

## 2018-2019 William Land Martial Arts Class Information and Application

Welcome back to school and thank you for your interest in this year's martial arts enrichment program offering of Brazilian Jiu Jitsu ("BJJ").

BJJ is a dynamic martial art, contact sport, and self-defense system originally formed from the traditional ground-based techniques of judo from Japan.

Through the adaptations and teachings of Carlos and Helio Gracie, Brazilian jiu-jitsu came to be its own art and is now adopted and practiced around the world.

Jiu-jitsu, or "gentle art", teaches an individual to overcome a challenger, no matter his or her size. BJJ accomplishes this by transitioning the fight to the ground where practitioners employ proper technique and leverage one's own strength to defeat an opponent. (Note: punching and kicking will not be taught.)

Please complete and return this enrollment application to the school office by 4:00 PM Friday September 14.

There will be three sessions with space limited to 10 students in each session. If there are more applications than available spaces, students will be chosen by lottery. Note that the third session (Level 2) is by instructor invite only as is for students with prior BJJ training that have mastered Fundamentals-Level 1.

I will contact the parents to notify that their child has been accepted. Notifications will occur September 17-21.

If your child has been accepted, we are asking that each BJJ student donate a one-time **non-refundable cash** donation of \$50, for a school year of classes. There are 20 scheduled classes for the school year. Please turn money (\$50) in on the first class on October 6 and make sure that it has the student's name on it - **Cash Only.**

This is a great opportunity for your child. Consider that martial arts lessons cost greater \$100 per month.

If you have any questions regarding any of this, please feel free to contact Mr. Henry at: Wm.Land.BJJ@att.net

## William Land Brazilian Jiu Jitsu Class Application Form

Student's Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Parent/ Guardian Name #1: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Parent/ Guardian Name #2: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Class Fee is \$50.00 **CASH** donation for the school year

Classes will be conducted on Fridays

3:30-4:10 Fundamentals Level 1: 1st-2nd grades

4:15-5:00 Fundamentals Level 1: 3rd-6th grades

5:05-5:50 Fundamentals Level 2 (Instructor Invite Only)

Dates: 10/5, 10/12, 10/26, 11/2, 11/9, 11/16, 11/30, 12/1, 12/7, 12/14, 12/21, 1/11, 1/18, 1/25, 2/1, 2/8,  
2/15, 2/22, 3/1, 3/8, 3/15, 3/22, 3/29, 4/5, 4/12, 4/26, 5/3, 5/10, 5/24, 5/31

Note: this schedule may be subject to change.

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### List of rules and protocol (Code of Conduct)\*:

- 1) There is no eating or chewing gum allowed during class.
- 2) No shoes, food or drinks on the mat.
- 3) Be humble and respectful toward your training partners and instructor at all times.
- 4) Always maintain self-control.
- 5) Be respectful of the classroom and be quiet while instruction is taking place.
- 6) When the instructor is demonstrating the techniques, students must sit or stand in good posture.
- 7) Talking should be kept to a minimum and should relate to the class subject.
- 8) If you are late, wait until the instructor greets you to join the class.
- 9) Advise the instructor if you need to leave early.
- 10) Keep fingernails and toenails clean and trimmed at all times.
- 11) If you are sick, please do not come to class.
- 12) No horseplay.
- 13) No kicking or punching.

**\*Students who continue to disregard the above rules will be dropped from the class**

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This is what my child will do after class (please select from the options below):

My child must return to Lion's Den.

My child must walk home.

I will pick up my child.

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Previous Martial Arts Experience: None  Yes

Martial Arts School Attended: \_\_\_\_\_

Type/Style of Martial Arts: \_\_\_\_\_ Total Years of Training: \_\_\_\_\_

**Medical Information**

List any types of medication being taken or conditions (eg. Asthma, irregular heartbeat, etc.) that would affect the student's health while participating in class:

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Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructor: Henry Lam, 916-799-7691, Wm.Land.BJJ@att.net**

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## **WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE (1/2)**

(Please read before signing)

1. Acknowledge and fully understand that I will be engaging in a contact sport/martial arts that might result in serious injury, including permanent disability or death, and severe social and economic losses due to not only my own actions, inactions, or negligence, but also to the actions, inactions, or negligence of others, or conditions of the premises or of any equipment used.
2. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time. These risks include, among other things: intense, stressful and strenuous exercises with body contact. I expressly consent to confront these known and unknown dangers and further agree, understand and recognize that these risks may result in serious injury or illness including but not limited to: bruises, bloody noses, broken bones, sprains, dislocations, heart attacks or other cardiovascular disease, or other serious injury resulting in death and/ or property damage.
3. I understand that martial arts can involve full contact fighting with throwing, wrestling, chokes and arm locks. Participants may use their maximum physical ability while participating. Learning new techniques involves risk as the person, the movement and the use of force are unfamiliar. Risk is an unavoidable and necessary part of the sport. I have the right to ask questions about any risk and to refuse to participate. I understand and agree to assume these risks. In consideration of the privilege of using these facilities and receiving instructions I release from liability for accidents, damage, injury, or illness its owners, shareholders, employees, officers and instructors.
4. Release, waive, discharge and covenant not to sue Henry Lam or volunteers of the organization, event officials, medical personnel, other participants, their parents, guardians, supervisors and coaches, and if applicable, owners, lessors, and lessees of premises used to conduct the event, all of whom are hereinafter referred to as "releasee", from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death and damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise to the fullest extent permitted by law.
5. I fully understand that any medical treatment provided to me as a response to injury will be of the first aid type only. I also fully understand that I am solely responsible for payment for any additional medical services performed as a result of my injury.

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**WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE (2/2)**

I HAVE READ THE ABOVE WARNING, WAIVER AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY. I AGREE TO PARTICIPATE KNOWING THE RISK AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW.

Participant's Printed Name: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Parent/Guardian's Printed Name: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_