



Physical Contact Policy

Introduction

This document details the type of karate practised by the JKA-SI and its affiliated clubs. It should be used by individual club members and instructors as a guideline for the practise of karate and for determining the acceptable level of physical contact to be used in regular practise of karate lessons and competitions.

It is also to be used by instructors who are representing the JKA-SI when instructing in any affiliated club or JKA-SI karate course.

Physical Contact Policy

The JKA Shotokan Ireland teaches and promoted Traditional Japanese Shotokan Karate as defined by the Japan Karate Association (JKA).

JKA karate is best defined by reference to its published documentation namely

- The JKA Technical Manual for Instructors
- The JKA Tournament Rules and Regulations

Both of these documents are publicly available on the JKA website:

<http://www.jka.or.jp/english/news/manual.html>

Reference is also made to the World Karate Federation Kata and Kumite Competition Rules which outline the level of acceptable physical contact and target areas in Sport Karate in more detail. In particular Article 8 outlines prohibited behaviour.

<http://wkf-web.net/index.php/organization/rules-and-regulations.html>

These referenced documents describes the karate techniques, the acceptable level of physical contact to be engaged in and the acceptable striking targets to be utilised in the regular practise of karate and in competitions.

The guidelines for the acceptable level of physical contact to be utilised in partner work/Kumite during regular training sessions by JKA-SI affiliated clubs and members are summarised below. However For a more in depth description members and instructors should read the referenced JKA and WKF documentation.

Face contact: non-injurious, light, controlled “touch” contact to the face, head, and neck is allowed (but not to the throat, eyes, temple or any other vital points). In defining light touch this should mean that the technique does not cause the recipients head to move. Any blow delivered which results in the movement of the head or contact with the throat, eyes, temple or other vital points should be considered excessive. Particular care and supervision should be given to the practise of face contact by children and cadets (Under 18)

Torso contact: non-injurious, light, controlled “touch” contact to the abdomen and rib cage is allowed. In defining light touch this should mean that the technique does not penetrate beyond the muscled area of the abdomen and in particular the rib cage. Any blow delivered which results in the penetration of the rib cage in particular should be considered excessive.

Limb contact: non-injurious, controlled contact to the limbs sufficient to deflect/block an attack is allowed. Any blow delivered which results in an attack to the limb should be considered excessive.

The recommendations for affiliated clubs in reporting and managing excessive physical contact issues are dealt with in the JKA-SI Risk Management Policy.