

Registration, Waiver Of Liability &
Free Sparring/Free Fighting Rules



Name: _____

Date of Birth/Age _____

Address: _____ Sex: _____

_____ Zip: _____

Home Phone #: _____ Work/Cell/Emergency Phone : _____

Occupation: _____ E-Mail: _____

Do you have any medical condition which limits your ability to do physical movement or exercise?
If so, please identify the condition and specify your limitations on the lines below.

Referred by: Phone book Website Flyer Walk-in Other

Other Martial/Esoteric Arts experience:

Style/Discipline: _____ Rank: _____

Years of study: _____

Method of study: Formal: Informal: Self taught

Signature/Seal of enrolling official: _____

WAIVER OF LIABILITY

I, the Student, and/or, we, the Parent(s)/Guardian(s) of a minor (hereafter, I/We), who is a Student, **UNDERSTAND**, and **AGREE** to abide by, all of the following:

1. I/We understand that certain dangers exist in the type of training, which is offered by the China Hand Kung Fu Academy (hereafter, **CHKFA**). These dangers extend to all types of **PHYSICAL** and mental harm or injury. Those among those dangers (but not limited to) are Death, Dismemberment, Paralysis, Loss of Function or Faculty, and Permanent or Temporary injury to various parts of the body.
2. I/We understand that participation of any type, by the Student, is voluntary. That participation is not a requirement of either enrollment or continued affiliation with **CHKFA**. It is also understood that **CHKFA** prohibits participation, by any Student, in any activity that is deemed to be unsafe (as determined by either, Student, Parent/Guardian, or Instructor).
3. I/We assume and accept sole **RESPONSIBILITY** for any and all types of physical and mental harm (described as dangers in Paragraph 1 above) that may happen to me (the Student), or that I (the Student) may inflict upon some other person. I/We also assume and accept sole responsibility for any or all loss/damage to any property, which occurs as a result of my (the Student) actions.
4. I/We agree to release from all liability (including negligence) and to waive all rights to civil litigation or suit against, any, and/or, all of the following: China Hand Kung Fu Academy, its' owners and staff, lessee(s), sub-lessee(s), their businesses and owners/staff, and/or the owner(s) of any property, place, or location which is used in whole, or in part, as a place of business by the China Hand Kung Fu Academy.
5. I/We agree that any video/photographs, or the like can be used for advertising, promotion and/or any other reason without the permission of those in the graphic and the use of such material doesn't entitle anyone to compensation for its' use.
6. I (the Student) also agree to the following:
 - I have received and read a copy of the Free Sparring/Free Fighting Rules.
 - I will not use the martial arts techniques that I learn, to injure another person, except in self-defense, or to prevent grievous injury to another.

I/We, by Signature(s) below, attest that I/We have read and fully understand this **WAIVER** of Liability, and I/We sign freely, without coercion, and I/We agree to abide by all that it states.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

FREE SPARRING/FREE FIGHTING RULES

In the Practice Hall

1. **NO FREE** Fighting/FREE Sparring unless instructed and supervised by a qualified instructor. All gear must be worn.
2. **NO** Horseplay.
3. **DO NOT** touch weapons (unless instructed to).
4. **DO NOT** interrupt classes.
5. The senior instructor present has complete authority within the practice hall over students.

Free Sparring/Free Fighting Rules

Students do not have to participate in any Free Sparring/Fighting activities. This is an elective activity and not required for any promotional advancements. Students also are not required to attend any tournaments in order to advance or be promoted.

When will Free Sparring/Fighting be held? Free Sparring/Fighting will only be held when a Senior Instructor or higher Ranked Instructor is present and supervising the activity.

What kind of safety equipment/gear is required? All students will be required to wear the following padded gear and equipment:

1. *Hand Pads* - a soft padded surface must cover the fingers, wrist and any striking surface of the hand. The striking areas such as the ridge of the hand (ridge hand), side of the hand (chop, hammer fist), back of the fist (back fist), and the knuckles (punch) must be covered with a *soft* padded surface.
2. *Padded Kicking Boots* - a soft padded surface must cover the instep, sides, toes, ankle, and back of the heel of the foot.
3. *Head Gear* - the front, sides and back of the head must be covered by a *soft* padded surface.
4. *Mouth piece* - a properly fitted mouthpiece is **required**.
5. *Groin protectors* - properly fitted groin protector is **required (males only)**.
6. *Chest protectors* - optional but are recommended for all.

FREE SPARRING/FREE FIGHTING RULES

What are the allowable target areas and techniques?

Target Areas

The following areas of the body will be considered acceptable target areas and light contact only is permissible:

- No contact is permitted to the Head, Face, Neck, or Groin, except for light contact to Headgear, the Chest, and Thighs.

Non-target areas:

The following areas of the body will be considered non-target and UNACCEPTABLE: Spine, back, back of the neck, sides of the neck, throat, groin, legs from the knees down, knees, hips, buttocks, shoulders, elbows, spleen, feet, or against any joints.

Allowable Techniques are all controlled techniques except those listed as not allowable.

Unallowable Techniques are: head butts, hair pulls, scratching, elbows, knees, eye attacks of any kind, take downs to the rear foot, stomps or kick to the knees, groin, ankles, any part of the opponent while on the ground, uncontrolled blind techniques, or any other unsafe, uncontrolled dangerous techniques.

What type of force is to be used?

Light Touch: Light Touch is defined as no penetration or visible movement of the opponent as a result of the techniques. No facial (Head) contact is permitted except headgear. Light contact will be allowed to the body but it must be controlled and non-malicious. Light touch may be made to all allowable target areas.

Excessive Contact: Excessive Contact is made when an opponent strikes with force in excess of what is necessary to make light contact. The following would be considered examples of excessive contact: Visible snapping back of the opponent's head from the force of a blow, A knockdown on an opponent, A knockout of an opponent, The appearance of severe swelling or bleeding, The distortion or injury of the body from the force of a blow to the body. This list is not all inclusive.