



Buddy Week

June 24 - 26 & July 22 - 27

Bring a friend to
class with you during
Buddy Week to share
in the fun and skills
of **Taekwondo &
Fitness Kickboxing!**



Bring a friend to class
and receive a FREE pair of
nunchaku!

Participant Information

Participant Name		
Date of Birth		
If above is a minor	Responsible Person(s)	
	Relationship to Participant	
Phone		
Email		
Billing Address		
City, State & Zip		
Guest of (ROCK member's name)		

Risk Agreement

Martial arts is a potentially dangerous activity. Bumps, bruises, scrapes, scratches and soreness are common-place, and most students will encounter this sort of minor injury from time to time in their training. More serious injuries are possible, including sprains, strains, twists, cramps, and injuries of similar magnitude, and students can expect to encounter these injuries infrequently. The possibility of more serious injury exists, including fractured bones, broken bones, torn ligaments. There remains, despite safety precaution, the remote possibility of crippling or death, though this is certainly not expected in this martial arts class.

I understand the above statement of risk, and I understand the rights and responsibilities of students. I assume responsibility for my own safety (or the safety of my child), understanding and accepting the risks involved with martial arts training. By assuming this risk, I completely absolve all instructors, staff, guests, students, landlords, management companies and any and all other parties of liability for my harm unless intentionally caused in criminal conduct.

I recognize that Rock workouts require a high degree of physical exertion. The undersigned, or Parent on behalf of the undersigned if a minor, does hereby recognize and assume the risk associated with participating in a high intensity aerobic workout.

I hereby waive, release and indemnify Team Carr Inc., DBA The Rock Martial Arts and Fitness and its instructors, officers, agents or employees, from any liability or claim for any illness, injury or expense due to an illness or injury including any and all actions at law or in equity that may arise as a result of Student's participation in class.

I have read this document, and I understand the content of it.
I agree to abide by the terms of it.

Participant Signature (or responsible person)

Date