



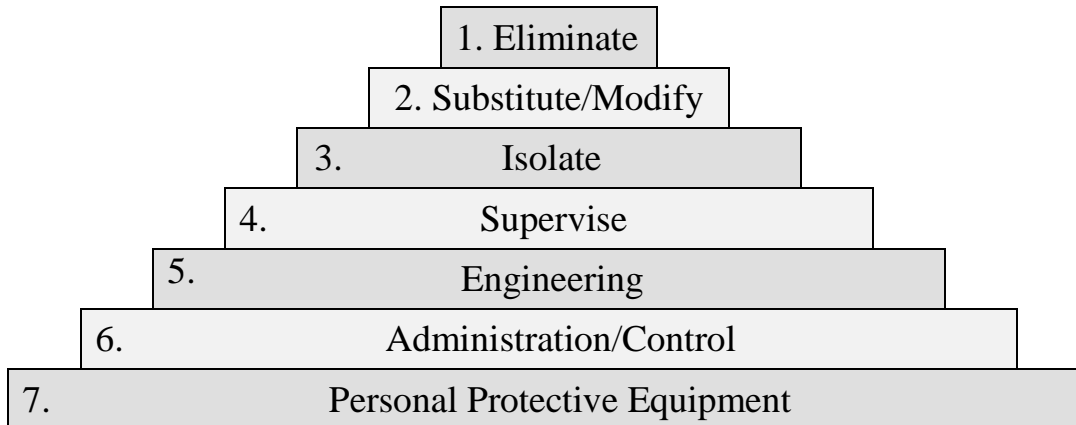
PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モートン流自修館柔術

Risk Management Guidelines

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|------------------------------|-------------------------------|-----------------------------|
| 1. Hierarchy of risk control | 4. Venue risk check list | 7. Syllabus risk assessment |
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| 3. Venue risk management | 6. Training risk assessment | |

1. Hierarchy of risk control



2. Consequences of risk

2.1 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



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3. Venue risk management

- 3.1 In consultation with key stakeholders, analyse:
 - 3.1.1 type of venue required
 - 3.1.2 getting to and from a venue
 - 3.1.3 being at a venue
 - 3.1.4 main activity.
- 3.2 Depending on the nature of the proposed activity, analyse the participants as to:
 - 3.2.1 number
 - 3.2.2 age
 - 3.2.3 gender
 - 3.2.4 experience
 - 3.2.5 skill level
 - 3.2.6 a possible special requirement, such as a:
 - 3.2.6.1 medical condition
 - 3.2.6.2 disability.
- 3.3 Contact management of a possible venue and acquire information on:
 - 3.3.1 availability of a previous risk assessment for the venue
 - 3.3.2 known hazards and controls that the venue presents in view of the proposed activity
 - 3.3.3 equipment that the venue can provide
 - 3.3.4 if provided equipment is:
 - 3.3.4.1 maintained
 - 3.3.4.2 repaired
 - 3.3.4.3 in good working order
 - 3.3.4.4 with safety features operational
 - 3.3.5 availability of appropriate facilities, such as:
 - 3.3.5.1 change-rooms
 - 3.3.5.2 showers
 - 3.3.5.3 toilets
 - 3.3.5.4 drinking water
 - 3.3.5.5 when a proposed venue is for an event:
 - 3.3.5.5.1 accommodation
 - 3.3.5.5.2 meals

- 3.3.5.5.3 relevant trained staff
- 3.3.6 access for any special requirement, such as:
 - 3.3.6.1 equipment delivery
 - 3.3.6.2 a participant with a special need
- 3.3.7 venue public liability insurance.
- 3.4 Review and update any previous risk assessment for the proposed venue, considering such issues as:
 - 3.4.1 changes to activities
 - 3.4.2 participants
 - 3.4.3 previous incidents
 - 3.4.4 effectiveness of risk controls.
- 3.5 In view of the planned activity to be conducted, assess:
 - 3.5.1 the venue
 - 3.5.2 safety information
 - 3.5.3 any hazard associated with the activity
 - 3.5.4 potential risk associated with a hazard
 - 3.5.5 emergency procedure.
- 3.6 To be affective, an appropriate risk management plan must:
 - 3.6.1 contain a strategy that will eliminate or control any potential risk.
 - 3.6.2 be documented
 - 3.6.3 be implemented
 - 3.6.4 be constantly monitored and reviewed
 - 3.6.5 provide relevant information for a participant.

4. Venue risk check list

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

5. 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	<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	<ul style="list-style-type: none"> • Reduce injury risk by the removal of adornments and a torn judogi.
Cleanliness	<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	<ul style="list-style-type: none"> • Blood poses a serious disease transmission hazard through the transference of body fluids.
Randori and Kumite	<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 provide 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, mouth guard)	<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
Teaching Uki (defender) how to safely receive some of the more injury-prone techniques and teaching Tori (attacker) how to safely apply techniques	<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.
Shodan Course theory component	<ul style="list-style-type: none"> • Ensures all Shodans have coaching and first aid qualification upon completion of a Shodan grading.

6. Training risk assessment

Item	Risk level	Risk presented	Solution
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

Item	Risk level	Risk presented	Solution
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
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
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
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

Item	Risk level	Risk presented	Solution
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

7. Syllabus risk assessment

Skill level	Likelihood	Consequence	Risk	Control
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EXERCISES – Warm up

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

EXERCISES – Stretch

Beginner	Possible	Substantial	Moderate	Modify and or 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 and or substitute Supervise
Intermediate	Possible	Substantial	Moderate	Supervise
Senior Grade	Remotely Possible	Minor	Low	N/A

BASIC STEPS KATA

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

Skill level	Likelihood	Consequence	Risk	Control
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UKEMI – breakfalls - side

Beginner	Possible	Substantial	Moderate	Modify and or substitute Supervise
Intermediate	Remotely Possible	Minor	Low	N/A
Senior Belt	Remotely Possible	Minor	Low	N/A

UKEMI – breakfalls – shoulder

Beginner	Possible	Serious	High	Modify and or 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
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 Attack	Possible	Serious	High	Isolate/Supervise

Technique	Likelihood	Consequence	Risk	Control
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 Seoi nage	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
Hammerlock 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 Seoi Nage	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
Lying 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
Tomoe nage – Hiza	Possible	Substantial	Moderate	Modify/Substitute Supervise
Tomoe nage – 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 Seoi Nage	Remotely Possible	Minor	Low	N/A
Tomoe Nage	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 Hanti 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 Sumi Gaeshi	Possible	Substantial	Moderate	Supervise
Lapel Gaeshi	Possible	Minor	Low	N/A
Tekubi Gaeshi 1 Silk Shoulder	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
Hadaka 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
Tai Otoshi	Possible	Substantial	Moderate	Supervise
Sutemi Otoshi	Possible	Substantial	Moderate	Supervise
Kuzure Yoko Shiho Gatame	Remotely Possible	Minor	Low	N/A
Kesa gatame	Remotely Possible	Minor	Low	N/A
Kuzure Kesa Gatame 1	Remotely Possible	Minor	Low	N/A
Kuzure Kesa Gatame 2	Remotely Possible	Minor	Low	N/A
Kuzure Kesa Gatame 3	Remotely Possible	Minor	Low	N/A
Kuzure Kata Gatame	Possible	Substantial	Moderate	Supervise
Ushiro Kesa Gatame	Remotely Possible	Minor	Low	N/A
Makure Kesa Gatame	Remotely Possible	Minor	Low	N/A
Kuzure 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
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

SHODAN – Black Belt – Counter defence

Headlong Rush 1 – overhead tackle	Possible	Substantial	Moderate	Supervise
Headlong Rush 2 – moving tomoe nage	Possible	Substantial	Moderate	Modify and or 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 pile-driver	Possible	Substantial	Moderate	Modify and or substitute Supervise

Technique	Likelihood	Consequence	Risk	Control
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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

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)

Tai Otoshi	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
Morote Seoi Nage	Remotely Possible	Minor	Low	N/A
Tsuri Komi Goshi	Remotely Possible	Minor	Low	N/A
Sode Tsuri Komi 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

Technique	Likelihood	Consequence	Risk	Control
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
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	Substantial	Moderate	Supervise
Nami Juji Jime	Possible	Substantial	Moderate	Supervise
Gyaku Juji Jime	Possible	Substantial	Moderate	Supervise
Kata Juji Jime	Possible	Substantial	Moderate	Supervise