



# UK **T**aekwondo Development Council

## TKD Equipment Safety Guidance SG-5

## Safe Guidance – Equipment

The UKTDC recommend that all equipment as used by instructors/students for the development of Taekwondo in UKTDC registered clubs be properly stored, maintained to an appropriate standard free from defects and used as intended.

### Competition

Any student wishing to participate in local, national and international Kyorugi competitions must wear a trunk protector, head protector, groin guard, forearm guards, shin guards, gloves and a mouthpiece<sup>1</sup> before entering the contest area. The groin guard, forearm guards and shin guards shall be worn beneath the Taekwondo uniform. The contestant shall bring this WTF-approved protective equipment, as well as gloves and the mouthpiece, for his/her personal use. Wearing any item on the head other than the head protector shall not be permitted.



*<sup>1</sup>- It is preferred that the mouth guard be clear or white. Some competitions may not allow black mouth guards for safety reasons.*

### Class activities

It is also recommended that protective equipment be worn during class sparring activities.

Kick paddles should be maintained in good working order and the safety loop on the handle must be employed to prevent the kick paddle becoming a projectile. The holder must be instructed how to hold the paddles at the correct height and angle for the intended kicks and strikes.



Kick shields should be maintained in good working order and the supporting handles must be present and in good condition. The holder should be shown how to hold the kick shield properly and be of a suitable build to absorb the energy from the kicks and strikes.



### **Re-breakable boards**

The risk of injury from the use of re-breakable boards/ wood cannot be overstressed. It is advisable that the holders are experienced students and of suitable build to absorb the energy from the kicks and strikes.

It is essential that the holder(s) wear suitable impact protection/safety goggles and appropriate footwear. Consideration must also be given to the position of any spectators/ other students in the event that the board or part of the board is kicked free from the holder(s).



### **Mats**

Where matting is used a check should be made to ensure that there are no tripping hazards created by incorrectly aligned mats, raised joints or excessive gaps. Similarly a check should be made for any slipping hazards from spillages etc.



## **Weapons**

Training weapons should only be used by experienced students and where necessary under the direct supervision of a senior instructor.



It is the club instructor's responsibility for the correct storage and use of Taekwondo equipment during and after the lesson. It should be checked prior to use and stored properly where it will be free from damage or tampering.