

Nebraska Hapkido Association Class Information

Meeting Times:

Tuesday and Thursday, 6:15 to 7:45 pm

Meeting Place:

546 Ave A Suite 5, Plattsmouth, NE

Best Time to Begin Class:

Anytime! But the beginning of the month is simplest...

Costs:

For new students, there are two lesson fee possibilities:

- 1) \$135 to start pays for three months of lessons; all students will be given a free extra-heavyweight uniform and belt
- 2) \$150, payable with \$80 initially, and \$70 the following month; this pays for three months of lessons and again, a free extra-heavyweight uniform and belt

After the initial three months, the monthly fee for classes is \$45.

The “three month start” is so that the students will give the martial art enough time to decide whether or not it is for them. Many students find out that acquiring skill in the martial arts takes work, and hard work at that. As such, many students drop out after 2 weeks because it seems too difficult. If they had given it a chance for three months, they would have decided differently—so the initial costs make it more likely that the student will give it a reasonable chance.

Other costs:

As they continue to practice Hapkido, the student will eventually acquire a set of sticks, a practice knife, and a rubber practice firearm. None of these items cost more than \$10, and the student can either get them from the instructor, or any place they can find them cheaply. It is not the instructor’s intention to make money from the sales of basic martial arts equipment that the students need for normal class. These pieces of equipment are normally acquired over a period of three years.

If the student decides to continue past their first promotion (which normally occurs after three months provided the student passes the test), the student will be required to buy two patches (total cost: \$12.50) to place on their uniforms showing that they are members of the US Hapkido Association.

The only other costs for students are occasional promotion costs. Students, provided they pass the promotional testing, will be required to pay US Hapkido Association promotion fees to obtain rank. Students do *not* have to pay to test. If a student tests and fails, they do not pay anything. Upon passing a promotion test, if the student wishes to continue in the art (and thus gain the rank), the fee is assessed. New belts and rank certificates are covered in the promotion fee (the student does *not* have to pay for them in addition to the promotion fee). The Nebraska Hapkido Association awards both local NHA rank certificates signed by the student’s direct instructor, *and*

US Hapkido Association rank certificates signed by a grandmaster in our association. The amount of time between promotion testing is variable, but the minimum time is 3 months of dedicated practice. As the student advances in rank, the time between tests increases.

The promotion fees are set by the US Hapkido Association, and start at \$55 for the first test, and unfortunately, go up from there. Overall, with the low monthly class fees, the total combined cost for normal promotion and classes in Hapkido is similar to or less than the cost of other martial arts. (The Nebraska Hapkido Association is able to accept payments made by cash, check, or credit card.)

About the Instructor:

Mr. Howard is a 4th degree black belt in Hapkido, with an additional black belt in Jidokwan Taekwondo and experience in Kung Fu, Judo, and Aikido. He has taught martial arts since 1995, and has had a Hapkido school in Nebraska since 1997. In addition to teaching Hapkido, Mr. Howard has given numerous seminars and demonstrations on martial arts and self-defense and is a 3rd degree Master/Teacher in the healing art of Reiki. Some students know Mr. Howard as the science teacher for Physics and Chemistry at the high school.

Further Information:

Nebraska Hapkido Association Website: <http://hapkido.4t.com>

NHA email address: hapkido@hapkido.4t.com

Contact Phone Number: 402-525-3906

Hapkido classes are for mature students who understand the consequences of their actions. As such, students younger than 14 will not be considered for classes. Students younger than 17 are accepted on a provisional basis, with the understanding that their actions and behavior determine their acceptability for class.

Actually, that last sentence is true for all students, of all ages. Hapkido is an art that is practiced by adults. As such, adults interested in learning self-defense, self-discipline, and gaining self-confidence are welcome. Hapkido is particularly effective for use by women for self-defense purposes.

Students who plan on starting class should return the attached page and their payment. One side is a standard waiver of liability required by almost every martial arts class in the U.S. If the student is younger than 19 years of age, a parent/guardian *must* sign the waiver before the student is allowed to begin classes. The other side is a contact form so that in case of emergency the instructor can contact students/parents; please fill out the top third of the page. When payment and signed forms are given to the instructor, a uniform will be ordered. Until the uniform arrives, a t-shirt and sweatpants (no tank-tops or shorts) will suffice for class wear.

Hope to see you in class!

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

Nebraska Hapkido Association / LifeArts, LLC.

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, LLC, their officials, officers, agents, employees and volunteers.

I do hereby fully release and discharge the Nebraska Hapkido Association and LifeArts, LLC, 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, LLC, 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: _____

Hapkido Student Information

Name: _____ Date Begun: _____
Phone Number: _____ Work/Cell Number: _____
Email Address: _____ Birthdate: _____
Address: _____

Emergency Contact: Name _____
Phone Number _____

Korea Patch _____ Hapkido Patch _____ Gloves _____
Knife _____ Sticks _____ Gun _____
Uniform Size _____ Belt Size _____

Promotion Record:

9th kup (yellow) _____
8th gup (yellow w/green stripe) _____
7th gup (green) _____
6th gup (green w/blue stripe) _____
5th gup (blue) _____
4th gup (brown) _____
3rd gup (red) _____
2nd gup (red w/one black stripe) _____
1st gup (red w/two black stripes) _____
1st dan recommended (half-black/half-red) _____
1st dan decided (black) _____