

East Coast Hapkido LLC
(My Garage Martial Arts)

SPARRING RULES FOR PARTICIPATION

1. Martial art training requires safety rules and strict discipline in following them. Sparring is a contact sport. Every reasonable precaution is taken during training; however accidents and injuries may still occur. I hereby agree to waive all claims against all persons and organizations relating to injuries sustained while engaged in sparring practice/competitions as well as other martial arts studios.
2. Gear recommended for sparring includes but not limited to ECHA approved helmet with face shield, mouthpiece, arm pads chest & groin protection, and shin pads.
3. Only light contact is permitted. No contact is permitted without the express consent of the instructor and the usage of the above-mentioned protective gear.
4. Strict and immediate compliance to all rules and commands is required. Failure to comply may result in dismissal, suspension, or reduction in rank.
5. The Instructor should be informed immediately of any health or safety concerns by the participant(or legal guardian). If something hurts, "SPEAK UP"

WAIVER AND RELEASE OF LIABILITY ASSUMPTION OF RISK AND PARENTAL CONSENT (WHEN APPLICABLE)

1. I/a minor in my charge (referred to as the participant) understands the nature Hapkido Activities (Activity) and acknowledges the participants experience and capabilities and believes the participant is qualified to participate in such activity
2. The Participant fully understands that Hapkido Activities involves risk and dangers of bodily injury (Risk)
3. The Participant hereby releases, discharges, covenants not to sue and agrees to hold harmless the East Coast Hapkido LLC (My Garage Martial Arts) association, its Instructors, any school and /or facility where the Activity may take place, their respective administrators, directors, agents, officers, volunteers, employees, other participants and if applicable the owners and lessors of premises on which the Activity takes place (each considered one of the Releases herein), from liability, claims, demands, losses or damages alleged to be caused in whole or in part by the negligence of the Releasees or otherwise. The Participant further agrees that if in spite of this release, he/she or anyone on the Participants behalf makes a claim against any of the Releasees named above, he/she will indemnify, save and hold harmless each of the releaseees from an litigation expenses, attorney fees, loss liability, damage or cost any may incur as a result of such claim.

I HAVE READ THIS AGREEMENT and the RULES FOR PARTICIPATION and FULLY UNDERSTAND ITS TERMS. I have signed it freely and without inducement and understand that in doing so I forfeited substantial rights I understand it is intended to be a complete and unconditional release of liability.

Name of Minor Child (If Applicable) PRINT

Signature of Parent or Legal Guardian

Phone Number

PRINT Name of Parent or Legal Guardian