

# **Warning of Risk and Waiver and Release of All Claims For Martial Arts Training**

*Nebraska Hapkido Association / LifeArts – Howard Chiropractic, P.C.*

Martial Arts is an activity in which, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, poses a substantial risk of injury. Dependent upon a person's physical condition, age, and skill level, Martial Arts can involve a substantial risk of the following types of injuries. This list is by no means complete, but includes some of the more common ones:

1. Heart attack, stroke, and circulatory problems
2. Bone and joint injuries
3. Back injury
4. Shin splints
5. Muscle strain and other muscle injuries
6. Foot problems

You are responsible for determining if you are physically fit for these activities. It is always advisable, especially if you are pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking a physical exercise program.

## **WAIVER AND RELEASE OF ALL CLAIMS**

Please read this form carefully and be aware in participating that you will be waiving and releasing all claims for injuries you might sustain, arising out of this participation.

I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, including death, damages or loss which I may sustain as a result of participating in any and all activities connected with or associated with such program.

I agree to waive and relinquish all claims I may have as a result of participation against the Nebraska Hapkido Association and LifeArts – Howard Chiropractic, P.C., their officials, officers, agents, employees and volunteers.

I do hereby fully release and discharge the Nebraska Hapkido Association and LifeArts – Howard Chiropractic, P.C., and its officials, officers, agents, employees and volunteers from any and all claims from injuries, including death, damage, or loss which may accrue on account of participation.

I further agree to indemnify and hold harmless and defend the Nebraska Hapkido Association and LifeArts – Howard Chiropractic, P.C., and its officials, officers, agents, employees and volunteers from any and all claims resulting from injuries, including death, damages, and losses sustained by me or arising out of, connected with, or any way associated with the activities of this program.

I have read and fully understand the above Warning of Risk and Waiver and Release of All Claims.

Participant's Name (please print): \_\_\_\_\_

Name of Parent or Guardian, if Participant is a Minor: \_\_\_\_\_

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

## Sparring Permission for Minors during General Practice

During *general practice* sessions, student may participate in a number of different types of sparring, with the permission of the instructor. If the student is a minor, they need specific permission from their parent or guardian to allow them to spar if they are not a member of a regular class. Students of regular classes may need permission to spar in styles outside of their regular class. (After each type of sparring will be listed the protective gear students will wear. Students who intend to spar often may wish to obtain their own gear. The NHA can often offer almost wholesale prices on sparring gear of all types.) Parents/Guardians, please initial the sparring types that are permitted for the minor student.

Please note that **all** students who spar (in any form) are required to wear groin protection and a mouthpiece that they must supply. Students without this protective gear will not be allowed to spar in the Nebraska Hapkido Association school. **All types** of sparring below require groin protection and a mouthpiece. No unsupervised sparring is allowed.

- Boxing (gloves, headgear optional but highly recommended)
- TKD/Karate Tournament point sparring (fists/kicks, headgear)
- Olympic TKD sparring (fists/kicks, headgear, chest protector)
- Muay Thai sparring (fists, kicks and shinpads, headgear)
- Submission wrestling (none necessary—no striking)
- Defense Practice Sparring (fingerless gloves, headgear/chest protection optional)
- MMA sparring (fingerless gloves)

Name of Minor Student (please print): \_\_\_\_\_

Name of Parent or Guardian (please print): \_\_\_\_\_

### Student:

By signing below, I attest that I understand the difference between each type of sparring listed on the Nebraska Hapkido Association website at: <http://hapkido.4t.com/Sparring.html>, and I am aware that during sparring, contusions, lacerations, and other physical damage may occur as part of normal practice. I will act with self-control and discipline during General Practice, and will obey all instructor directions.

Signature of Minor Student: \_\_\_\_\_

Date: \_\_\_\_\_

### Parent or Guardian:

By signing below, I give permission for my minor child to spar in the NHA dojang according to the types of sparring initialed above. I understand the differences between each type of sparring listed on the Nebraska Hapkido Association website at: <http://hapkido.4t.com/Sparring.html>, and am aware that during sparring, contusions, lacerations, and other physical damage may occur as a part of normal practice.

Signature of Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_