



Martial Arts Waiver Form

In consideration of being allowed to participate in the martial arts program provided by PUMA Kenpo, I, the undersigned, acknowledge, appreciate, and agree that:

1. **Assumption of Risk:** I understand that participation in martial arts activities involves certain risks, including but not limited to, physical injury, serious bodily harm, or death. I voluntarily assume full responsibility for any risks of loss, property damage, or personal injury, including death, that may be sustained by me as a result of participation in this program.
2. **Health and Fitness:** I certify that I am physically fit to participate in martial arts activities and have not been advised otherwise by a qualified medical professional. I agree to notify the instructor immediately if my physical condition changes or if I become aware of any physical limitations that may affect my ability to participate safely.
3. **Rules and Regulations:** I agree to comply with all rules and regulations of the martial arts school and follow the instructions of the instructors and staff members.
4. **Release of Liability:** I, for myself and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby release, waive, discharge, and covenant not to sue PUMA Kenpo, its officers, instructors, employees, and agents (the "Released Parties") from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, while participating in martial arts activities, whether caused by the negligence of the Released Parties or otherwise.
5. **Photography and Publicity:** I consent to the use of my photograph, video, or likeness by PUMA Kenpo for promotional purposes without compensation.
6. **Miscellaneous:** This waiver and release constitutes the entire agreement between the parties concerning the subject matter hereof and supersedes all prior agreements and understandings, whether oral or written. If any provision of this agreement is found to be unenforceable or invalid, the remaining provisions shall be enforceable.

I have read this waiver form, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

- **Name:** _____
- **Address:** _____
- **Phone Number:** _____
- **Email:** _____

Emergency Contact Information:

- **Name:** _____
- **Relationship:** _____
- **Phone Number:** _____

Participant's Signature: _____

Date: _____

Parent/Guardian Signature (if participant is under 18 years old): _____

Date: _____