



PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モートン流自修館柔術

Risk Management Policy

All members of the Academy are responsible for managing risks. Administrators will have a different view of risk to that of a student or instructor, but each has an important personal responsibility to ensure that risks within their control are managed according to Academy policies and procedures.

Risk management is the culture, processes and structures that are directed towards the effective management of potential opportunities and adverse effects. Risk management should be proactive, focusing first on risk prevention, then on risk minimisation and control.

The need for a safety policy is an important factor for the Academy, so the Academy has introduced this *Risk Management Policy* to satisfy the safety requirements of members of the Academy and to encourage a safe training environment for all concerned.

Risk management is used to identify hazards, to analyse and evaluate risk and then to treat the risks associated with these activities via elimination and/or control.

Risk management is an ongoing process applied to all aspects of the Academy's operations. There are a number of mechanisms already in place that address the issue of health and safety, with particular emphasis on injury risk management, such as the *Risk Management Guidelines*, Academy syllabus, standards, and teaching methodology.

1. Definitions

Academy	Peter Morton Academy of Judo Jujitsu Karate Incorporated
Assistant instructor	Person who assists a chief instructor in the management and conduct of a class.
Chief instructor	Person who has final authority/management over the conduct of a class, dojo or event.
Control sparring	Where the motions of fighting are predetermined and known to each participant with the intention to drill the practitioner's ability to utilise one or more specific fighting techniques. Control sparring includes any specified attack-defence routines being practised by two or more practitioners to develop the skill of the practitioners in executing a technique.
Duty of care	Provision of a reasonable standard of care for those to whom a service is provided and, in the provision of that service, to protect them from harm.
Event	Annual National Seminar, junior seminars, gradings, demonstrations and other similar occasions that are not normal branch training.
Free sparring	Where the use of fighting techniques by one or more of the practitioners is not predetermined or advised. The purpose of free sparring is to test a practitioner's ability to respond spontaneously and effectively to unforeseen fighting techniques.

Hazard management	Any procedure, policy, rule or action that has as its function the reduction or removal of any risks that may be associated with the conduct of a class or activity.
Insurance	Risk transfer tool that is reactive rather than proactive, that is, it reduces the impact of a risk when it occurs.
Negligence	<p>Failure to exercise appropriate standards of care to minimise the potential risk of harm to others. This harm can include physical, emotional or financial injury.</p> <p>It is the omission of proper attention and the avoidance or disregard of duty from heedlessness, indifference or willfulness.</p> <p>A more martial-arts-orientated definition would be that negligence is a failure of an instructor to perform the duties that a sensible and reasonable instructor would perform to minimise harm to their students and to those with whom they are associated in the performance of their duties as an instructor.</p>
Prohibited weapon	Any weapon listed as prohibited under the <i>NSW Weapons Prohibition Regulation 1998</i> . Definitions of specific prohibited weapons are as defined under that Regulation, irrespective of the state or territory in Australia in which the usage may occur.
Real weapon	Any item designed or used or usable for inflicting bodily harm. Includes metal or wooden items with a sharp or blunt edge or point, or items capable of firing a projectile.
Referee	Person who officiates in whatever capacity as a judge, a referee or a timekeeper, at an event, grading, tournament or contest.
Risk	Chance of something happening that will have an impact on Academy members or objectives.
Safety weapon	Any commercially-available item, normally made of rubber, plastic or foam, designed to resemble or approximate the look of a real weapon but so constructed to disable or reduce the damaging function (for example, cutting or impacting) of the weapon.
SOGAP	Standard Operational Guidelines and Procedures.
Sparring	Where two or more practitioners engage in the motions or semblance of fighting, using any part of the body or a weapon, with the intention of safely training the practitioners in the use of various fighting techniques, without the landing of heavy blows.
Tatami	Matted training area.

2. Instructor mandatory minimum qualifications

Instructors must, at a minimum, hold the following qualifications.

- 2.1 The rank of Shodan.
- 2.2 Academy-approved general principles of coaching course.
- 2.3 Current basic first aid qualifications.
- 2.4 Current financial membership of the Academy.

3. Referee mandatory minimum qualifications

Referees must, at a minimum, hold the following qualifications.

- 3.1 The rank of Shodan.
- 3.2 Academy-approved general principles of coaching course.
- 3.3 Current basic first aid qualifications.
- 3.4 Current financial membership of the Academy.

4. Class supervision

- 4.1 All classes must be supervised by a qualified instructor.
- 4.2 A student ratio of 1:24 will be adopted.
- 4.3 When teaching students under 18 years of age at least one other adult person will be present at all times.
- 4.4 Students must be aware of the rules of the dojo.
- 4.5 Chief Instructors and Assistant Instructors will adhere to the rules of the dojo.
- 4.6 Classes will be conducted in accordance with Academy policies and procedures.

5. Approved safety equipment

- 5.1 Appropriate instruction in the correct and safe use of any equipment must be provided before equipment is used.
- 5.2 Only safety equipment suitable to the training activity may be used.
- 5.3 Equipment must be professionally made, not homemade.
- 5.4 Equipment must be maintained in good working order according to manufacturer standards.
- 5.6 Equipment must be regularly cleaned with proper attention to hygiene.

6. Hazard management

- 6.1 There must be access at all times to a fully-equipped first aid kit.
- 6.2 A venue must have sufficient space for the number of persons training.
- 6.3 A training area must be clear of any dangerous and/or sharp objects that may provide a risk of injury.
- 6.4 A tatami must be sufficient for the number of persons training.
- 6.5 A tatami must be in good repair, clean, smooth and with sufficient shock absorption to reduce the risk of injury.
- 6.6 Exercises must be from the approved Academy list of exercises. *Syllabus.3.1 Exercises.*
- 6.7 Technique training must be applied and received safely.
- 6.8 Instructors and students must not wear any adornments during training. *Rules of the Dojo. Etiquette Standards. 4 Dress, 4.1 – 4.3.*

7. Health risk minimisation

- 7.1 In the case of an emergency at an Academy event, a designated person will direct procedures.
- 7.2 In the case of an emergency at branch level, the chief instructor will direct procedures.
- 7.3 Before participating in training, a student with a health condition must secure a medical certificate clearly stating that the student is able to participate in martial arts classes and whether any restrictions or conditions apply.

- 7.4 Before participating in training, a student must advise an instructor if they are suffering from any injury or medical condition, either permanent or temporary, which may be adversely affected by certain types of training so that alternative exercises may be given to prevent further aggravation to the injury or medical condition.
- 7.5 Injuries that occur during training must be reported immediately to a chief instructor for evaluation and/or treatment.
- 7.6 An injured person must not return to the tatami until the chief instructor deems that person fit to resume training.
- 7.7 An injured person must be immediately removed from the tatami, the injury treated where the skin is broken and blood is present and appropriate first aid applied.
- 7.8 An injured person may not return to the tatami until the injury has stopped bleeding, been cleaned and properly dressed to prevent further injury and/or loss of blood.
- 7.9 Blood that falls onto the tatami must be immediately cleaned away before training can continue in that area.
- 7.10 All bloodstained clothing must be removed from an injured person before they are allowed to return to the tatami.
- 7.11 Bloodstained clothing, particularly a judogi, must be properly cleaned before they are worn in the training venue.
- 7.12 A student must not train if they are suffering from the flu or other viral infection that may be passed on to others.
- 7.13 The Sports Medicine Australia *Infections Diseases Policy* shall apply at all times.
- 7.14 A student training must give proper attention to their personal hygiene and exhibit clean grooming. *Rules of the Dojo. Etiquette Standards. 5 Cleanliness.*
- 7.15 Training equipment that has the potential to harbour disease must not be shared. Equipment fitting this description may include, but is not limited to, focus mitts, training gloves, groin guards and mouth guards.
- 7.16 A student must not attend training under the influence of alcohol or illicit substances.
- 7.17 The Academy encourages female participants to seek medical consultation prior to participation whilst pregnant.
- 7.18 Smoking is not allowed in a training area.

8. Sparring standards

- 8.1 Students with a grade lower than senior 1st Kyu may not participate in free sparring.
- 8.2 Students under 18 years of age must not participate in free sparring.
- 8.3 A qualified instructor must be present to supervise every two students engaging in sparring.
- 8.4 All participants in free sparring must wear safety equipment.
- 8.5 Students engaged in sparring must be closely monitored to check on their physical and mental state.
- 8.6 A free sparring round may not be greater than two minutes duration.
- 8.7 A rest break between free sparring rounds may not be less than one-minute duration.
- 8.8 The number of sparring rounds that a student is required to participate in must be adequately controlled and reflect the level of skill or experience of the student.

- 8.9 Sparring participants must be matched according to age, height, weight, maturity, skill level and experience.
- 8.10 Deliberate mismatching in sparring is only permissible where one of the participants is an accredited instructor and where the intention is to provide controlled coaching by the accredited instructor.

Rules of the Dojo. Etiquette Standards. 13 Free Exercises and Sparring – Randori and Kumite

9. Use of weapons

- 9.1 No real weapon may be used in any circumstance except as allowed under paragraph 9.2 of this policy.
- 9.2 Real or prohibited weapons may only be used when the practitioner holds an *Instructor Permit* or *Sporting Permit* under the system administered by the Firearms Registry of the NSW Police Service or its equivalent in any state or territory of Australia.
- 9.3 A safety weapon may be used only under the supervision of a qualified instructor.

10. Prohibited activities

The following are all prohibited activities and must not be performed under any circumstance.

- 10.1 Use of weapons as specified in Section 9 of this policy.
- 10.2 Throwing on an unmatted surface.
- 10.3 Exercises described as dangerous or any other exercise so described by the Academy at a subsequent time. *Syllabus.3.1 Exercises*.
- 10.4 The use of non-accredited instructors.
- 10.5 The provision of instruction by anyone under the rank of Dan belt without supervision by a qualified instructor.
- 10.6 The provision of instruction to a student that has not signed a *Membership Application*.
- 10.7 Sparring or instructing sparring outside the *Sparring standards* (Section 8 of this policy).
- 10.8 Conducting classes without Academy approval.
- 10.9 Prohibited activities covered in the *SOGAP Manual*.

11. Confidentiality, waivers, risk contracts, injury, incidents

- 11.1 A *Membership Application* must be completed and signed by an academy member or, if under 18 years of age, a parent or guardian, on an annual basis, or at a time nominated by the Academy, before approval for participation in any Academy activity will be granted.
- 11.2 A *Temporary Membership Application* must be completed and signed by a person or, if under 18 years of age, a parent or guardian before approval for participation in any Academy activity will be granted, except as allowed in paragraph 11.3 of this policy.
- 11.3 A non-member may participate in any Academy activity only with the written or verbal permission of the Academy.
- 11.4 All medical history and injury records will be kept in a secure place and the Academy will take reasonable steps to protect information that is held against loss, misuse, modification, disclosure and from unauthorised access.
- 11.5 Once personal information is no longer needed for any purpose, the Academy will take reasonable steps to destroy or permanently de-identify that personal information.
- 11.6 All injuries must be documented. *Injury Record form*.
- 11.7 All incidents must be documented. *Incident Record Form*.

- 11.7 The branch Chief Instructor will accept initial responsibility for injury and incident records for their branch.
- 11.8 The Academy Registrar will maintain a file of injury and incident records.
- 11.9 Injury and incident records will be reviewed at the end of each year to identify any areas for prevention or risk minimisation activities.
- 11.10 All member information must be treated as confidential.

12. Insurance

- 12.1 A chief instructor must have in place appropriate levels of Public Liability and Professional Indemnity insurance to cover all aspects of the process of martial arts instruction and the martial arts venue.
- 12.2 A chief instructor must ensure that either the chief instructor or the venue owner holds additional Venue Public Liability.

13. Policy compliance checks

- 13.1 A chief instructor will consent, without notice, to spot checks of their venue, martial arts classes and branch records by the Academy.
- 13.2 An appointed representative of the Academy may conduct a spot check of venues, martial arts classes and branch records.
- 13.3 Spot checks will be conducted in accordance with Academy policy.



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Risk Management Guidelines

The scope of risk assessment is to provide a tool by which Academy instructors can undertake a risk assessment to identify hazards in training and the training environment, whether it is a venue at branch level or an Academy event, such as the Annual National Seminar or a Shodan grading.

The outcome of a risk assessment provides a safe and healthy training environment for Academy members and a path to devise a risk management plan to effectively deal with any risks that may arise.

There are three key steps to managing risk:

1. Identify risk
2. Assess risk
3. Control risk

Consequences of risk

The level of risk depends on the likely consequences of the hazard.

Disaster

- Multiple fatalities
- Extensive financial loss
- Major disruptions to operations

Very serious

- Fatality
- Substantial financial loss
- Neck/spinal injury
- Heart attack
- Biological (AIDS)

Serious

- Serious injury (permanent disability)
- Substantial financial loss
- Neck/spinal injury
- Heart attack
- Head injury
- Severe bleeding
- Internal bleeding
- Concussion
- Eye injury
- Biological (AIDS, HEP B)

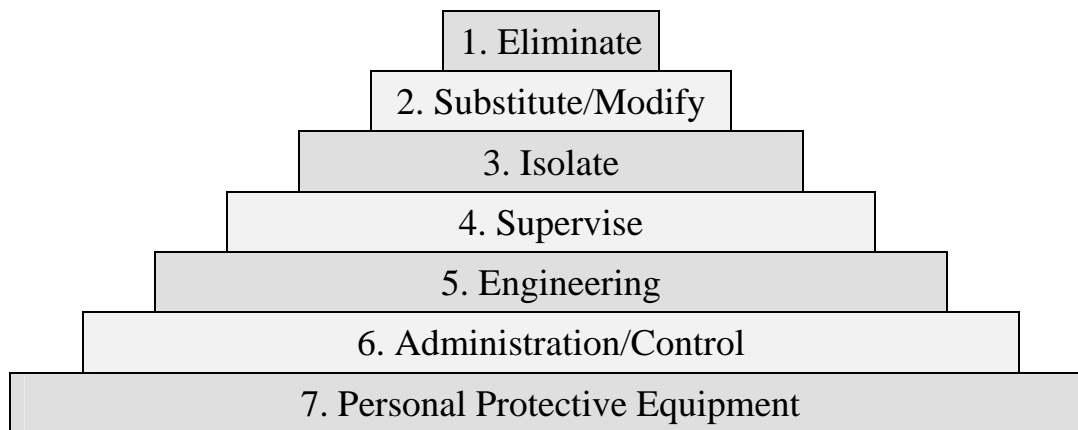
Substantial

- Disabling injury requiring medical attention
- Notable financial loss
- Bone break
- Ligament, tendon tear
- Major muscle tear
- Eye injury
- Dislocation
- Concussion

Minor

- First aid treatment
- Negligible financial loss
- Minor cuts
- Bumps and bruising
- Minor muscle tears
- Strains and sprains
- Minor bleeding
- Concussion

Hierarchy of risk control



Venue risk control

The following should be kept in mind when assessing risks for training venues, including normal branch training dojos or venues used for events.

- Training venue size to suit the number of participants
- Qualified instructors
- Venue induction
- Suitable number of instructors to students
- Availability of first aid equipment
- Suitable first aid stocks
- Presence of a first aid officer
- First aid officer knows the location of the nearest hospital or medical centre
- Appropriate medical and first aid services available to participants
- Emergency officer appointed
- Telephone available for emergency use
- List of emergency telephone numbers
- Use of safety equipment
- Adequate supply of drinking water
- Training venue is safe and clean
- Training mats hygienically clean
- Toilets hygienic and adequately stocked
- Safe entry and exit points within a training venue
- Access to participant registration records

Venue risk management plan

1. Is a previous risk assessment available for the venue? If so, review and update, considering such issues as changes to activities, participants, previous incidents and the effectiveness of risk controls.
2. Contact the venue manager and enquire about:
 - Known hazards and controls the venue presents in view of the proposed activities.
 - Equipment that the venue is to provide; ask venue to confirm that equipment and machinery are maintained, repaired and in good working order with safety features operational.
 - Availability of appropriate facilities, such as change-rooms, showers, toilets, drinking facilities.
 - Access to any special requirements where applicable, such as access to deliver equipment, access for participants with special needs.
 - Emergency procedures and relevant training of venue staff.
 - Venue Public Liability insurance.
3. Assess venue and safety information for your participant group in view of the activities to be conducted.
4. In consultation with key stakeholders, analyse and list activities. That is, break the event into its parts, such as getting to and from the venue, being at the venue, each of the major activities at the venue, having meals, accommodation where applicable.
5. Depending on the nature of the proposed activity, analyse:
 - Number of participants to be involved in activities.
 - Age and gender of the participants to be involved in activities.
 - Any special requirements of participants, for example medical conditions, disabilities, special meals.
 - Experience and skill level of participants to be involved in activities.
 - Type of venue that is to be used for the event.
6. Identify any hazards associated with the activities and the potential risks associated with those hazards. Take account of previous incidents and venue and safety information.
7. Assess the risks associated with any hazards. This gives a risk ranking and a priority order for managing such hazards.
8. Develop appropriate strategies to eliminate or control risks using the *Hierarchy of Risk Control* provided in this guide.
9. Document the risk management plan.
10. Communicate the plan to Academy supervisors and provide relevant information to participants and their families.
11. Implement the plan.
12. Constantly monitor and review the risk management plan.

Training risk minimisation

Measure	Reason
Exercises	<ul style="list-style-type: none"> To develop strength, flexibility and mobility in the body. A fit and warmed body reduces injury risk.
Code of conduct <i>Etiquette Standard Section 2</i> <i>Code of Conduct</i>	<ul style="list-style-type: none"> Dealing with attitude toward self and others. Highlighting that the practice of a martial art is not to be taken lightly.
Dress <i>Etiquette Standard Section 4</i>	<ul style="list-style-type: none"> Reduce injury risk by the removal of adornments and a torn judogi.
Cleanliness <i>Etiquette Standard Section 5</i>	<ul style="list-style-type: none"> Long dirty fingernails pose more risk (scratches and potentially subsequent infection). Gum chewing poses a choking hazard.
Injury and blood <i>Risk Management Policy Section 7</i>	<ul style="list-style-type: none"> Blood poses a serious disease transmission hazard through the transference of body fluids.
Randori and Kumite <i>Etiquette Standard Section 13.1</i>	<ul style="list-style-type: none"> Observance of rules and referee directions can stop potentially hazardous situations and techniques.
Tapping out to submit	<ul style="list-style-type: none"> Prevents injury on Uki (defender) by having Tori (attacker) stop all pressure on the applied technique.
Ukemi (breakfalls)	<ul style="list-style-type: none"> Teaches how to fall safely.
Good repair of mats	<ul style="list-style-type: none"> Mats that are clean, smooth and with sufficient shock absorption prevent injuries and the spread of disease.
Membership application form medical history	<ul style="list-style-type: none"> Highlights to instructors any condition a member may have so that modifications to training can be implemented.
Membership application form disclaimer	<ul style="list-style-type: none"> Informs members of the inherent risk of injury from the practice of a martial art.
Personal protective gear for boxing (headgear, gloves, mouthguard)	<ul style="list-style-type: none"> Helps prevent injury to hands, teeth and head.
All gradings with a boxing component have a referee	<ul style="list-style-type: none"> Ensures adherence to the rules and to stop a bout if a potentially dangerous situation arises.
First aid kit	<ul style="list-style-type: none"> Branch first aid kit for application of basic first aid to injuries as they occur.
First aid qualification for all instructors	<ul style="list-style-type: none"> Ensures all instructors have training when faced with a crisis situation.
Sports trainer course – for qualifying to Academy level 2 coaching	<ul style="list-style-type: none"> Training helps to remove potential risks. Training to assess and treat non-threatening injuries.
Injury and incident record	<ul style="list-style-type: none"> Documentation of all injuries and incidents to ensure a record. Allows modification of teaching methods to prevent the same situation occurring again.

Measure	Reason
<p>Teaching Uki (defender) how to safely receive some of the more injury-prone techniques and teaching Tori (attacker) how to safely apply techniques</p>	<ul style="list-style-type: none"> • Techniques applied in a controlled manner. • Strikes to be pulled up short of the target. • Wrist and shoulder locks – not to be snapped on. • Tekubi Gaeshi & Kata Garuma – correct breakfall from shoulder height. • Double Lapel – do NOT clap the ears. • Full Nelson #2 – Tori sitting behind the heels, Uki guiding Tori over the shoulder. • Osoto Gari & Kidney Karate – full sweep to prevent the knee being trapped and forcing a loaded twisting action through the leg.
<p>Shodan Course theory component</p>	<ul style="list-style-type: none"> • Ensures all new Shodans have coaching and first aid qualification upon completion of a Shodan grading.

Risk assessment

Training risk assessment

Item	Risk level	Risk presented	Solutions
Venue safety	Low	Dojo set-up safety and environment	Venue induction: <ul style="list-style-type: none"> • exits, emergency evacuation points • emergency evacuation procedure • Identify and introduce the emergency officer • identify the first aid officer • location of the first aid kit • removal of safety hazards • toilets
		Administration procedures not in place	<ul style="list-style-type: none"> • Emergency evacuation procedure • Stress the <i>Etiquette Standards</i> more often • Tatami to be cleaned on a regular basis • All injuries and incidents to be recorded on the appropriate form
Exercises	Moderate	Time length and intensity of exercise	<ul style="list-style-type: none"> • Exercise to best of ability by doing what one's body can cope with • Awareness of student physical and mental limitations
		Soft tissue injury	<ul style="list-style-type: none"> • Correct instruction on how to do an exercise • Approved type of exercises • Balance of mobility/ flexibility/ strength in exercise routine • All injuries and incidents to be recorded on the appropriate form
Tsuki & Keri	Moderate	<ul style="list-style-type: none"> • Soft tissue injury • Safety of execution 	<ul style="list-style-type: none"> • Correct instruction on method of execution • All injuries and incidents to be recorded on the appropriate form

Item	Risk level	Risk presented	Solutions
Ukemi (breakfalls)	Moderate/ High	<ul style="list-style-type: none"> • Soft tissue injury • Head, neck, shoulder, lower back injury • Collision with other students • Safety of execution 	<ul style="list-style-type: none"> • Correct body warm up • Teaching methodology • Supervision • Coach the coach • All injuries to be recorded on an <i>Injury Record</i> form

Techniques	High	<ul style="list-style-type: none"> • Soft tissue injury • Hard tissue injury • Broken bones • Winding • Fatigue • Dehydration • Safety of execution 	<ul style="list-style-type: none"> • Ask questions about pre-existing injuries at the start of training • Teaching methodology • Safety in training with certain/all techniques • Body warm up and stretching • Hydration breaks, own drink bottle • Supervision • Student/teacher ratio • Use of safety equipment, such as personal protective equipment: groin guard, pads, headgear • All injuries and incidents to be recorded on the appropriate form
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Training (Before and after)	Low	Junior students leaving the dojo before, during or after training without a parent or guardian	Junior students are not to leave the dojo until they are collected by a parent or guardian
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Competitive elements (boxing, two man attack, randori)	High	<ul style="list-style-type: none"> • Soft tissue injury • Hard tissue injury • Broken bones • Winding • Concussion • High frequency of injuries • Loss of control 	<ul style="list-style-type: none"> • Injury safety plan • Communication • Referee • Train at an appropriate level (80%) to keep control • Diverse training strategies • Box a left-handed opponent • Train from both a left-side and a right-side attack • All injuries and incidents to be recorded on the appropriate form
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Item	Risk level	Risk presented	Solutions
Seminars & events	Moderate	<ul style="list-style-type: none"> • Hot/cold body temperature fluctuation from irregular activity • Start/stop activity • High volume training and length of training sessions • Physical and mental fatigue • General fitness level of students • Overcrowding on the tatami • Excessive alcohol consumption before training 	<ul style="list-style-type: none"> • Exits, emergency evacuation points • Emergency evacuation procedures • Identify and introduce the emergency officer • Identify the first aid officer • Location of first aid kit • Removal of safety hazards • Toilets • Comprehensive portable first aid kit for gradings and major events • Structured breaks • Adequate facilities • All injuries and incidents to be recorded on the appropriate form

Syllabus risk assessment

Skill level	Likelihood	Consequence	Risk	Control
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Exercises – Warm up

Beginner	Possible	Serious	High	Modify/Substitute Supervise
Intermediate	Possible	Substantial	Moderate	Supervise
Senior Grade	Remotely Possible	Minor	Moderate	N/A

Exercises – Stretch

Beginner	Possible	Substantial	Moderate	Modify/Substitute Supervise
Intermediate	Possible	Minor	Low	Supervise
Senior Grade	Remotely Possible	Minor	Low	N/A

Tsuki – Strikes

Beginner	Remotely Possible	Minor	Low	N/A
Intermediate	Remotely Possible	Minor	Low	N/A
Senior Grade	Practically Impossible	Minor	Low	N/A

Keri - Kicks

Beginner	Possible	Substantial	Moderate	Modify/Substitute Supervise
Intermediate	Possible	Substantial	Moderate	Supervise
Senior Grade	Remotely Possible	Minor	Low	N/A

Basic Steps kata

Beginner	Possible	Substantial	Moderate	Isolate/Supervise
Intermediate	Possible	Substantial	Moderate	Supervise
Senior Grade	Remotely Possible	Minor	Low	N/A

Ukemi – breakfalls - side

Beginner	Possible	Substantial	Moderate	Modify/Substitute Supervise
Intermediate	Remotely Possible	Minor	Low	N/A
Senior Belt	Remotely Possible	Minor	Low	N/A

Skill level	Likelihood	Consequence	Risk	Control
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Ukemi – breakfalls – shoulder

Beginner	Possible	Serious	High	Modify/Substitute Supervise
Intermediate	Possible	Substantial	Moderate	Supervise
Senior Belt	Remotely Possible	Minor	Low	N/A

Ukemi – breakfalls – back

Beginner	Possible	Serious	High	Modify/Substitute Supervise
Intermediate	Possible	Substantial	Moderate	Supervise
Senior Belt	Remotely Possible	Minor	Low	N/A

Ukemi – breakfalls – front

Beginner	Possible	Serious	High	Modify/Substitute Supervise
Intermediate	Possible	Substantial	Moderate	Supervise
Senior Belt	Remotely Possible	Minor	Low	N/A

Ukemi – breakfalls – horse

Beginner	Possible	Serious	High	Modify/Substitute Supervise
Intermediate	Possible	Substantial	Moderate	Supervise
Senior Belt	Remotely Possible	Minor	Low	N/A

Ukemi – breakfalls – full flip

Intermediate	Possible	Serious	High	Modify/Substitute
Senior Belt	Possible	Serious	High	Modify/Substitute

Ukemi – breakfalls – dive roll

Intermediate	Possible	Substantial	Moderate	Supervise
Senior Belt	Possible	Substantial	Moderate	Supervise
Shoulder Tap	Possible	Substantial	Moderate	Supervise

Technique	Likelihood	Consequence	Risk	Control
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5th Kyu – Yellow Belt

Double Lapel Hold	Remotely Possible	Minor	Low	Supervise
Single Lapel Hold 1	Remotely Possible	Minor	Low	Supervise
Single Lapel Hold 2	Remotely Possible	Minor	Low	Supervise
Single Wrist Hold 1	Remotely Possible	Minor	Low	Supervise
Single Wrist Hold 2	Remotely Possible	Minor	Low	Supervise
Double Wrist Hold	Remotely Possible	Minor	Low	Supervise
Front Choke 1	Remotely Possible	Minor	Low	Supervise
Front Choke 2	Remotely Possible	Minor	Low	Supervise
Side Choke	Remotely Possible	Minor	Low	Supervise
Side Ground Choke	Remotely Possible	Minor	Low	Supervise
Straddle Ground Choke	Remotely Possible	Minor	Low	Supervise
Ground Choke Kneeling Between Legs 1	Remotely Possible	Minor	Low	Supervise
Hair Holding	Remotely Possible	Minor	Low	Supervise
Collar Holding	Remotely Possible	Minor	Low	Supervise
Shoulder Grabbing from behind	Remotely Possible	Minor	Low	Supervise
Arms around body from behind feet together 1	Possible	Substantial	Moderate	Isolate/Supervise
Arms Around Body From Behind Feet Together 2	Possible	Substantial	Moderate	Isolate/Supervise
Arms Around Body From Behind Feet Apart	Possible	Substantial	Moderate	Isolate/Supervise
Ogoshi	Possible	Substantial	Moderate	Isolate/Supervise
Koshi Garuma	Possible	Substantial	Moderate	Isolate/Supervise
Rear Choke 1	Remotely Possible	Minor	Low	Supervise
Forearm Hold	Remotely Possible	Minor	Low	Supervise
Two Man Attacks	Possible	Serious	High	Isolate/Supervise

Technique	Likelihood	Consequence	Risk	Control
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4th Kyu – Orange Belt

Front Kick	Remotely Possible	Minor	Low	N/A
Round Kick	Possible	Substantial	Moderate	Supervise
Kidney Karate	Possible	Substantial	Moderate	Supervise
Equalizer	Remotely Possible	Minor	Low	N/A
Ippon Seionage	Possible	Substantial	Moderate	Supervise
Arms Around Body from Front	Remotely Possible	Minor	Low	N/A
Hand Grabbing	Possible	Substantial	Moderate	Supervise
Counter to Hand Shake 1	Possible	Substantial	Moderate	Supervise
Counter to Hand Shake 2	Possible	Substantial	Moderate	Supervise
Full Nelson 1	Possible	Substantial	Moderate	Supervise
Full Nelson 2	Possible	Substantial	Moderate	Supervise
Counter to Upper-cut	Remotely Possible	Minor	Low	N/A
Hip Throw from walking Side by Side	Possible	Substantial	Moderate	Supervise
Hamalock Counter	Possible	Substantial	Moderate	Supervise
Rear Strangle 1	Possible	Substantial	Moderate	Supervise
Rear Strangle 2	Possible	Substantial	Moderate	Supervise
Rear Ground Choke	Remotely Possible	Minor	Low	N/A
Side Bear Hug	Possible	Substantial	Moderate	Supervise
Rear Bear Hug	Remotely Possible	Minor	Low	N/A
Kuzushi	Remotely Possible	Minor	Low	N/A
Randori	Possible	Substantial	Moderate	Isolate/Supervise
Two Man Attack	Possible	Serious	High	Isolate/Supervise

Technique	Likelihood	Consequence	Risk	Control
3rd Kyu – Green Belt				
Kempo 1	Remotely Possible	Minor	Low	N/A
Kempo 2	Remotely Possible	Minor	Low	N/A
Kempo 3	Remotely Possible	Minor	Low	N/A
Kempo 4	Remotely Possible	Minor	Low	N/A
Kempo 5	Possible	Substantial	Moderate	Supervise
Kempo 6 Equalizer	Possible	Substantial	Moderate	Supervise
Kempo7 Hip Throw	Remotely Possible	Minor	Low	N/A
Kempo 8 Kidney Karate	Possible	Substantial	Moderate	Supervise
Kempo 9 Ippon Seionage	Remotely Possible	Minor	Low	N/A
Advancing Front Choke	Possible	Substantial	Moderate	N/A
Wrist Hold 1	Remotely Possible	Minor	Low	N/A
Rear Choke 2	Possible	Substantial	Moderate	Supervise
Ground Choke Kneeling Between Legs	Remotely Possible	Minor	Low	N/A
Front Bear Hug Arms Free 1	Remotely Possible	Minor	Low	N/A
Kneeling Kick	Remotely Possible	Minor	Low	N/A
Laying Kick	Remotely Possible	Minor	Low	N/A
Kuzushi	Remotely Possible	Minor	Low	N/A
Two Man Attack	Possible	Serious	High	Isolate/Supervise

Technique	Likelihood	Consequence	Risk	Control
2nd Kyu – Blue Belt				
Kempo 10 Twilight	Remotely Possible	Minor	Low	N/A
Kempo 11 Sayonara	Remotely Possible	Minor	Low	N/A
Kempo 12 Atemi Wrist	Possible	Minor	Low	Supervise
Kempo 13 Tama Getsu	Possible	Substantial	Moderate	Supervise
Kempo 14 Double Indemnity	Remotely Possible	Minor	Low	N/A
Kempo 15 Ushi Geri	Possible	Minor	Low	N/A
Garcoons	Remotely Possible	Minor	Low	N/A
Rear Bear Hug Arms Tied	Remotely Possible	Minor	Low	N/A
Hiza Tomoenage	Possible	Substantial	Moderate	Modify/Substitute Supervise
Tomoenage Atemi Kubi	Possible	Substantial	Moderate	Modify/Substitute Supervise
Rear Choke 3	Possible	Minor	Low	Supervise
Ground Choke Kneeling Between Legs 2	Possible	Minor	Low	N/A
Front Choke 3	Remotely Possible	Minor	Low	N/A
Wrist Hold 2	Remotely Possible	Minor	Low	N/A
Morote Seionage	Remotely Possible	Minor	Low	N/A
Tomoenage	Possible	Substantial	Moderate	Modify/Substitute Supervise
Boxing Basics	Remotely Possible	Minor	Low	PPE/Isolate Supervise
Two Man Attack	Possible	Serious	High	PPE/Isolate Supervise

Technique	Likelihood	Consequence	Risk	Control
1st Kyu – Brown Belt				
Kempo 16 Atemi Te	Remotely Possible	Minor	Low	N/A
Kempo 17 Hantai Gaeshi	Remotely Possible	Minor	Low	N/A
Kempo 18 (1) Osoto Gari	Possible	Substantial	Moderate	N/A
Kempo 18 (2) Sukui Nage	Possible	Substantial	Moderate	Supervise
Ju 1	Possible	Substantial	Moderate	Supervise
Lapel Gaeshi	Possible	Minor	Low	N/A
Tekubi Gaeshi 1 Silk Shouldering	Possible	Substantial	Moderate	Supervise
Tekubi Gaeshi 2 Kata Garuma	Possible	Substantial	Moderate	Supervise
San Ji Go Tai	Remotely Possible	Minor	Low	N/A
Atemi Waza	Remotely Possible	Minor	Low	N/A
Kosoto Gari	Remotely Possible	Minor	Low	N/A
Osoto Gari	Remotely Possible	Minor	Low	N/A
Nadaka Jime	Possible	Substantial	Moderate	Supervise
Okuri Eri Jime	Possible	Substantial	Moderate	Supervise
Juji Gatame	Possible	Minor	Low	Supervise
Ude Gatame	Remotely Possible	Minor	Low	N/A
Harai Goshi	Possible	Substantial	Moderate	Supervise
Taiotoshi	Possible	Substantial	Moderate	Supervise
Sutemi Otoshi	Possible	Substantial	Moderate	Supervise
Kazure Yoko Shiho Gatame	Remotely Possible	Minor	Low	N/A
Kesa Gatame	Remotely Possible	Minor	Low	N/A
Kazure Kesa Gatame 1	Remotely Possible	Minor	Low	N/A
Kazure Kesa Gatame 2	Remotely Possible	Minor	Low	N/A
Kazure Kesa Gatame 3	Remotely Possible	Minor	Low	N/A
Kazure Kata Gatame	Possible	Substantial	Moderate	Supervise
Ushiro Kesa Gatame	Remotely Possible	Minor	Low	N/A
Makure Kesa Gatame	Remotely Possible	Minor	Low	N/A
Kazure Kami Shiho Gatame	Remotely Possible	Minor	Low	N/A
Ude Gatame	Possible	Minor	Low	N/A
Boxing Intermediate	Remotely Possible	Minor	Low	PPE
Sparring	Likely	Substantial	Moderate	PPE/Isolate Supervise
Defence Against a Boxer	Likely	Substantial	Moderate	PPE/Isolate Supervise
Two Man Attack	Possible	Substantial	Moderate	PPE/Isolate Supervise

Technique	Likelihood	Consequence	Risk	Control
Sparring Techniques				
1.Counter to Hook to Head	Remotely Possible	Minor	Low	N/A
2.Counter to Straight Punch to Head	Remotely Possible	Minor	Low	N/A
3.Counter to Straight Punch to Head	Remotely Possible	Minor	Low	N/A
4.Counter to Straight Punch to Head	Remotely Possible	Minor	Low	N/A
5.Counter to Hook to Head	Remotely Possible	Minor	Low	N/A
6.Counter to Cross to Head	Remotely Possible	Minor	Low	N/A
7.Counter to Lunge Punch to Head	Possible	Substantial	Moderate	Supervise
8.Counter to Hook to Head	Remotely Possible	Minor	Low	N/A
9.Counter to Front Snap Kick	Remotely Possible	Minor	Low	N/A
10.Counter to Hook to Head	Possible	Minor	Low	Supervise
11.Counter to Straight Punch to Head	Remotely Possible	Minor	Low	N/A
12.Counter to Swing with a Kick	Remotely Possible	Minor	Low	N/A
13.Counter to Straight Punch to Head	Possible	Substantial	Moderate	Supervise
14.Counter to Front Snap Kick	Possible	Substantial	Moderate	Supervise
15.Counter to Hook to Head	Remotely Possible	Minor	Low	N/A
16.Counter to Hook to Head	Remotely Possible	Minor	Low	N/A
17.Counter to Straight Punch to Head	Possible	Substantial	Moderate	Supervise
18.Counter to Hook to Head	Remotely Possible	Minor	Low	N/A
19.Counter to Straight Punch to Head	Remotely Possible	Minor	Low	N/A

Technique	Likelihood	Consequence	Risk	Control
20.Counter to Hook to Head	Remotely Possible	Minor	Low	N/A
21.Counter to Cross Punch to Stomach	Remotely Possible	Minor	Low	N/A
22.Counter to Hook to Head	Remotely Possible	Minor	Low	N/A
23.Counter to Hook to Head	Remotely Possible	Minor	Low	N/A
24.Counter to Hook to Head	Remotely Possible	Minor	Low	N/A
25.Counter to Hook to Head	Remotely Possible	Minor	Low	N/A

Technique	Likelihood	Consequence	Risk	Control
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Shodan – Black Belt – Kempo

Kempo 19 Kame Ude	Remotely Possible	Minor	Low	N/A
Kempo 20 Self Sacrifice	Possible	Substantial	Moderate	Supervise
Counter to Front Kick	Remotely Possible	Minor	Low	N/A
Counter to Round Kick	Remotely Possible	Minor	Low	N/A
Counter to Side Kick	Remotely Possible	Minor	Low	N/A
Counter to Drop Kick	Possible	Substantial	Moderate	Supervise
Feint followed by a Round Kick	Remotely Possible	Minor	Low	N/A
Feint followed by Front Kick	Remotely Possible	Minor	Low	N/A
Floating kick	Remotely Possible	Minor	Low	N/A
Combination Side Kick, Handsaw, Knuckle, Double Twisting Punch	Remotely Possible	Minor	Low	N/A

Shodan – Black Belt – Jujitsu

Ju 2	Possible	Substantial	Moderate	Supervise
Ju 3 Part 1	Possible	Substantial	Low	N/A
Ju 3 Part 2	Remotely Possible	Minor	Low	Supervise
Handshake 1 – loose grip	Remotely Possible	Minor	Low	N/A
Handshake 2 – tight grip	Remotely Possible	Minor	Low	N/A
Handshake 3 – thumb nerve	Remotely Possible	Minor	Low	N/A
Handshake 4 – wrist atemi	Remotely Possible	Minor	Low	N/A
Handshake 5 – counter punch, wrist atemi	Possible	Substantial	Moderate	Supervise
Handshake 6 – elbow	Remotely Possible	Minor	Low	N/A
Handshake 7 – knee	Remotely Possible	Minor	Low	N/A
Osoto Otoshi	Possible	Substantial	Moderate	Supervise
Shoulder Atemi	Possible	Substantial	Moderate	Supervise
Elbow Atemi	Possible	Substantial	Moderate	Supervise
Indian Death Lock	Possible	Substantial	Moderate	Supervise
Surf Board Clutch	Possible	Substantial	Moderate	Supervise

Technique	Likelihood	Consequence	Risk	Control
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Shodan – Black Belt – Counter defence

Headlong rush 1 – overhead tackle	Possible	Substantial	Moderate	Supervise
Headlong rush 2 – moving tomoe nage	Possible	Substantial	Moderate	Modify/Substitute Supervise
Front Headlock – throw	Possible	Substantial	Moderate	Supervise
Side Headlock – back break	Possible	Substantial	Moderate	Supervise
Side Headlock – ogoshi	Remotely Possible	Minor	Low	N/A
Christmas Special – aeroplane skim with piledriver	Possible	Substantial	Moderate	Modify/Substitute Supervise

Shodan – Black Belt – Knife defence

Overhead	Possible	Substantial	Moderate	N/A
Uppercut	Possible	Substantial	Moderate	Supervise
Round	Remotely Possible	Minor	Low	N/A
Backhand	Possible	Substantial	Moderate	Supervise
Lunge	Remotely Possible	Minor	Low	N/A
Charge	Possible	Substantial	Moderate	Supervise
Throat	Remotely Possible	Minor	Low	N/A
Stomach	Remotely Possible	Minor	Low	N/A
Back of Neck	Remotely Possible	Minor	Low	N/A
Lower Back	Remotely Possible	Minor	Low	N/A
Ground – Shoulder Pin	Remotely Possible	Minor	Low	N/A
Ground – Overhead	Remotely Possible	Minor	Low	N/A

Shodan – Black Belt – Gun defence

Throat	Remotely Possible	Minor	Low	N/A
Stomach	Remotely Possible	Minor	Low	N/A
Back of Neck	Remotely Possible	Minor	Low	N/A
Lower Back	Remotely Possible	Minor	Low	N/A

Technique	Likelihood	Consequence	Risk	Control
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Shodan – Black Belt – Multiple attack defence

Two man attack – front	Remotely Possible	Minor	Low	N/A
Two man attack – side 90 degrees	Remotely Possible	Minor	Low	N/A
Two man attack – side 180 degrees	Remotely Possible	Minor	Low	N/A
Two man attack – simultaneous	Remotely Possible	Minor	Low	N/A
Two man attack – random	Remotely Possible	Minor	Low	N/A
Three man attack – random	Remotely Possible	Minor	Low	N/A

Shodan – Black Belt – Judo nage waza (throwing techniques)

Taiotoshi	Possible	Substantial	Moderate	Supervise
Sutemi Otoshi	Possible	Substantial	Moderate	Supervise
Osoto Otoshi	Possible	Substantial	Moderate	Supervise
Ippon Seoi Nage	Remotely Possible	Minor	Low	N/A
Moroto Seoi Nage	Remotely Possible	Minor	Low	N/A
Tsurikomi Goshi	Remotely Possible	Minor	Low	N/A
Sode Tsurikomi Goshi	Remotely Possible	Minor	Low	N/A
Ogoshi	Remotely Possible	Minor	Low	N/A
Uki Goshi	Remotely Possible	Minor	Low	N/A
Harai Goshi	Remotely Possible	Minor	Low	N/A
Hane Goshi	Remotely Possible	Minor	Low	N/A
Ushiro Goshi	Remotely Possible	Minor	Low	N/A
Utsuri Goshi	Remotely Possible	Minor	Low	N/A
Koshi Guruma	Remotely Possible	Minor	Low	N/A
Hiza Guruma	Remotely Possible	Minor	Low	N/A
Hane Makikomi	Possible	Substantial	Moderate	Supervise
Osoto Makikomi	Possible	Substantial	Moderate	Supervise
Soto Makikomi	Possible	Substantial	Moderate	Supervise
Uchi Makikomi	Remotely Possible	Minor	Low	N/A
Kosoto Gake	Remotely Possible	Minor	Low	N/A
Osoto Gari	Possible	Substantial	Moderate	Supervise
Kosoto Gari	Remotely Possible	Minor	Low	N/A

Technique	Likelihood	Consequence	Risk	Control
Ouchi Gari	Remotely Possible	Minor	Low	N/A
Kouchi Gari	Remotely Possible	Minor	Low	N/A
Uchimata	Possible	Substantial	Moderate	Supervise
Deashi Harai	Remotely Possible	Minor	Low	N/A
Okuri Ashi Harai	Possible	Substantial	Moderate	Supervise
Harai Tsurikomi Ashi	Remotely Possible	Minor	Low	N/A
Sasae Tsurikomi Ashi	Remotely Possible	Minor	Low	N/A
Tomoe Nage	Possible	Substantial	Moderate	Modify
Uki Waza	Possible	Substantial	Moderate	Supervise
Froggy Special	Possible	Substantial	Moderate	Supervise

Shodan – Black Belt – Judo shime waza (strangulation techniques)

Kataha Jime	Possible	Minor	Moderate	Supervise
Nami Juji Jime	Possible	Minor	Moderate	Supervise
Gyaku Juji Jime	Possible	Minor	Moderate	Supervise
Kata Juji Jime	Possible	Minor	Moderate	Supervise



PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モートン流
自修館柔術

Code of Conduct

This *Code of Conduct* applies to all members of the Academy and, unless specifically stated, it shall apply at all times, both inside and outside the dojo.

Any member found violating this *Code of Conduct* through unacceptable actions or behaviour will be subject to disciplinary action. This may encompass reprimands, temporary suspension, permanent expulsion as a member of the Academy or any other disciplinary action deemed necessary by the Academy.

1. General

All members of the Academy must:

- 1.1 Comply with this *Code of Conduct*.
- 1.2 Not bring discredit to the Academy.
- 1.3 Practice respect, self-restraint and humility at all times.
- 1.4 Be a positive role model for the Academy.
- 1.5 Maintain standards of reasonable behavior.
- 1.6 Not abuse other members physically, sexually or emotionally.
- 1.7 Not act in an intentionally violent or harmful manner.
- 1.8 Not train under the influence of any intoxicating, performance-enhancing or illicit substances.
- 1.9 Not indulge in substance abuse. It will not be tolerated and a member will automatically have their membership of the Academy permanently revoked if they do so.
- 1.10 Only use Academy techniques in a genuine self-defence situation.
- 1.11 Not use Academy techniques indiscriminately.
- 1.12 Not use Academy techniques just for the sake of showing off.
- 1.13 Not use Academy techniques as an initial form of aggression.

2. Instructors

All Academy instructors must:

- 2.1 Operate within the rules and spirit of the Academy and teach students to do the same.
- 2.2 Maintain a duty of care toward students.
- 2.3 Protect the health and safety of fellow instructors and students.
- 2.4 Ensure safety through instruction and supervision.
- 2.5 Provide students with instruction, training and supervision.
- 2.6 Monitor the health and safety of students prior to, during and after training.
- 2.7 Help students understand that playing by the rules is their responsibility.
- 2.8 Be reasonable in demands on students' energy and enthusiasm.

- 2.9 Ensure that the time students spend in class is a positive experience.
- 2.10 Display control, respect and professionalism to all and encourage students to do the same.
- 2.11 Ensure that any physical contact with a student is appropriate to the situation and necessary for the student's skill development.
- 2.12 Give all students equal opportunity to participate.
- 2.13 Maintain member information and records in a confidential and appropriate manner.

3. Students

All students of the Academy must:

- 3.1 Not take any action that creates a risk or increases the risk to the health and safety of other students.
- 3.2 Follow all instructions given by an instructor.
- 3.3 Use safety equipment, supplied by the instructor or student, in accordance with any instruction given by the instructor on its safe and proper use.
- 3.4 Display control and respect to all.

4. The Academy

The Academy will:

- 5.1 Take appropriate action if any member breaches this *Code of Conduct*.
- 5.2 Take appropriate action when a member breaches standards of reasonable behavior or Academy policies and regulations.
- 5.3 Help provide a safe environment for all members.
- 5.4 Take appropriate action in the event of accusations.
- 5.5 Provide support to members who report accusations of abuse.
- 5.6 Provide ongoing training and information for members.
- 5.7 Undertake administrative tasks in a professional and ethical manner.
- 5.8 Acquire police checks, as required, relating to convictions in relevant situations.
- 5.9 Treat all member information as confidential.
- 5.10 Promote Academy policies and procedures to ensure all members are aware of and understand them.