



Waiver of Liability

Aikido is a form of martial art like judo and karate. Aikido teaches self-defense and requires practicing with partners to learn aikido techniques that include but are not limited to throwing, tumbling, and immobilization through pressure on body joints.

Aikido of Arlington, its instructors, officers, directors and members assume no liability for injury or damages arising from the practice of Aikido and to pay the costs of defense connected to any such claim. Due to the strenuous nature of the activities, the participant is strongly recommended to consult his/her physician concerning his/her fitness to participate. All of the aikido activities involve an element of inherent risk and hazard, which the participant is urged to consider and which the participant assumes. If the participant feels unsure of his/her ability to take part in any of the aikido activities, it is recommended that he/she not participate in these specific activities until he/she has mastered the more basic techniques.

I have read the above waiver and understand its contents.

Signed _____ Date _____

Print Name _____

Address _____

Phone: (Home) _____ (Work) _____

E-mail _____

In case of emergency, please contact:

Name _____ Relationship _____

Address _____ Phone _____

If under 18 years of age, please complete:

I give my permission for _____ to participate in Aikido. If necessary, I also consent to emergency treatment for my child/ward on my behalf. _____ has no physical or other health conditions that would interfere with his/her participation in Aikido.

Signed _____ Date _____

(Parent or legal guardian)