

On Mission Martial Arts

LEVEL ONE SAFETY TEST

1. Male students should wear a cup (groin protection). (True or False)
2. Female students are required to wear a chest protector at all times. (True or False)
3. What equipment must be worn during free sparring?
 - a. Headgear, shin/foot pads, mouthpiece, cup and gloves.
 - b. Headgear, belt, mouthpiece, cup and gloves.
 - c. Headgear, shin/foot pads, hairclip, shoes and cup.
 - d. Mouthpiece, gloves, gi, cup and gloves.
4. It is OK to grapple or spar without an instructor watching as long as you know what you're doing. (True/False)
5. Repetition is one of the best ways to improve safety for a student and their training partners. (True /False)
6. Staying relaxed is a good way to avoid injury. (True/False)
7. You may need to continually remind students to (stay relaxed/ be tenser) (*circle one*)
8. You are more prone to injury when: (*circle all that may apply*)
 - a. You are relaxed
 - b. You are tired
 - c. You are energetic
 - d. You are tense.
9. Anger can cause a student to: _____
10. If you can't control your emotions you should:
 - a. Hit someone
 - b. Step off the mats and breathe deeply until they subside
 - c. Do push ups
 - d. Sing, "*I love you and you love me, we're a happy family.*"
11. Fear can cause you to: (*circle all that may apply*)
 - a. Hit harder and get hurt
 - b. Become Batman
 - c. Be less effective in your techniques

- d. Not try things that we're not good at
12. The more skill students develop with their techniques the better control they have and the more their bodies get used to the moves. This is accomplished through:
- a. Body conditioning
 - b. Repetition while progressively increasing intensity
13. When students are more concerned about being right or "the best" they are more likely to be:
- a. Too Competitive
 - b. Push too hard
 - c. Ignore Instructions of leadership
 - d. All of the above
14. As mentioned in the Safety Module, one must consider the **A** ___ ___ and **R** ___ ___ when working with a student.
15. Most students will not be able to safely punch in for each other unless they:
- a. Are wearing their gi
 - b. Are at least a purple belt
 - c. Do it slowly
 - d. None of the above
16. When starting to learn to slap out or perform rolls, beginning students should
- a. Start from a lower and slower position
 - b. Hold their breath
 - c. Get pushed
 - d. Have a running start
17. Which of these are safety considerations to watch for with our training area?
- a. Check for gaps in the floor surface.
 - b. Check to ensure the floor surface is not slippery.
 - c. Check to ensure there are no sharp objects on the floor surface or on the walls around the training area.
 - d. All of the above.
 - e. None of the above.
18. Only the Black Belt Instructors need to know how to use the training equipment. (True/False)
19. It is acceptable to leave adult training gear (knives, guns, breaking boards) out for the younger kids to make use of. (True/False)
20. It is better to "trick" students with unexpected environmental training rather than preparing them ahead of time for what to expect. (True/False)
21. How should students learn how to properly use dojo equipment?
- a. Figure it out by trial and error

- b. Research it on Google and YouTube
- c. From a Certified OMMA Instructor
- d. From another student in class
- e. They don't need to know how to use equipment properly until they are more advanced.

22. Put a check next to the items on the list below which are things that a student should be taught to use properly from a safety perspective:

- | | |
|---|---|
| <input type="checkbox"/> Kicking Pads | <input type="checkbox"/> Rank Checklists |
| <input type="checkbox"/> Wavemasters | <input type="checkbox"/> Stretching Machines |
| <input type="checkbox"/> Lobby Chairs | <input type="checkbox"/> Punching Pads |
| <input type="checkbox"/> Practice Clubs, Knives, Guns | <input type="checkbox"/> Breaking Boards |
| <input type="checkbox"/> Dojo Stereo | <input type="checkbox"/> Drinking Fountain |
| <input type="checkbox"/> Sparring Gear | <input type="checkbox"/> Weapons (Sticks, Swords, Staffs, etc.) |