

**Supplementary Table 7.** Distribution of injuries by mechanism of injury.

Study <sup>a</sup>	N	Punch (%)	Kick (%)	Block (%)	Fall (%)	Other / Unknown (%)
Stricevic et al, 1983 [22]	82	79.3	20.7	-	-	-
Nørregaard et al, 1986 [24]	25	76.0	24.0	-	-	-
Macan et al, 2001 [32] <sup>b</sup>	206	87.0	11.2	-	-	1.7
Arriaza et al, 2005 [33]	891	82.7	7.3	-	-	10.0
Halabachi et al, 2007 [35]	186	48.4	33.3	18.3	-	-
Arriaza et al, 2009 [36]	497	67.0	16.0	-	10.0	7.0
Rahimi et al, 2012 [37]	75 <sup>c</sup>	58.7	24.0	-	17.3	-
Pieter, 2010 [38]	108	72.2	15.7	2.8	0.9	8.3
Boostani et al, 2012 [40]	112	70.5	24.1	-	5.4	-
Boostani et al, 2012 [41]	178	65.7	29.2	-	5.1	-
Čierna et al, 2017 [43]	171	55.6	35.7	-	2.3	6.4

<sup>a</sup> Studies with more than 15% unknown were omitted from this table

<sup>b</sup> Estimates based on data from graphs

<sup>c</sup> Includes n=2 kata-related injuries that could not be disaggregated from kumite-related injuries