



92 Elements **School of Movement**

Exercises include a combination of static postures taken from disciplines such as Goju Ryu, Pilates and yoga to build the core and aerobic exercises that strengthen and increase all around health and speed. All movements are later applied in Self Defense as the student grows a stronger foundation.

DATE _____

NAME: _____ EMAIL _____ PHONE# _____

ADDRESS _____ CITY, STATE, ZIP _____

DATE OF BIRTH _____ REGISTRATION FEE _____

ANY PHYSICAL DISABILITIES: YES ___ NO ___ (IF YES, LIST HERE) _____

ASSUMPTION OF RISK AGREEMENT RELEASE AND CONSENT READ CAREFULLY BEFORE SIGNING

The undersigned consents, assumes all responsibility for and all risk of damage or injury that may occur to _____, a minor or adult, as a student in the American Cobra Goju-Ryu, inc. School of Karate and Self Defense (referred to in this assumption of risk agreement, release and consent as "karate and self-defense school"), while attending classes, participating in exercises or using karate, self-defense school equipment or facilities or following karate, self-defense school instructions in and out of karate, self-defense school studio or location. In consideration of the benefits to said minor or adult as a student in karate, self-defense school, the undersigned hereby releases and discharges karate, self-defense school, it's owners, employees and agents from all claims, demands, rights of causes of action, present or future, whether known, anticipated or unanticipated, and resulting from or arising out of, or incident to, the said minors use (or intended use) of a karate, self-defense school studio or location, or facilities and equipment in such place or as result of, or incident to, engaging in karate, self-defense school exercises or otherwise following karate, self-defense school instructions anywhere.

I have read and understood and sign the foregoing assumption of risk agreement, and release and consent this _____ day of _____, 20_____.

PARENT OR GUARDIAN

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- Yes, I would like to register my child for the following Class for the after care Karate class at The Joy of Learning.
- \$35 Registration for new Karate students / \$15 for existing Karate students. (This includes their uniform)
- \$55 Monthly Fee, Tuesdays and Thursdays

Registration fee is due at time of registration latest by the first day of class.

- 4:00 - 4:50
- 5:00 - 5:50 (spaces are limited to 15 students per class)

Note: If children are registered for after care they will be immediately placed in the second group.

Please remember that children must be in Pre-K 3 or Pre-K 4 and potty trained to participate in extracurricular activities