



### Acknowledgement and Assumption of Risks

I, \_\_\_\_\_, born / / am completing this assumption of risk form in relation to my wishes to participate within a class, activity, course, seminar, grading, competition, training session or lesson provided by STAND Martial Arts Academy and any of STAND Martial Arts Academy registered instructors, coaches or staff.

I confirm that I understand in full that any activity in which I participate will carry inherent risks associated with any practice or competition within combat arts, martial arts or self defence. Furthermore, I understand that the risk of serious injury is present and I have been briefed on the relevant safety rules and regulations in place to help protect me and my fellow students during training.

I confirm that I understand the nature of the activity in which I am about to participate, and appreciate that any practice of combat, self defence or martial art usually includes a degree of martial arts based fitness training. With this in mind, I can agree that I am fit to participate and agree to assume all risks associated with the above, hereby withdrawing any liability from the named club, instructors, association or other relevant parties.

Should I be unclear on any risks involved, or not feel comfortable releasing the above named from all positions of liability, I will not sign this document. Please take my signature as my acceptance and assumption of all risks involved, as described to me by my instructor and stated within this document.

**PRINT NAME**

**SIGNATURE**

**DATE**

**INSTRUCTORS SIGNATURE**

THE CLUB SHOULD RETAIN THIS DOCUMENT FOR FUTURE REFERENCE.

If the named wishes to obtain a copy, the instructor must make this available within 21 days without charge.