



# AIKIDO CORK OPEN CENTRE

## Release Form for Aikido and T'ai Chi Ch'uan Classes

- Students should not harm themselves, their partner or anyone else.
- Students should be respectful.
- Students should keep themselves clean and fingernails trim.
- Students must also keep their uniforms (Gis) clean. The standard uniform is a white Judo Gi or Karate Gi (and a blue or black hakama once you are 6th kyu). A light-colored T-shirt or a sports bra may be worn underneath the Gi. Gis should be washed regularly and not left in the dojo.
- Students may not wear jewelry on the mat.
- Students should help keep the dojo clean.
- Students should wash hands before and after practice.
- Students should not handle anyone else's blood-related injuries.
- Students should never practice under the influence of alcohol or other drugs.
- There are no refunds.

I, the undersigned, request the privilege of admission to the Cork Open Center (a.k.a. Aikido Shobukan Dojo, Aikido Cork, Cork City Tai Chi Studio), hereinafter called the Center. I understand that I am applying for instruction in a martial art involving strenuous exercise and personal body contact and I have watched at least one class. I further understand that there is always an inherent risk of injury that cannot be eliminated. Such injuries may include, but are not limited to, pulled muscles, dislocated joints, and broken bones.

In accordance with the law, the Center does not exclude individuals with medical conditions that do not pose a medically recognized threat to the health or safety of the other students in the normal course of training. I understand that there are some unavoidable circumstances where these conditions may require special caution on my part to minimize danger to others or myself and I acknowledge that it is my responsibility to act accordingly.

In particular, understand that some students may be infected with diseases like HIV/AIDS and hepatitis that can be transmitted by exchanges of blood or other bodily fluids and that I may be training with them. I acknowledge that I understand and will follow the dojo procedures for dealing with injuries to others and myself that present opportunity for exposure to blood or bodily fluids.

I acknowledge that the Center carries **no insurance** against injury to any of its students. As a condition to being admitted to the dojo as a student, I assume the risk of all injuries and/or damage to my property and do hereby hold the employees and agents of the Center harmless from any and all liability due to injuries suffered by me or caused by third parties to me, arising out of the activities involving Aikido and Tai Chi Chuan or any variation thereof, whether occurring on the premises of the dojo or elsewhere, excepting those claims, actions or damage caused by gross negligence or intentional act.

I understand that Aikido is an educational system. For the safety of the other members and myself I will practice in a considerate and conscientious manner and strictly follow all rules of the dojo. Should I break any of these rules, I understand that it is the decision of the Head Instructor, Detlef Decker, or his representative whether or not I may continue training. I will abide by his decision.

Signature:	Date:
Name:	

### If applicant is under 18 years of age:

I, the undersigned, as a parent/guardian of the above applicant, certify that I have read and understand the above contract. I consent to the applicant's receiving instruction applied for and I agree to the provision of the contract for myself and said applicant.

Signature:	Date:
Name:	