

APPENDIX 17

GUIDANCE ON AIKIDO ACTIVITIES AND TRAINING SUITABLE FOR CHILDREN

Aikido Activities and Training Suitable for Children Under 5 Years of Age

(to be drafted)

Aikido Techniques – Pain Compliance Against Joint Locks

Never apply locks, throws, techniques or exercises on children which use pain compliance or “against the joints” methods of application. All clubs should ensure their junior Syllabus is amended where necessary in order to remove any exercise or technique which may be inappropriate for children. Children’s physiology is different to that of an adult, and all coaches working with children should ensure that they have the necessary knowledge in order to deliver safe sessions. This knowledge should be kept up to date.