

## CUTMAN



Premium Service in **FIGHTER SAFETY CARE**  
& Keeping the **FIGHTER** in the **FIGHT!**  
[www.minutemedicineman.com](http://www.minutemedicineman.com)  
[minutemedicineman@gmail.com](mailto:minutemedicineman@gmail.com)



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The International Cutman Course is a one day course which is certified sanctioned, recognized and content approved by IMMAF, AIBA, SafeMMA, & The Kombat League, Boxing Union of Ireland and many more....

The course educates participants in corner care & fighter safety. We educate on hygiene, sanitation, critical decision making, rules and regs., evidence based treatments, how to prioritise injuries, concussion best practice in delivering safe and effective treatments between rounds, post-fight in the gym and now much more.....

# Cutman Course

INTERNATIONAL  
CERTIFICATION

Joseph Clifford

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## About Joseph

The Cutman Course is brought to you by Joseph Clifford who graduated with a BSc. (Hons) Applied Health Sciences, Dip. Physical Therapy, Certified Strength & Conditioning Specialist C.S.C.S. He is a member of: the Irish Physical Therapy Ass., The Irish Exercise Teachers Ass. & the National Strength and Conditioning Ass. USA.

Joseph has worked extensively as a Cutman in national and international combat sports since 2004 for some of the biggest organizations globally. MMA for promotions such as the UFC, Cage Warriors, ACB, FNG, BAMMA, KSW, Brave, IMMAF & WAMMA World & Euros.

In Pro Boxing BUI, EBU, WBA and many smaller belts/organisations. He is presently involved with Elite Athletic Boxing AIBA and has won a Silver medal in the WSB Season IV with Azerbaijan Baku Fires 2014, World Championships Doha Qatar, 2015 Hamburg Germany 2017 and was a member of the first Cut Team ever at an Olympics Rio 2016, and recently the Commonwealth Games 2018.

## Aims

- To educate participants on putting fighter health & safety first
- To educate participants on the rules and regulations of combat sports
- To educate and demonstrate effective hand wrapping skills which include techniques for the most common of hand injuries and do so within the rules and regulations
- To educate participants on the potential dangers of concussion, impaired consciousness, working in symmetry with emergency services and implementing emergency response plans in case of injury and evacuation
- To educate participants on the potential dangers of hemostatic pharmaceuticals and encourage participants to use natural alternatives
- To educate and demonstrate effective evidence based treatment protocols for venial & arterial bleeds, laceration, hematomas and nose bleeds etc.
- To educate participants on the potential dangers of cross contamination, hygiene and sanitation in boxing and MMA
- To educate participants on how to make good decisions at critical moments and how to prioritize injuries.

## The Course



The course is a culmination of years' experience 2004, knowledge working systems and exposure to novice promotions to elite Combat Sports e.g. Boxing, MMA, Muay Thai & Many More.

The course is content approved, sanctioned, recognized, certified by the BUI, SafeMMA, the Kombat League and many more. The course has educated to date over 1,200 participants and has travelled globally from Asia, the Americas, Europe, Australia, the Middle East and Baltic States.

The course provides participants with the most up to date techniques, handling skills and evidence based treatment modalities and does not endorse the use of dangerous drugs i.e. adrenaline 1:1000. But rather teaches participants how to use natural alternatives i.e. hemostatic agents (substance to stop bleeding QA) treating wounds e.g. lacerations, Epitasis (nose bleeds), Hematomas (swelling) but to name a few.

The Cutman Course educates participants to work alongside of and supporting event medical teams providing best care & modern treatment modalities to fighters in combat sports nationally and internationally.

## DAY 1

### Module 1

9am

- History of Cutmen

### Module 2

10am

- Primary Purpose & Role
- Making Moral Calls
- Case Study

### Module 3

11am

- Tools of the Trade
- How to Make a Practical and Functional Pro Kit for Less Money Without Brand Names & Useless Equipment Typically Used by Cutmen

### Module 4

11.30am

- Hand Wrapping
- Rules & Regulations of Hand Wrapping
- The Application of the Hand Wrap
- Commissioning Hand Wraps

### Module 5

2pm

- Cross Contamination, Hygiene & Sanitation

### Module 6

2.30pm

- Facial Anatomy: Vascular & Neural Networks of the Face & Skull
- Types of Bleeds: Venial V's Arterial

### Module 7

3.30pm

- Hemostatic Agents (Drugs That Stop Bleeding)
- Natural Hemostatic & Pharmaceutical Hemostatic Agents
- Rules & Regulations: Sanctioned Hemostatic Agents/Drugs
- Coagulation Cascade
- Indications for Using Hemostatic Agents & Contraindications Relevant to Combat Sports

4.00pm

- Treatments
- Handling Skills
- Lacerations, Single & Multiple to the Face, Skull & Ears
- Epistaxis (Nose Bleeds): Anterior & Posterior Nasal Cavity
- Hematoma's

### Module 8

5pm

- Concussion and First Aid



## Some Content from the Course

### Handling Skills

Handling skills educates participants on best hand position, posture and control of a fighter's head whilst delivering the best treatment possible.

Handling skills is a culmination of years working in various environments e.g. ring, cage and open mat where a stool, or fighting area where you need to adapt to working through ropes Standing in front of a fighter or working on your knees or on the floor.

Where a fighter may choose to stand or sit, or where the coach may insist on entering the ring leaving the Cutman no choice but to work on the outside of the ring..

During a fight the fighter is generally so pumped (with adrenaline) between rounds that head control is crucial to deliver the best treatment possible in a 45 second period.



### Hand Wrapping

Hand wrapping teaches participants how to hand wrap like a pro whilst abiding by the rules and regulations.

- Rules and Regulations
- Gauze/Bandage Tape Length and Width
- Hand Wrapping for injury



### Hand Wrapping for Injury

Teaches participants to wrap hands effectively e.g. Wrist, thumb or knuckle injuries to help support or stabilize Injured areas, reduce pain and help prevent re-injury.



### First Aid & Wound Care

The Cutman Course teaches elements of first aid including CPR, AED, concussion, wound care, emergency response plans EMT and teaches work alongside medical teams at sports combat events.



### Instructor

**Joseph Clifford (Course Lecturer)** Designer and writer of Cut-Person Programme worldwide for both IMMAF & AIBA.



## Testimonies

### **Marc Goddard Legendary UFC Referee**

“Like any attributed skill, it is only when you need it the most will you then truly value its worth. Competency & Experience go hand in hand. I both endorse & recommend the Cutman Course with Joe Clifford”

### **Patrick ‘The Punisher’ Hyland**

Boxing National, Multiple Intercontinental & World Contender  
WELL DONE JOE GLAD ITS TAKING OFF GOOD FOR YOU!!! NO BETTER MAN.....

### **Aisling ‘The Bash’ Daly World Womens MMA Champion & UFC**

Thanks Joseph Clifford was a great course today, can't wait to learn some more and get some work in! Will be great!

### **Conor Ahern 4 Times Senior Champ 13 Times Irish Champ**

Great course yesterday Joe I'd recommend it highly to anyone in combat sports,

### **Kevin Finn (Physiotherapist) MSc**

“Really enjoyed the course and took a lot from it. You did a great job delivering the info and giving us loads of scenarios in the few hours we had so fair play to you! Well worth coming over for.”

### **Rich Mitchell UFC, Cage Warriors and International MMA Referee**

“I knew it was going to be good but I was shocked at how good @irishcutman 's course was today. A standard has been set.”

### **AIBA Elite Boxing Cutman Course World Wide (Various)**

*I found the course and the delivery of the information very useful and informative. Open and approachable and encouraged Q&A.*

*Great to be able to take away something and actually use what you've learned.*

*Wow! Thanks a lot*

*It was a knowledgeable, productive and a hands on course.*

*I hope other development programmes are available for Cutmen by Joe.*

*I also hope that other developing countries are given the chance to acquire such knowledge and skills. Thank you*

### **Ryan Roddy (Pro MMA Athlete)**

Excellent Cutman course today in Belfast with Joseph Clifford, an artisan in his craft. Highly recommended

### **Izzy Carnwath (PR SafeMMA UK)**

Thank you to @irishcutman for a really informative course today & to @rich\_mitchell for his section on concussion

