



Kodokan Martial Arts Kumite Policy

1. Policy Statement

This policy establishes the safety standards, conduct rules, and protective equipment requirements for **semi-contact kumite (point sparring)** within the Kodokan Martial Arts dojo.

The aim is to ensure that sparring:

- Promotes **technical skill development**
- Builds **confidence and discipline**
- Maintains the **highest level of safety**

Semi-contact sparring emphasises **control, speed, and precision**, not force.

2. Age Categories

This policy applies to all age categories but certain regulatory requirements fall into three distinctive areas. These are:

Juniors: 5-10yrs

Cadets: 11-15yrs

Seniors: 16yrs and above.

3. Core Sparring Principles

All sparring at Kodokan Martial Arts follows these principles:

- **Safety first**
- **Control over power**
- **Respect for the opponent**
- **Instructor supervision at all times**

Students must demonstrate **discipline and control** before participating in sparring.

We're **registered** and **checked**





Students who display **excessive aggression, unsafe behaviour, or a lack of control** will be removed from sparring.

4. Contact Rules

General Contact Policy

Semi-contact kumite is **point-based sparring**.

Techniques must be:

- Controlled
- Accurate
- Light

The objective is to score a clean technique, not to strike with force.

Head Contact

Juniors (5–10yrs)

- **No contact with the face.**
- No intentional head contact
- Head techniques must **stop before impact**

Cadets (11–15)

- Very light contact **only to the head guard**
- No face contact
- Any excessive head contact will result in **immediate stoppage**

Seniors (16 and above)

- Very light contact **only to the head guard, if worn**
- Light contact to the face is permitted - skin touch
- Any excessive head contact will result in **immediate stoppage**



Prohibited Behaviour

The following actions are **strictly forbidden**:

- Excessive force
- Blind or uncontrolled attacks
- Grabbing or wrestling, but sweeps and takedowns are allowed if mats are used.
- Attacking the groin
- Deliberate injury

5. Protective Equipment

Equipment must fit properly to provide the intended protection. Ill-fitting equipment may increase the risk of an injury.

Juniors (5–10yrs)

- WKF Approved Hand Mitts - Mandatory.
- Shin/Instep - elasticated - Mandatory.
- WKF Body Protection - Mandatory.
- WKF Headguard with faceshield - Mandatory.
- Groin guard - Advisory
- Gum shield - Advisory



Cadets (11–15yrs)

- WKF Approved Hand Mitts - Mandatory.
- Shin/Instep - elasticated - Mandatory.
- WKF Body Protection - Mandatory.
- WKF Headguard with faceshield - Mandatory for U14yrs.
- Groin guard - Advisory
- Gum shield - Advisory

Seniors (16yrs and Above)

- WKF Approved Hand Mitts - Mandatory.
- Shin/Instep - elasticated - Mandatory.
- WKF Body Protection - Advisory.
- WKF Headguard - Advisory for U18yrs.
- Groin guard - Advisory
- Gum shield - Advisory

6. Hygiene and Personal Safety

Students must follow the following hygiene rules:

- No glasses are allowed (contact lenses at the discretion of the student)
- Fingernails and toenails must be trimmed short
- No jewellery (rings, earrings, necklaces)
- Long hair must be tied back
- Gi must be clean and secure
- Protective equipment must be clean



These measures help prevent:

- scratches
- infections
- accidental injury

7. Instructor Supervision

All sparring sessions must be:

- Supervised by a **qualified Kodokan Martial Arts instructor**
- Conducted in a **controlled dojo environment**

Instructors will:

- Stop unsafe sparring immediately
- Provide technical correction
- Ensure rules are followed

8. Injury Procedure

If an injury occurs:

1. Sparring will stop immediately
2. The instructor will assess the student
3. First aid will be administered if necessary according to Kodokan Martial Arts Policies
4. Parents/guardians will be informed as necessary

Students must **report any injury immediately**, no matter how minor.



9. Behavioural Expectations

All students participating in sparring must demonstrate:

- Respect
- Self-control
- Good sportsmanship

Students who repeatedly ignore safety rules may:

- Be removed from sparring
- Receive disciplinary action
- Be required to demonstrate control before returning to sparring.

10. Monitoring and Review

This policy will be reviewed annually. Updates will be made in line with BMABA guidance and emerging best practices in trauma-informed education and martial arts instruction.

Signed:

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Last Updated: 05/03/2026

Next Review Date: 05/03/2027