

## MARTIAL ARTS

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<b>SECONDARY LEVEL</b>			
<p>Use 5.1 cm (2") mats, wrestling mats, or mats of equivalent compaction rating when the activity involves throws or falls.</p>	<p>Use a floor surface that is clear, smooth, level, dry and free of all obstacles (e.g., tables and chairs).</p>	<p>Stress the importance of anticipation, avoidance of risky situations, self-defense tactics and appropriate aggression.</p> <p>Select warm-up activities that emphasize conditioning and flexibility.</p> <p>Teach skills in proper progression.</p>	<p>Use qualified instructors to deliver the program.</p> <p>Provide on-site supervision.</p>