



Directions towards resuming full contact training June 10, 2020

Who should train now?

Prior to the resumption of contact training, instructors should point out the likely reduced level of fitness and flexibility for everyone following from the cessation of “normal” training, especially given the absence of any ukemi practice. Instructors can suggest students consider what form of home training or preparation they would undertake to prepare themselves for the resumption of unrestricted training, and gradually introduce more and more ukemi practice as contact training is about to resume.

There also needs to be a review by all members if they want to resume full contact training, at this particular time, based on their own assessment of their personal risk factors to Covid-19.

Stages for re-introduction to full contact training

Personal hygiene: Use a freshly washed gi at every training, use a hand sterilising agent immediately before and after training, shower as soon as you get home, wash your gi. Any weapons touched by anyone else (from Stage 2 to Stage 5) should be thoroughly washed down with hand sanitizer.

Stage 1: Indoor or outdoor training with minimum of 4sq metres distance. This can include both weapons or tai sabaki type movements. Any partner training should be done without breaking 4sq metre distancing. Can include shadowing of paired weapons patterns, e.g. the paired version of the 7 jo pattern or ichi-no-ken to go-no-ken. Instructors will need to maintain extreme vigilance to ensure maintenance of social distancing at all times during this early form of training.

Stage 2: Similar to Stage 1, but with contact between weapons but at maximum distance. Gentle individual ukemi practice can be added. Be aware stringent weapon cleaning and cleanliness of the mat and premises is paramount.

Stage 3: Distance is now throwing using jo or bokken and continuing individual ukemi practice. Be aware stringent weapon cleaning and cleanliness of the mat and premises is paramount.

Stage 4: Unarmed defence, disarming an attacker who is using a jo, bokken or tanto (plus all above). Be aware stringent weapon cleaning and cleanliness of the mat and premises is paramount.

Stage 5: Hand-to-hand techniques may be used but avoiding movements involving any contact with the faces of either person, or coming close to each others face. Do not do any movement which involves someone being held face down on the mat. Techniques to be modified or avoided: irimi nage, suwari waza kokyu ho, tenchi nage or any technique where nage's arm or hand comes in contact with uke's face. Be aware stringent weapon cleaning and cleanliness of the mat and premises is paramount.

In the instances of practicing ikkyo to gokyo take the person down only so far as they can remain standing or kneeling.

Stage 6: Unrestricted.

The timing of the stages should be at least a week apart, or longer if felt prudent. *This is under the direction of the Area Representative.* All dojos should seek or be given approval from their AR before moving to a new stage. It is imperative that all dojos within a state are following the same protocol.

If a new trainee, or an existing trainee, arrives in the midst of this reintroduction regime, before unrestricted training has resumed, or if a trainee arrives who might consider themselves as being in a higher risk category, they can be given the choice of training at an earlier stage than the one at which the dojo is currently training, after discussion with the instructor. However, it should be made clear to all who participate in training, despite being in any vulnerable category that it is **their choice to train - entirely at their own risk.**

Discussion with the students as to their state or territory approach to this issue in accordance with this framework is strongly recommended, so that the students appreciate the context in which the decision to train in a particular way is taken.