

BAKBAKAN UK

FILIPINO MARTIAL ARTS



SAFE PRACTICE IN TRAINING

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SAFE PRACTICE

SAFEGUARDING IN MARTIAL ARTS

SAFE PRACTICE POLICY

NAME OF CLUB: Bakbakan UK

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)

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.

BAKBAKAN UK

SAFE PRACTICE

Martial Arts involving throwing, grappling and strangling

Some examples are: Judo, Ju Jitsu and Aikido

In this category, the related Arts practiced by Bakbakan UK Members include the Hagibis Striking and Grappling System and Filipino Boxing.

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:

1. Not taking a throw to the ground but stopping before the point of balance loss
2. Checking that there are no hard or sharp objects around the area.
3. Having an experienced instructor who will ensure that children are not taught to use locks, throws or strangles which will cause injury.

BAKBAKAN UK

SAFE PRACTICE

Martial Arts involving strikes, punches and kicks

Some examples are: Karate, Taekwondo, Thai Boxing and Kickboxing

In this category, the related Arts practiced by Bakbakan UK Members include the Hagibis Striking and Grappling System and Filipino Boxing.

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.

Safe practice should include, but is not limited to:

1. No sparring for any Bakbakan UK Member under the age of 16 years
2. Only light head contact will only be permitted if boxing gloves and full head/face protection is used
3. Sparring partners will be matched in terms of age, weight, height or gender whenever this possible and practical
4. Sparring practice will only take place under the strict supervision of an experienced Bakbakan UK Instructor
5. In the unlikely event of a head injury, a qualified First Aider will make initial assessments and then refer the participant to hospital for formal medical checks

BAKBAKAN UK

SAFE PRACTICE

Martial Arts involving weapons

Some examples are Kendo, Kobudo, Laido and Freestyle Forms Karate

In this category, the related Arts practiced by Bakbakan UK Members include Bakbakan Kali, Bahad Zu'bu and the Yambao Classic Arnis System

Safe practice should include but is not limited to:

1. No live blades (sharp or otherwise) in the training hall when children are present
2. Safe protocols for the use of training weapons by children – children will only practice Forms and not be permitted to learn blade-based techniques
3. Good supervision at all times by qualified and experienced Filipino Martial Arts Instructors

Above all, safe practice means having a suitably qualified and experienced instructor who will ensure that both adults and 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.