Padwork the student will practice their techniques and Combinations onto cushioned focus pads or paddles held by each other.

The emphasis on Padwork will always be on good form and technique rather than power to reduce the risk of injury.

The students will be shown both the correct technique for holding and hitting the pads and will be closely monitored throughout the drills to reduce the risk of injury.

## **2: Kickboxing Bagwork**

Usually in single file lines our students will practice their techniques and Combinations onto Padded Freestanding Punch Bags closely monitored by an Instructor or Junior Coach.

Again the emphasis on Kickboxing Bagwork will always be on good form and technique rather than power to reduce the risk of injury.

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## **Fighters Sessions (8 Years And Above)**

Our Fighters Sessions cater for students 8 years and older and all levels of ability. The session covers all aspects of Boxing and Kickboxing training and fighting. Whether it's getting ready for competition or just training for fitness and fun this structured session is perfect to help the student achieve their goals.

The session features Shadow Boxing, Padwork, Bagwork, Footwork, Fitness, Strength and Conditioning, Head Movement and sparring drills and cover all aspects Kickboxing in detail all under the watchful eye of our Hall of Fame coaches.

**\*\*\*Full Protective Sparring Equipment is required for this class\*\*\***

protective equipment works both ways, one it cuts down the risk of injury for the person wearing it and also protects the other person who is on the receiving end of punches and kicks.

**A full sparring protective kit is as follows**

- **Headguard**
- **10oz boxing gloves for Under 16 years old**
- **16oz Boxing Gloves for Over 16 years old**
- **Gumshield**
- **Chest Guard (Female Students)**
- **Groin Protector (Male Students)**
- **Shin Pads**
- **Safety Kick Boots**
- **Shin & Instep if practicing K-1 Sparring**

It is the student's responsibility to ensure they have all relevant safety equipment with them when attending their classes and that it is in good repair

On these sessions we use pads such as kick shields, Thai pads, and belly pads or a mixture of more than one type of pad. All pads will be checked regularly to make sure they are in good order and fit for purpose.

Close and attentive supervision will be applied during this type of training session. Maintaining discipline and respect whilst making the training sessions enjoyable and informative under experienced and qualified instructors will help us achieve **SAFE PRACTICE**.

**This policy will be reviewed annually and any amendment recommendations to be listed one month before review date.**