

TAE PARK TAE KWON DO – WEST MICHIGAN
2020 BACK to the BASICS SEMINAR
ST MARK’S LUTHERAN CHURCH
1934 52nd St SE, 49508

WAIVER of RESPONSIBILITY

I/We do understand and agree that Tae Kwon Do is a contact martial art/sport. I/We do understand and agree that accidents or injuries can and do occur. I/We do understand and agree to indemnify and hold harmless St Mark’s Lutheran Church, World Tae Kwon Do Federation, Grand Master Tae Z Park, Grand Master Mark Good, Tae Park Institute of Tae Kwon Do, World Class Tae Kwon Do, Good Institute of Tae Kwon Do, appointed Instructors, Assistant Instructors, students and invited guests from any and all actions, claims, demands, suits, or other liabilities which may result from any and all accidents and injuries that may occur during participation in this activity.

I/We do agree that I/we are responsible for any and all financial obligations made to the above mentioned. I/We do understand and agree that I/we are responsible for my/our personal belongings. I/We do understand and agree that I/we are responsible for my/our conduct and if said conduct is unbecoming to the class environment, I/we could and can be expelled without financial reimbursement or consideration.

STUDENT : _____

(print)

STUDENT : _____ DATE: _____

(sign)

PARENT or GUARDIAN : _____

(print)

PARENT or GUARDIAN : _____ DATE: _____

(sign)

PHONE: _____ E-MAIL: _____

EMERGENCY CONTACT: _____ PHONE: _____

MEDICAL OR MENTAL ISSUES: EX: HAMSTRING OR ADD _____

What areas will we be covering: Basics, Basic Kicking (Advanced), Steps with a partner and a targets. So bring your hand targets with your name on them.

Doors open 9:00am // 9:15 Start w/ 10 minutes of stretching // Basics // Basic Kicking(1)
Steps & Partner w/ Targets(2) // 1:45 Finish & Clean-up // 2:00pm Doors Closed
1/ Basics & Basic Kicking will be a wee bit more intense that your everyday class.

2/ Steps with a partner and hand targets is a bit more advanced and sometimes not taught in most classes and if it is not taught an hour or longer. We will work on this so hopefully you understand and can use these in your sparring / fighting sessions. This is not easy for some.

Paid _____ Initials _____ Cost \$10 (maximum \$30 per family)

Master Instructors No Charge // Black Belts that teach their own class No Charge

Lunch Break about 12:00-12:15 for 30 minutes.
DO NOT EAT A LOT OR YOU WILL MAY LIKELY SICK!!!!
If you get sick you clean it up. Lucky you :-(