



AUSTRALIAN KENDO RENMEI

Kendo - Iaido - Jodo

DOJO SAFETY

Dojo safety can be broken down into four areas: -

1. Dojo environment - Dojo floor should be clean, sound, and free of obstructions, splinters, nails, etc. There should be no items of equipment lying around the walls that could interfere with the safety of training. Adequate lighting and ventilation are also necessary. Dojo surrounds and floor should be checked for hazards and the floor cleaned before each training session. A well stocked first-aid kit, list of phone numbers of ambulance and nearest hospital and an injury management plan are all part of the preparation for adequate injury management
 2. Equipment - Practitioners should be carefully instructed on the correct method of wearing bogu, and caring for and repairing bogu and shinai. Practitioners should be trained to check shinai, iaito, katana, shinken, bokutoh and jo, regularly for damage or wear, and what to look for.
 3. Practitioners health and fitness - practitioners should be encouraged to monitor their own health and fitness, and instructed in the correct methods and importance of warm-up, warm down, injury management, recovery, rest, nutrition and fluid intake. The instructor should observe class closely, especially during hard training sessions, for any signs of injury or excessive fatigue.
 4. Practitioners actions – The instructor is responsible for ensuring that practitioners are acting safely at all times. Correct technique and accurate striking reduce the chance of injury and practitioners should understand that to act outside the control of the instructor is potentially dangerous. A strong framework of courtesy and etiquette ensuring that training is conducted in an atmosphere of mutual respect will also help to minimize injury.
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