

FREE Self-Defense Course for Parents

APPLICATION

The Academy is offering a Special FREE Self-Defense Course during the summer for parents who have their son/daughter as active students at the academy. (\$40/per month for non-academy members). This course will be taught by Grandmaster Lai and Sr. Master Perry Okimoto & Sr. Master Danny Gonzalez.

Parents will get the benefits of learning practical self-defense techniques for any unforeseen situation, in addition to physical fitness, body conditioning. This special training will include cardiovascular exercises, muscle development and stamina, mental focus as well as Martial Art principles and philosophies.

Curriculum: Blocking, Striking, Kicking, Ground Fighting, Techniques Against Weapons Attack, Rape Prevention Techniques etc.,

Training Schedule: Saturday 10:00-11:30 AM

Training Attire: Academy T-Shirt

First Class Starts Saturday 6/13/09 & Ends 8/29/09

The Academy is also offering OUT-DOOR Training for students during the summer every Saturday from 10-11:30 AM while their parents are training in Self-Defense Class.

Out-Door Training Location: Carson Park, Training Attire: Academy T-Shirt.

Summer Out-Door Training is open for all students

APPLICANT INFORMATION

(1) PARENT LAST NAME _____ PARENT FIRST NAME _____

(2) PARENT LAST NAME _____ PARENT FIRST NAME _____

Please check this box only if parents are **NOT** going to participate the Parent Self-Defense Class offered above.
Please still sign the bottom to allow your son/daughter to participate the Out-Door Training. T-Shirt order deadline 5/20/09

STUDENT NAME(1) _____ (2) _____ (3) _____

HOME PHONE: (_____) _____ EMAIL: _____

HOME ADDRESS _____ CITY _____ ZIP _____

My/Our T-Shirt Size: Small Medium Large X-Large XX-Large

My Son/Daughter T-Shirt Size: Youth-S Youth-M Youth-L S M L XL

T-Shirts Cost: \$15 each X ____ = \$ _____ Paid by: Cash Credit Card Check payable to: Master Yushen Lai

Credit Card #: _____, Code: _____ Exp: ____/____/____ Name on Card: _____

Release and Waiver of Liability and Indemnity Agreement

In consideration of being permitted to participate in any way in the Martial Arts Program indicated above and/or being permitted to enter for any purpose any restricted area (here in defined as any area where in admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating in the below martial arts activity or event, he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agree that, if at any time, I feel anything to be UNSAFE; I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.

2. I/We fully understand and acknowledge that:

- a. There are risks and dangers associated with participation in martial arts events and activities which could result in bodily injury partial and/or total disability, paralysis and death.
- b. The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.
- c. These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others, including, but not limited to, the Releasees named below.
- d. There may be other risks not known to us or are not reasonably foreseeable at this time.

3. I/WE accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the Releasees named below.

4. I/WE HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the martial arts facility used by the participant, including its owners, managers, promoters, lessees of premises used to conduct the martial arts event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions or instructions to engage in risk evaluation or loss control activities regarding the martial arts facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purpose herein referred to as "Releasee"...From all liability to the undersigned, my/our personal representatives, assigns, executors, heirs and next of kin For any and all claims, demands, losses or damages and any claims or demands therefore on account of any injury, including but not limited to the death of the participant or damage to property, arising out of or relating to the event(s) caused alleged to be caused in whole or in part by the negligence of the releasee or otherwise.

5. I/WE HEREBY acknowledge that THE ACTIVITIES OF THE EVENT(S) ARE VERY DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.

6. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.

7. On behalf of the participant and individually, the undersigned partners(s) and/or legal guardian(s) for the minor participant executes this Waiver and Release. If, despite the release, the participant makes a claim against any of the Releasees, the parents(s) and/or legal guardian(s) will reimburse the Releasee for any money which they have paid to the participant, or on his behalf, and hold them harmless.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY

Applicant Signature: _____

Date _____