

## **A.1 Objectives**

ADA has the following as its key objectives:

1. Providing instruction in a safe environment in the Martial Arts of Karate and Internal Kung Fu.
2. Developing the mental and physical tools for improving personal safety and security.
3. Promotion of good health and vitality.
4. Development of positive self esteem and self confidence.
5. Development of a person of a positive role model in the community.
6. Creating expertise in confrontation management.
7. Pro-active crime prevention through increased awareness and positive attitudes.
8. Developing healthy community attitudes and values.

All persons participating in a class or course conducted by ADA must agree to be bound by this Code of Conduct. ADA reserves the right to make amendments or additions to this Code of Conduct at any time.

## **A.2 Participant Understanding**

We teach contact Martial Arts, meaning it involves physical contact with one or more other practitioners in ways designed to simulate as closely as possible the self defence options available to a practitioner when confronted with physical aggression and/or threatening behaviour.

As in any other physically demanding recreational activity, there is always a risk of injury. Any person participating in a class conducted by ADA does so with the full understanding that whilst it is the policy of ADA to minimise this risk, the nature of contact physical activity prevents its total elimination. Persons participating in a class conducted by ADA do so of their own volition and at their own risk.

## **A.3 Instructor Qualifications**

1. All instructors have either a current National Coaching Accreditation Scheme (NCAS) or Martial Arts Instruction Accreditation Scheme (MAIA) qualification.
2. All instructors are bound by the "Instructor's Code of Ethics" of the Martial Arts Industry Association.
3. All instructors must have approved Senior First Aid Certification.
4. All instructors must have in place appropriate and separate Public Liability and Professional Indemnity Insurance.
5. All instructors will be bound by this Code of Conduct and the National Code of Practise for Martial Arts Instructors.