



## Release Form and Wavier

### Intensive Training Course and Seminar

I understand that all Martial Arts have inherent hazards depending upon the physical and mental health condition of the individual. The activities, physical or otherwise, described in this material may be too strenuous or dangerous for some people. As with any Martial Art, before you begin you should first consult your physician before participating in any training courses and seminars.

I also understand that Chanbara is a contact Martial Art sport, and Goshindo is a traditional Martial Sword Art that involves the use of dangerous weapons and sharpened blades of as such, I am aware that I am participating in an activity that involves physical contact and injuries may occur, which may potentially involve great bodily harm or even death.

Further, I agree to indemnify and hold harmless, Dana Abbott, Samurai Sports, Inc., to my participation or actions in the training seminar or intensive course. I state that I do not suffer from any physical and mental conditions, which may affect my participation in this seminar or intensive course. I further agree to conduct myself in a sportsmanlike manner and understand that if I fail to do so I may be asked to leave the seminar and not be entitled to a refund.

Traditional, combative and classical weaponry such as, sharp steel swords, wood, bamboo, plastic and metal practice swords, test cutting swords, ActionFlex swords and equipment are safe and designed not to cause injury under normal supervised use. Certain dangers and risks are present when using weapons for training and competition. Included, but not limited to, the dangers and risks of uncontrollable strikes, falling, jumping, thrusting, and colliding with other combatants, competitors, staff and spectators.

I understand that my participation in the practice of the exercises in these intensive training courses and seminars are strictly voluntary. Neither Dana Abbott Shihan, Samurai Sports, Inc., nor any parent or subsidiary of the foregoing, nor any of their respective owners, instructors, students, employees, assignees, or endorsees may be held liable or responsible in any way for any injury, death or other damages that may occur as a result of your voluntary participation in the exercises outlined in this text.

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

Parent and/or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

\*If participant is under 18 years of age signature of parent and or guardian is required.

**PRACTICE AT YOUR OWN RISK**