



Adaptive Budo

Induction Folder
Issued 11th April 2021

What is Adaptive Budo?

The Martial Art known as Adaptive Budo has been developed by Gary Henshaw through years of study of the martial arts. The Art is a drawing together of techniques from traditional Chu'an Fa Tang Gar Kung Fu and modern Ju-Jitsu, and as these similar arts allow defences from all ranges, and weapons, can be seen as an adaptive art. Budo, in its most simple translation means either "The Martial Way" or "The Way of War".

The art combines many aspects from the striking and anatomical knowledge of Kung Fu and Atemi Jutsu (The Art of Striking) with traditional weapons use, and Japanese Ju Jitsu.

Then, these traditional arts have been enhanced through knowledge of anatomy and modern sport science, and UK law and self-defence guidance to ensure the art that we teach is historically accurate, effective, and legally defensible should the art be utilised for self-defence on UK soil.



The British Martial Arts and Boxing Association (BMABA)



We're A New Kind of Martial Arts Association

We're a self-funded, independent and community led martial arts association for instructors and clubs serious about doing things right. This allows us to represent more than 180 styles and disciplines under a collective regulatory and licensing framework.

We don't focus on competitions – instead we're focused on raising the bar for professional standards and boosting grass roots participations. We do this by helping our members grow their clubs.

Our work covers much of the 'usual' association services – insurance, licensing, grade recognition, syllabus licensing; but with so much more attached. From essential resources to help you grow your club – like business advice, a free club website and template documents – through to professional services such as DBS checks, first aid training and instructor qualifications. It's all covered.

We know all of the clichés and 'old boys' clubs and know the politics and squabbling so many clubs have been held back by for many years.

We're an industry disruptor in spite of being founded on just £20 of capital in 2012. Our membership now surpasses 30,000 members and volunteers from every part of England, Wales, Scotland and Northern Ireland.

The association is politics free, completely independent, community led and fiercely committed to the development of our industry, leading the way for change and a modern martial arts industry. What's more, we can provide you and your club with everything you need to grow within a supportive framework, whilst remaining completely independent to choose your club's best future path.

BMABA at a glance

- **Completely Independent & Self-Funded**

We don't receive a penny in grants or funding from any government body. This means the BMABA is completely independent and drive instead by the direction our members tell us they'd like us to travel.

- **Professional, Accountable & Politics Free**

One of our major reasons for success stems from our absolute intolerance of politics, who's-who and squabbling. It's not necessary and doesn't happen within our organisation. Instead we focus our association on setting and adhering to the very best practice. We work with independent third parties to ensure this – such as the Living Wage Foundation, Information Commissioners Office and Sport & Recreation Alliance.

- **Small or Big, Modern or Traditional**

We welcome tens of thousands of members from all styles and backgrounds. Be that a modern, commercial MMA gym or a traditional amateur Karate club – no students to a thousand; everyone has a voice, and everyone is respected as a client. We don't follow the usual idea that you must bow to us. You're our client, so we have a service to provide to you. Simple as.

- **Insurance, Licensing, Guidance & Tools**

From instructor, club or student insurance through to licensing. Instructor qualifications and DBS checks to risk assessments and business plans. Regulatory guidance through to marketing advice; our membership packs a real punch and combines hundreds of different elements into a single place.

- **Multi-Award Winning & 'Out of Industry Recognised'**

Our organisation, charitable programmes and founder are all award winning. What's more, through our work with organisations like the Home Office, End Child Poverty, Anti-Bullying Alliance, White Ribbon and more, we're a renowned and respected organisation both within and outside of the martial arts world.

Rules and Regulations

By signing the Enrolment Form, you agree to comply with the Rules and Regulations of Adaptive Budo as set out below.

1. Definitions

The following terms shall have the following meanings:-

Supporting Body – The British Martial Arts and Boxing Association (BMABA)

Chief Instructor – Gary Henshaw

Club – All training sessions, activities, and seminars provided by Adaptive Budo

Guest Instructor – Any person from an external body who holds an instructors qualification, Insurance, DBS check and who has been permitted to teach by Adaptive Budo

Instructor – Any person who holds an instructors qualification, DBS check, and has been permitted to teach by Adaptive Budo, Including Guest Instructors

Member – A Student who holds a current license with Adaptive Budo

Student – Any person under the tutelage of Adaptive Budo

2. CORE RULES AND REGULATIONS

- 2.1. The object of Adaptive Budo is to promote martial arts through our teaching methods which are best described as “Learn, Understand, Adapt and Apply”.
- 2.2. All Students must agree to abide by the Rules and Regulations of Adaptive Budo including future revisions, alterations or additions.
- 2.3. All Students must complete and sign the Enrolment Form before commencing training. Students under 16 years of age must obtain the permission of their parent/guardian, who must also sign the form confirming they consent to their child training at the Club. Students under the age of 16 may not train unless the consent of their parent/guardian has been obtained.
- 2.4. Regardless of race and sex, a person of good character shall be the Member of Adaptive Budo provided that:
 - a) the person commits to the objects and rules of Adaptive Budo;
 - b) the person pays the annual membership subscription.
- 2.5. A Member is eligible to participate in the various recreational activities organised by Adaptive Budo.
- 2.6. Merits shall be awarded to a Member who has acted in a manner beneficial to the interests of Adaptive Budo.
- 2.7. A Member may be warned or expelled from membership of Adaptive Budo, if in the opinion of Adaptive Budo, they have;
 - a) wilfully acted in a manner detrimental to the interests of Adaptive Budo;
 - b) continued fighting when asked to stop;
 - c) deliberately violated the rules of Adaptive Budo;
 - d) fails to pay training fees and/or the annual licence and insurance fees;
 - e) committed an act of bullying or discrimination including sexism, racism, ageism, etc.
 - f) demonstrated a lack of respect to any Member of or visitor to Adaptive Budo
 - g) behaves in a manner deemed to be unsafe to themselves or to others.
- 2.8. Only the Instructors are qualified to teach techniques and forms. No other person is allowed to do this. Any Student found teaching outside the Club without an Instructor’s qualification will be immediately EXPELLED from Adaptive Budo.

- 2.9. Students who are taught exercises and self-defence must not under any circumstances use them outside the Club to cause trouble and provoke fights. Any Students found doing so will be EXPELLED from Adaptive Budo.
- 2.10. Student membership may be terminated without refund for violation of the above rules at the discretion of the Chief Instructor.
- 2.11. The hours and days of training are as follows: - Every Friday of the month, 7:00pm – 9:00pm. Last admission will be at 6:50 pm to prevent disruption to training sessions. (Please ensure early arrival to allow entry into the building).
- 2.12. Please arrive dressed ready for training as there are no dressing room facilities at the club.
- 2.13. Periodically Adaptive Budo will hold, or be invited to, seminars on specialist subjects or other activities. These are not mandatory, but Students are recommended to attend. Dates, times and fees will be notified prior to the event taking place.
- 2.14. Adaptive Budo assumes no responsibility for any loss of or damage to personal property, clothing or equipment.
- 2.15. Vehicles and contents are left on the premises entirely at owner's risk.
- 2.16. Membership of Adaptive Budo is at the sole discretion of the Chief Instructor and may be revoked at any time.
- 2.17. Any matters or issues arising not contained within these Rules and Regulations will be determined by the Chief Instructor.

3. **Costs**

3.1. **Training fees are £25.00 per calendar month per student.**

This is inclusive of all gradings and yearly insurances. This is paid on the 1st of the month via our fees collection partner, GoCardless.

3.2. **Membership Packs and Licences**

Two weeks from their date of joining, all Students must obtain their Membership Pack. This will contain the following: -

- a) Adaptive Budo Ju Jitsu Gi
- b) Adaptive Budo T Shirt
- c) White Belt
- d) Student Folder
- e) Student Licence in which the Instructor will record all future grades obtained
- f) Student Membership to The British Martial Arts and Boxing Association

The cost for this is £50.00 per student.

3.3. **Only Members can take part in sparring/contact activities.**

3.4. Students must not attend classes or activities unless their licence and insurance is paid and current. (following the two-week initial period).

3.5. All Licences are obtained via the Supporting Body and all grades are registered with them.

3.6. There are no further ongoing costs as the monthly Direct Debit includes all membership fees, training fees and gradings from 8th Kup to 4th Kup. (See section 19 for more details on grading details for higher grades)

4. **Etiquette**

4.1. All Students must show respect for the Dojo (training room) by bowing on entering and leaving the room, and also as they enter onto and exit from the matted areas. Students must also bow to their partners/opponents before and after each exercise

4.2. Listen carefully to instructions, if you are unsure ask the Instructor to repeat it.

4.3. No one is to leave the class without first obtaining permission from the Instructor.

4.4. Students are expected to take the Club and training seriously and must not misbehave during class and be polite and well-mannered to other Students and to the Instructors as well as any guest.

5. **Uniform and Presentation**

- 5.1. In the first instance Students must wear a plain t-shirt and jogging bottoms – do not wear anything expensive as clothing could become damaged.
- 5.2. After their initial two-week introductory period, and upon the receipt of their Membership Pack (see clause 21), Students are required to wear their uniforms at all times during classes and for all Adaptive Budo activities and seminars (whether internal or external). Failure to do so will result in the Student not being eligible to participate.
- 5.3. Uniforms must be kept clean and in good condition. If a uniform becomes damaged a replacement can be purchased from your Instructor. Please enquire regarding costs.
- 5.4. Finger & toenails must be kept clean and short. All jewellery and hair accessories etc. must be removed before training. Long hair must be tied back.

6. Health and Safety – Fit to Train

- 6.1. By signing the Enrolment Form you are confirming that you are fit to train.
- 6.2. This includes conditions of a physical and psychological nature.
- 6.3. If a Student has any injury or medical condition, the Student **MUST** notify the Instructor of their injury or medical condition and provide written permission from their physician before attending ANY class.
- 6.4. Where any medical condition, discomfort or injury of a Student may be worsened by physical activity applies or becomes applicable at any time when participating in Adaptive Budo activities, that Student is responsible for checking with their doctor to ensure they are able to participate in this activity.
- 6.5. This also includes all ailments and conditions relating to mental health including, but not limited to, depression, anger issues, emotional triggering, PTSD, or similar.
- 6.6. You **MUST** inform your Instructor of any change in your circumstances.
- 6.7. *Women: If you become pregnant please inform your Instructor immediately.*
- 6.8. Parents must provide a current emergency contact number for their child.

Health and Safety Policy Statement - General

- 6.9. Adaptive Budo regards the promotion of Health and Safety measures as a mutual objective of Instructors, Students and everyone connected with the organisation at every level and will support all those who endeavour to carry it out.
- 6.10. It is therefore the policy of Adaptive Budo to do all that is reasonable to prevent personal injury and damage to property and protect everyone including the public, from foreseeable hazards, in so far as they come into contact with Adaptive Budo and its activities.
- 6.11. In particular Adaptive Budo recognises a responsibility:
 - a) to provide a safe place to train and teach in, both from physical danger factors but also from emotional stress and panic, to promote a healthy learning environment.
 - b) to provide and maintain a safe and healthy level of instruction.
 - c) to provide appropriate training and instructors, so far is reasonably practical, to enable members to practice safely and efficiently.
 - d) to encourage the use of all necessary protective equipment and to supervise their use.
 - e) to maintain a constant and continuing interest in health and safety matters applicable to Federation activities.
- 6.12. Members and visitors have a duty to co-operate in the operation of this policy:
 - a) by encouraging safe practices.
 - b) by using protective equipment when required.
 - c) by reporting incidents that have led or may lead to injury or damage.
 - d) by adhering to Federation procedures agreed on their behalf for securing a safe environment.
 - e) by assisting in the investigation of any incident with the object of introducing measures to prevent recurrence.

General Responsibilities for Health & Safety

- 6.13. It shall be the duty of every Member to ensure that they have familiarised themselves with the contents of this policy and shall include:
 - a) Familiarising themselves with the premises in use, noting:

- i) All exit routes
- ii) First aid facilities
- iii) Fire extinguishers
- iv) Toilets and changing rooms
- v) Notice boards
- vi) Rules and regulations
- vii) Telephones
- viii) Nearest casualty hospital

6.14. Members and visitors to the premises shall observe Federation Health and Safety rules, and any instruction/advice given by the Instructors responsible for the Club/premises.

Responsibilities of Members for Health and Safety

6.15. It shall be the legal duty of every member/visitor whilst at the premises to:

- a) Take reasonable care of the Health and Safety of themselves and of other persons who may be affected by his/hers acts or omissions at the premises.
- b) Co-operate so far as is necessary with regard to any duty or requirement imposed upon the Instructor or any other persons by or under any statutory provisions, to enable that duty or requirement to be performed or fulfilled.
- c) To make themselves familiar with Adaptive Budo Health and Safety policy at all times.

Responsibilities of Instructors / Persons in Charge for Health and Safety

6.16. Shall be to:

- a) Familiarise themselves with Adaptive Budo safety policy and enforce it at all times.
- b) Monitor any suggestions or complaints from members or instructors on the subject of safety and take action where practicable.
- c) Investigate all accidents and dangerous practices, in conjunction with any person so authorised, and report accordingly.
- d) Ensure that a record is maintained of all injuries. Such record to be produced as and when required.
- e) Provide adequate supervision of all members, particularly monitoring young or inexperienced members and/or instructors.
- f) Take any action necessary to ensure that legal safety obligations have been carried out by the owners/authority in charge of the premises, i.e. safety fire-check etc.
- g) Ensure that any uniforms, training or safety and sparring equipment being used is in a safe, clean and serviceable condition.
- h) Ensure that all instructors and trainee/assistants receive appropriate training as provided by Adaptive Budo or other approved body and that only authorised persons are placed in a position of supervision of others.
- i) Introduce control measures where necessary, to reduce hazards.
- j) Ensure that all persons acting on their behalf comply with this and all other Health and Safety regulations.
- k) Ensure that all persons comply with any directives relative to insurance indemnities.

Responsibilities of Adaptive Budo for Health and Safety

6.17. Adaptive Budo shall: -

- a) Advise the members of any standards of safety.
- b) Provide and maintain all Health and Safety policy documentation.
- c) Seek to provide information and training concerning Health and Safety.
- d) Ensure that all instructors are provided with an opportunity to undergo training for coaching and Health and Safety.
- e) Seek advice from any other bodies able to provide instruction or guidance.

7. Personal Safety Equipment

7.1. A wide range of personal protective equipment is available to all martial artists for the Health and Safety of not only the wearer, but also any other persons engaged in activities with them. The range of equipment varies within styles and rules applied. The instructor will ensure that appropriate safety equipment is worn in accordance with this policy.

7.2. Safety equipment should be worn during all contact activities where a risk of injury is likely. For Sparring all members must wear the following PPE:

- a) Head-guard – However this is optional for over 18s (but only if wearing a gum shield)
- b) Gum-shield
- c) Gloves
- d) Shin/instep protector

For Sport Sword all members must wear/use the following PPE:

- a) Head-guard – fitted with grill to ensure eyes are protected
- b) Century Action-Flex Sport Sword

- 7.3. For personal hygiene and efficiency, borrowing and lending of personal protection equipment is not recommended or encouraged. All members should obtain their own personal items of safety equipment.
- 7.4. Members are free to purchase equipment from any distributor but are advised to buy items from Adaptive Budo directly as we can then guarantee the equipment is fit for purpose and safety compliant. Because of our trade discounts, we are able to offer our prices lower than the normal RRP.
- 7.5. Any refusal or non-compliance with any reasonable request to wear adequate safety equipment WILL result in the exclusion of the individual concerned from any activity requiring such protection for the health and safety of themselves and others.

8. **Weapons and Equipment**

- 8.1. All Weapons used by Adaptive Budo are to be as safe as practicable. By this term we mean that all Edged Weapons must be “dead blades” (blunt). Also, all weapons of other materials must be free of any sharp edge, or point, or jagged area that may cause injury.
- 8.2. At all times when weapons are in use, it is the responsibility of all members to ensure the appropriate safe distance is maintained to prevent injury. This is recommended as twice the length of any weapon in use.
- 8.3. Adaptive Budo recommends the use of foam rubber Escrima or other stick/staff type weapons, and rubber knives that flex and bend upon impact or metal bladed knives with thick blunt edges and rounded points.
- 8.4. To ensure safety all weapons, training aids and sparring equipment must be purchased from Adaptive Budo as we utilise licenced and reputable dealers and establishments and can ensure the quality and safety of the weapons. It is acceptable to purchase elsewhere, but these products, be them weapons, pads, PPE, gloves or any other training aid may be disallowed from use in club if not prior checked and verified for quality and safety.
- 8.5. It is the responsibility of the user of the weapon to check it every time before use for any defects or safety issues, these can include burrs, chips, or splinters, cracks or other visual signs of damage.

9. **First Aid**

- 9.1. Under the Health and Safety (First Aid) regulations 1981, premises must have first aid provision. At least one first aid box should be kept on each of the premises used or occupied by the club/s. Where applicable a qualified first aider or responsible person shall be expected to maintain the box. Adaptive Budo First Aid kit is located in the wooden kit box in the storeroom and in the vehicle owned and driven by Gary Henshaw when attending external events.
- 9.2. A ‘Responsible’ or ‘Appointed person’ is someone who is authorised or expected to take charge of a serious situation (e.g. to call an ambulance) if there is a serious illness or injury. The person will act in the absence of the trained or qualified first aider, or where a qualified first aider is not required.
- 9.3. A qualified first aider is a person who must have undertaken training and obtained qualifications (usually via St John Ambulance or Red Cross). The certificate is valid for 3 years. Mick Henshaw and Paul Duffy hold a First Aid at Work First Aid Qualification.
- 9.4. Gary Henshaw is our senior first aider holding a Level 4 Diploma in First Response and Emergency Care (FREC.4)
- 9.5. A record (Accident book) must be maintained in conjunction with the first aid box.

9.6. Members should be made aware of any activity that might be potentially dangerous, and any exclusions to their personal indemnity as a result of such practices.

10. **Competitions – Health and Safety**

10.1. It is a requirement to have the following safety measures in place at all competitions, whether at club, area, national or international level: -

- a) First Aid must be provided at all competitions by a trained agency or individuals.
- b) Mats must be used during all competitions
- c) Licences: Every fighter must produce their licence which includes a medical record. Any head injury must be entered and in the case of a concussion, a fighter may not compete for 30 days or until cleared by a doctor.
- d) Referees: will make the safety of the fighters the first priority and must stop the contest at any sign of distress or inability to defend.

11. **Tournaments and Competitions**

11.1. Any Student or Instructor (the Person) wishing to take part in any tournament or competition (the Event) must seek the express written permission of the Chief Instructor before signing up to such Event. They must furnish the Chief Instructor with all information relating to the event, including the level at which they wish to enter, full details of what the event entails including (but not limited to) a copy of the rules and regulations, the body holding the event, and health and safety policies (including personal protection equipment to be used).

11.2. The Chief Instructor will then decide whether the Person may compete in the Event based on this information and his personal knowledge of that Person's abilities and skill level. The Chief Instructor will not unreasonably withhold permission, however if in his opinion the Person may be putting themselves in undue danger or their health and safety may be compromised, or does not deem the Event to be within the Persons skill set, then he may either insist that the Person take part at a lower level than they requested or refuse permission for the Person to enter the Event.

11.3. Students and Instructors are NOT permitted to enter ANY tournament or competition without the express written permission of the Chief Instructor. Any Person found to have entered such an event stating they are taking part under Adaptive Budo without the required consent may become subject to disciplinary action.

11.4. It must be noted by Students and Instructors that if they take part in any such events without the required consent their Member to Member and/or Instructor's Insurance will not be valid and therefore should any injury ensue they will not be covered by their insurance for this.

11.5. Upon receipt of the written permission of the Chief Instructor, the Person must note that they are a representative of Adaptive Budo and must conduct themselves accordingly. They must show respect to and pay attention to event officials and referees and abide by all the rules and regulations of the Event. Referees decisions are final and must be adhered to and respected. Any person found to have acted in a disrespectful manner or in a manner which may bring Adaptive Budo into disrepute may become subject to disciplinary action.

11.6. No Person may take part in a competition or tournament without the presence of either a senior instructor or the Chief Instructor.

12. **Disciplinary Procedures**

12.1. Any Member or Instructor who does not comply with the Rules and Regulations herein risks disciplinary action and will become subject to Adaptive Budo's Disciplinary Procedure.

12.2. Disciplinary Actions may include the following: -

- a) Private and Informal discussion on the incident with the parties concerned
- b) Verbal warning
- c) Written warning

- d) Exclusion: Students who are continually insubordinate, disruptive or behave in an unsafe manner may be excluded from the remainder of the training session. They will be required to sit and watch quietly at the side of the training area until the end of the session. Exclusion may be ordered by any Instructor with the approval of the Chief Instructor.
 - e) Temporary Suspension: A Student or Instructor may be temporarily suspended for either a specified or non-specified length of time by the Chief Instructor. All Suspensions will be informed to the suspended person in writing together with the reasons for the Suspension, however at the discretion of the Chief Instructor a suspended person may be asked to leave the Club immediately pending written confirmation of this. Suspensions are ordered by the Chief Instructor, or another Instructor in his absence.
 - f) Termination of Membership: In cases of gross misconduct or for breaches of specific Rules herein which carry an expulsion clause, and at the discretion of the Chief Instructor, Students and Instructors may be permanently expelled from Adaptive Budo. All Terminations of Membership will be informed to the expelled person in writing together with the reasons for the Expulsion. Any person who is expelled must leave the Club immediately pending written confirmation of this. Expulsion may only be ordered by the Chief Instructor.
- 12.3. Training and Licence fees will not be reimbursed for Students who are excluded, suspended or if their membership has been terminated has under these Disciplinary Regulations.
13. **Disciplinary Appeals**
- 13.1. If a Student feels they have been unduly or excessively punished or reprimanded, they may complain via the Complaints Procedure.
- 13.2. Appeals against Temporary Suspension or Permanent Exclusion may be made in writing to the Chief Instructor. You must include your reasons for requesting retraction of the Order together with any evidence you may possess (such as proof of payment of licence fees). This will then be considered by the Chief Instructor together with any statements or evidence in his possession. The Chief Instructor will inform you of his decision in writing.
14. **Complaints Procedure**
- 14.1. In the event that any Student or Instructor feels that they have suffered discrimination in any way, or that Adaptive Budo Policies, Rules or Code of Conduct have been broken, or become aware of any issues of child protection, they should follow the procedures below.
- a) Report the matter in writing to the Chief Instructor. Your complaint should include:
 - i) Details of what, when, and where the occurrence took place.
 - ii) Any witnesses along with their statements.
 - iii) Names of any others who have been treated in a similar way.
 - iv) Details of any former complaints made about the incident, date, when and to whom made.
 - v) A preference for a solution to the incident.
 - b) The Chief Instructor will then arrange a meeting to be held at the earliest convenience so that all parties can discuss the complaint.
 - c) The Chief Instructor, will have the power to:
 - i) Warn as to future conduct.
 - ii) Suspend from membership.
 - iii) Remove from membership any person found to have broken the Club's Policies or Codes of Conduct.
 - iv) Determine whether any child protection issues should be referred to an official body, i.e. The Police.
 - d) The Chief Instructor will provide all concerned parties with a written copy of his findings and his solution, including any disciplinary action he has decided to take.
15. **Safeguarding Statement**
- 15.1. The safety and wellbeing of all Students, Instructors, their families and the general public are of paramount importance to the Tang Lang Kung Jutsu Federation. If any issues of protection come to our attention, we will seek guidance from various external agencies and bodies such as the Supporting Body, the NSPCC, Social Services and the police.

15.2. Our full safeguarding policy is the official policy of The British Martial Arts and Boxing Association, and this can be found here: <https://bmaba.org.uk/clubs/association/safeguarding/>

16. **Instructor's Credentials (Including Guest Instructors)**

16.1. All Instructors must possess a valid DBS Certificate and Instructor's Insurance in order to hold the position of Instructor within Adaptive Budo.

16.2. Any Guest Instructors must produce a copy of their valid DBS Certificate and Instructor's Insurance before being permitted to teach or offer instruction to Students at Federation training sessions or other events. This may be via email prior to the event.

16.3. If a Guest Instructor is to attend multiple training sessions or events, copies of their paperwork may be held on record by Adaptive Budo. This is merely to avoid re-production of documents, which will then only be required to be produced upon renewal of the documents by the Guest Instructor. These will be held in accordance with Adaptive Budo's Data Protection Policy, but may be produced to official bodies, Students or their parents upon request in accordance with Adaptive Budo's legal obligations.

16.4. Instructors must in timely fashion comply with all requirements, including the provision of documents and payment of fees for the procurement of their DBS Certificate, which must be obtained via the Chief Instructor.

16.5. Instructors must in timely fashion comply with all requirements, including the provision of documents and payment of fees for the procurement of their Instructor's Insurance, which must be obtained via the Chief Instructor.

16.6. It is NOT the responsibility of Adaptive Budo to reimburse Instructors fees in respect of these requirements. However, from time to time and at the discretion of the Chief Instructor Federation funding may become available to cover these fees.

17. **Rules for Gradings**

17.1. For all gradings, all fees must be up to date. This is non-negotiable as no grades will be registered, licences updated, or any certificates or belts issued until all fees are up to date.

17.2. For 3rd Kup and above all grading fees must be paid in full before the start of the examination.

17.3. A Student must produce a valid license on demand.

17.4. Any Student without a uniform will not be eligible.

17.5. Any Student with long nails, dirty uniform or incorrectly tied belts will not be eligible.

17.6. Once the Dojo becomes a grading room, there will be no talking, whispering or joking by Students.

17.7. Failure to bow to the grading panel at the designated points will result in instant failure

17.8. If a Student loses his/her temper, this too will result in instant failure.

17.9. In the occasion that a student scores exceptionally high scores, the student may be nominated by The Chief Instructor for "Double Grading" to the next belt. This will then incur an additional £10 surcharge for Kup Grades, and an additional £25.00 for Dan grades.

18. In order to be eligible to grade for each grading students must meet minimum attendance levels, and time served between each grade. This is because our syllabus is very densely populated, and students will require this time as a minimum to learn and master the amount of techniques required for each grading. Although a student may be able to perform the technique, it takes time to learn the finer intricacies, and indeed when to use the technique, timing, distance, set ups, and what to do if the technique misses, or doesn't work. This is why there are minimum attendance levels and timescales between grades

For 8th Kup Yellow Belt

Student must have been training for six months, with a minimum attendance of 15 lessons

For 7th Kup Orange Belt
Six months from 8th Kup Grading, with a minimum attendance of 15 lessons since last Grading

For 6th Kup Green Belt
Six months from 7th Kup Grading, with a minimum attendance of 15 lessons since last Grading

For 5th Kup Blue Belt
Six months from 6th Kup Grading, with a minimum attendance of 20 lessons since last Grading

For 4th Kup Purple Belt
Six months from 5th Kup Grading, with a minimum attendance of 20 lessons since last Grading

For 3rd Kup Brown I Belt
Nine months from 4th Kup Grading, with a minimum attendance of 30 lessons since last Grading
Also, for 3rd Kup the student must have taught at least twice a month in this period under the supervision of the Club Instructor.

For 2nd Kup Brown II Belt
Nine months from 3rd Kup Grading, with a minimum attendance of 30 lessons since last Grading
Also, for 2nd Kup the student must have taught at least twice a month in this period under the supervision of the Club Instructor.

For 1st Kup Brown III Belt
Nine months from 2nd Kup Grading, with a minimum attendance of 30 lessons since last Grading
For 1st Kup the student must have full knowledge of club running and teaching.

For 1st Dan Black Belt
One Year from 1st Kup Grading, with a minimum attendance of 40 lessons since last Grading

19. **Grading Methods and Fees**

19.1. **Grading Method for 8th Kup to 4th Kup (Yellow to Purple Belt)**

Cost of grading – FREE (Included in membership fees) including all certification, registration with BMABA and Belt

The gradings for 8th Kup to 4th Kup (Yellow to Purple Belt) are assessed using a method of modular assessment during normal lessons. We have found this method to work well in negating any stress or worry in students caused by being watched and performing in front of everyone.

During the normal lessons we look for the student to be able to perform the techniques to a level of skill, adequate to their age and ability, unaided or coerced.

Then when the student has demonstrated that they can remember and perform the technique correctly, without hesitation, this technique or module is then marked as completed. When the student has completed all of the techniques in the syllabus for the grade being assessed, the grade and belt will then be awarded.

19.2. **Grading Method – 3rd Kup to 1st Kup**

Cost of grading - £20.00 including all certification, registration with BMABA and Belt

The gradings for 3rd Kup (Brown Belt) and above are assessed using a hybrid style of assessment. The Kihon and Kata sections are assessed as normal during lessons, but the practical elements (one step, kumite, rolling and self-defence sections are assessed during a traditional style grading.

This is for multiple reasons, 1) to ease the student into formal assessments, 2) so that to objectively and fairly grade for Brown Belt and above giving the practical elements the dedicated time, and

3) giving the student a time and date to enable them to revise, and work up to.

19.3. **Grading Method – All Dan Grades (Black Belt)**

Cost of grading - £50.00 including all certification, registration with BMABA and Belt

Due to the nature of Black Belt ranks and the respect and admiration that go with it, all Dan gradings are assessed during a traditional style grading. We will also utilise additional instructors and students from other clubs and arts, which allows us to mix up the partners that you will be working with. This negates any familiarity and allows the student to fully showcase the quality of skill, knowledge and technique that they will be required to demonstrate. This ensures the high

standards of a Black Belt are upheld and means that only knowledgeable and technically capable people achieve these ranks.

19.4. It is, however, important to remember that all of the previous techniques are required for the next grade. Therefore, it is important that standards of “previously learnt” techniques do not fall, as this will mean that you no longer progress until the level of skill and techniques for the desired level are demonstrated. It is also important to note that the initial techniques taught are not only the most frequently used, but also foundation techniques that are necessary to give you a firm base, that you can build the rest of your martial knowledge and skills around.

19.5. It is also worth noting that we expect the level of skill and fine tuning of the techniques to rise as the student progresses. This “polishing” of techniques is a normal progression that naturally occurs as students begin to practice more often, putting in more hours of training both in our club, other clubs, and in private practice at home.

20. **Training Breaks**

20.1. If a Student’s Licence has expired for a period of six months or more (regardless of grades previously obtained), upon their return they will receive an assessment of their knowledge and abilities and will commence training at the level deemed appropriate by the Instructor following that assessment.

21. **Right to Amend**

21.1. These Rules and Regulations are deemed to be correct at the time of printing.

21.2. Adaptive Budo reserves the right to revise, amend or make additions to these Rules and Regulations at any time.

21.3. Upon revision of the Rules and Regulations, the updated copy will be uploaded to our website www.adaptivebudo.co.uk

21.4. It is the Student’s responsibility to ensure that they are aware of the Rules and Regulations of Adaptive Budo at all times.