

Martial Arts

The planning considerations that are common to all curriculum activities can be found in the [CARA generic template](#). These must be considered as well as the activity-specific considerations outlined below.

Activity scope

This document relates to student participation in martial arts (e.g. Karate, Taekwondo, Kung Fu, Kendo, Aikido, Judo, Ju Jitsu) as a curriculum activity, including skills development, training and competitions.

Mandatory/special requirements

Mandatory requirements must be met for the activity to be conducted. Special requirements are to be considered in the planning and delivery of this activity.



The accreditation status of the instructor should be verified by contacting the [National Accreditation Record Service](#) on 02 8736 1229 or admin@maia.com.au

The following activities are prohibited:

- [breaking techniques](#) (i.e. striking at boards, bricks etc)
- throwing on any surface without protective mats
- use of Real Weapons as defined in the Martial Arts Industry Association (MAIA) [Risk Management Policy and Standards](#)
- application of choke or strangle techniques.

Guidelines/codes of practice are established for this activity. Refer to [MAIA](#).

Risk level

- **High** risk: Teaching of martial arts skills, training and competitions.

Minimum supervision requirements

- Covered in the Planning Considerations section as outlined in the [CARA generic template](#).

Minimum qualifications for supervisors

- An adult with accreditation as a martial arts instructor:
 - under the [National Martial Arts Instructors Accreditation Scheme](#) (administered by MAIA)

OR

- under the National Coaching Accreditation Scheme (administered by the [Australian Sports Commission](#) and the relevant [National Sporting Organisations](#)).

Minimum requirements for equipment/facilities

- 8-10m x 8-10m padded competition/training area, with a 3m clearance surrounding the area and a minimum 3m between competition/training areas.
- An area that is level and obstacle free, with a floor surface that is smooth and even.



- Appropriate martial arts matting (i.e. 50mm thick) surrounding the training/competition area.
- A single appropriately sized martial arts approved mat (recommended). If using multiple mats they must be secured together firmly and must not overlap.
- Bare feet or appropriate footwear for the individual martial arts style (e.g. soft-soled shoes with no buckles).

Hazards and controls

| Hazards | Control measures |
|------------------------|--|
| Biological material | <ul style="list-style-type: none"> • Manage spills from blood and bodily substances and adopt 'blood rules' as per the Infection Control Guideline. • Ensure shared equipment (e.g. mats, body padding) is cleaned, disinfected and dried prior to storage. |
| Body contact | <ul style="list-style-type: none"> • Provide initial instruction in the dangers of prohibited moves and non-supervised practice. • Group/pair students according to ability, age and size (i.e. there should not be more than 3kg difference in body weight between beginner wrestlers). • Conduct a program that is based on a hierarchical training system that slowly increases the difficulty of techniques as the student progresses through levels (grades). • Do not permit free sparring until students have reached a level of performance at which they have good control over body contact. • Consider using body padding for full contact activities. • Ensure fingernails are cut or taped and no jewellery, spectacles or clothing with zippers/buckles (or similar hard objects) is worn. • Recommend students wear mouthguards. Note: some competitions will require that mouthguards are worn in order to participate. |
| Equipment | <ul style="list-style-type: none"> • Ensure that mats are swept before and during training/competitions. • Stop participants if they are close to the edge of the mat. • Ensure students have forearm, foot and shin protectors/pads when practicing striking and blocking in which limb contact may accidentally occur. • Do not share protectors/pads unless they are made of plastic and can be cleaned before sharing. • Use a shock absorbing surface (50mm thick) for techniques involving grappling, throws, take-downs and sweeps. |
| Student considerations | <ul style="list-style-type: none"> • Ensure students do not have any physical injury which may affect their capacity to participate or which may be aggravated as a result of participating. • Introduce the activity comprehensively and provide graduated exercises that emphasise strength and flexibility, particularly in the neck and back region. • Provide appropriate warm-up and stretching activities. • Ensure that all techniques are taught with due consideration to the students' body type, age and ability. • Avoid training and competitions during excessive heat or cold. |

Additional links

- Australian Karate Federation
<http://www.akf.com.au/>
- Australian Kendo Renmei Inc
<http://www.kendoaustralia.asn.au/content/>
- Judo Federation of Australia
<http://www.ausjudo.com.au/>
- Kung Fu Wushu Australia
http://kungfuwushuaustralia.com/who_are_we.php
- Martial Arts Industry Association
<http://www.maia.com.au/>
- Martial Arts Industry Association Risk Management Policy
http://maia.com.au/wp-content/uploads/2012/11/Martial_Arts_RMPS.pdf
- National Aikido Association of Australia
<http://www.aikido.org.au/>
- Sports Taekwondo Australia
<http://www.sta.asn.au/>

Disclaimer:

This document is developed and distributed on this website by the State of Queensland for use by Queensland state schools.

Use or adaptation of, or reliance on, this document or information in this document by persons or organisations other than the State of Queensland is at their sole risk. All users who use, adapt or rely on this document or any information in this document are responsible for ensuring by independent verification its accuracy, currency and appropriateness to their particular circumstances. The State of Queensland makes no representations, either express or implied, as to the suitability of this document or the information in this document to a user's particular circumstances.

To the full extent permitted by law, the State of Queensland disclaims all responsibility and liability (including without limitation, liability in negligence) for all expenses, losses, damages and costs arising from the use or adaptation of, or reliance on, this document or any information in this document.

Links in this document to external websites are for convenience only and the State of Queensland has not independently verified the information on the linked websites. It is the responsibility of users to make their own decisions about the accuracy, currency, reliability and correctness of the information at these external websites.