

1. General

- a) By far the most significant aspect for martial arts is that of having a properly qualified instructor. All other considerations are secondary to this. In the present booming and financially profitable situation many instructors are not properly qualified and are self-graded. The club will normally appoint only instructors whose qualifications are recognised by the Martial Arts Commission (M.A.C.).
- b) M.A.C. recognition is in the form of a current licence which is correctly endorsed. These licences are readily available to technically competent, socially responsible people. All graded practitioners should have an M.A.C. licence; this covers them for accident insurance and guarantees that they have a right of common redress in the event of a complaint.
- c) Each club should ensure that its curriculum is approved by an association within the above organisation. This curriculum should embody such general safety regulations as:
- i) Three months training as a beginner, during which no 'free-fighting' is allowed. Thereafter, examination every three months, and the green belt or 'fighting-grade' only being awarded after a minimum of six months. This is to ensure that the defensive blocks and techniques have been properly mastered, thereby minimising possible injuries.
- d) Clubs should encourage the highest standards of hygiene and discipline, and care for the moral and physical well-being of their students. Clubs should not permit or encourage the teaching of techniques which are designed to maim or permanently injure an opponent, eg, eye-gouging and destruction techniques using the head.
- e) There are 38 different associations, each practising a variant of one of the martial arts. These variants are known as 'styles' and differ from one another in one or more respects.
- f) In Britain, the arts can be divided into three ethnic groups:
- | <u>CHINESE</u> | <u>KOREAN</u> | <u>JAPANESE</u> |
|----------------|---------------|-------------------|
| Kung Fu | Tae Kwon Do | Aikido |
| Wu Shu | Tang Soo Do | Jiu Jitsu |
| | Kuk Sool | Kendo |
| | Hapkido | Karate (7 styles) |
| | | Kempo |
- g) Aikido and Jiu Jitsu require at least 4 square metres of floor area per practitioner. A judo mat is also needed. Mats must be dense and firm

enough to minimise the risk of injury. The density of any mat can be tested by striking it sharply with the elbow to see if it "bottoms". There should be sufficient firmness to avoid excessive sinking and drag during movement about the mat. The individual mats making up the area must be secured in position and should not be separate. Unless the mat is exceptionally large, no edges should be within 2m of any wall, projection or open door. All the other arts require 2 square metres of area per person, and a non-slip floor free of splinters and foreign objects.

- h) Windows should be guarded, or above 6 feet from the ground. Radiators and pillars should be padded or well clear of the training area. Light fittings should be at least 8 feet from the floor; a first aid kit should be available nearby.
- i) A karate jacket is essential and the correct trousers are preferable. Clothing should be laundered regularly.