



ABKA-North Heights Enrollment Form

Student's Name _____

Email Address _____

Address _____

City _____ State _____ Zip Code _____

Phone Number _____ Date of Birth: _____

Parent/Guardian Emergency Contact Information: _____

Relationship _____

Alternate Phone #: _____

Name you would like presented on Certificates:

Briefly describe what your goals are and/or what you hope to accomplish through karate/self-defense training

A _____

B _____

C _____



ABKA-North Heights Commitment Agreement

As a student of Bushido-Kai Karate I make the following agreement:

1. I will never misuse the karate techniques
2. I will be respectful and disciplined in my karate training and competition.
3. I will not teach the karate I learn to anyone without approval of the American Bushido-Kai Karate Association- North Heights.
4. I will obey all karate and dojo rules
5. I will pay all fees on time
6. I will not abuse alcohol or drugs

Student's Signature

____/____/____
Date

Parent/Guardian's Signature

____/____/____
Date



NORTH HEIGHTS
LUTHERAN CHURCH

ABKA-North Heights Hold Harmless Waiver

Name: _____ Phone _____
Address: _____
City: _____ State: _____ Zip _____
Emergency Contact: _____ Phone: _____

I, _____, hereby release North Heights Lutheran Church, its employees, volunteers, and all parties involved with the teaching of this course, and all involved with the location of the course from any personal injury, emotional or bodily harm sustained or suffered from me during, arising out of, or as a result of any activity associated with this karate/martial arts/self-defense course. I further release said individuals and involved parties from all claims of liability for any property or valuables lost, mislaid, or stolen. I do not have, to my knowledge, any physical condition or disability that would preclude my participation in this program. I understand the terms above and complete responsibility for my health and wellbeing in this program.

Please initial the following:

_____ I understand that this course will involve strenuous physical activity and physical contact and may be hazardous and result in personal injury.

_____ I understand that, given the nature of this course, there may be fake weapons used for demonstration and scenario training. I understand the need for such tools and props in the context of the material presented and agree to their use within the course.

_____ I understand that the training provided in this course will in no way guarantee that I will be impervious to an assault or attack of any kind. The above-named parties and their parties will not be held liable for any damages or injuries sustained in an actual self-defense situation.

_____ I understand that, depending on my personal history, participation in this course may be an emotionally challenging experience that lasts beyond the confines of this course.

_____ I understand that, at any time during the course, I am free to stand aside and not participate in any activity or part of any activity, whether it is for physical or emotional reasons.

_____ I understand these techniques are strictly for training and self-defense use. I will only use the physical techniques to defend against someone in deadly force situation.

_____ I understand that the instructor reserves the right to dismiss me from class for any reason; including but not limited to: overall lack of control, disrespect, or any other behavior that would be disruptive or may result injury to me or another student.

_____ I understand that I may not teach or instruct any material learned in this course to other parties or share any videos recorded without expressed written consent from North Heights Lutheran Church.

I sign realizing that my participation in this karate/martial arts/self-defense course may have the potential to subject me to personal injury and bodily harm. I further have read the above statements and fully understand the contents of this release indemnity and hereby accept and agree to the terms, conditions and provisions written here.

Signature: _____ Date: _____

Parent signature (if minor): _____

Relationship: _____



NORTH HEIGHTS LUTHERAN CHURCH

ABKA-North Heights Dojo Rules

1. Never misuse karate or the techniques learned in class! Students will avoid fighting and trouble unless absolutely necessary for his or her own protection, or the protection of someone unable to protect themselves. Always promote karate in its proper perspective of respect for others and avoidance of violence whenever possible. The best use of your karate skills will be to make peace!
2. Respect the place where you train, known as a Dojo. You are required to salute (*rei* or bow) upon entering and exiting.
3. Ask for permission to enter training floor. Once class begins, do not leave the floor without permission from an instructor. This is for reasons of safety, accountability and respect.
4. Arrive to class on time and be ready to go when class starts.
5. Uniforms must be worn for all classes. Uniforms should be clean and in good order ie: no holes, proper fit and properly worn with belt tied correctly. All jewelry must be removed, and hair tied back as best possible. All required protective equipment must be worn for sparring
6. Respect your instructors/teachers when in class. Instructors must always be addressed as Sir or Ma'am. Instructors holding the rank of Black Belt may also be addressed as *Sensei* (Teacher)
7. Respond to your instructors when spoken to, given instruction, or asked a question.
8. Use proper manners during training times including: do not interrupt when the instructor is teaching, please raise hand and wait to be called on when asking a question etc.
9. Be respectful of others' workouts. Please do not interrupt or distract others. Teasing, bullying or making fun of others will not be tolerated.
10. Always use control and respect when working with a partner. We want to focus on the highest quality of training without having to worry about needless injuries or attitudes. Instructors reserve the right to dismiss any student for attitude or lack of self-control. If a technique cannot be done slowly and with control, it will never be able to be executed with speed and force.
11. Focus on what you are being taught and practicing. Study your instructors during demonstrations. Concentrate on correct stances, proper forms, intensity, and power. Ask questions!
12. Know your materials and understand the terminology. You must know the information to pass the test.
13. Always do YOUR best. YOUR best is always good enough! A lack of effort and commitment will result in a conversation or correction. This is to encourage and build discipline. If there is a continued lack of effort, disruptive behavior, disrespect, or inattentiveness with no response to corrective efforts, a student may be asked to leave the class.
14. Please advise instructor if there is a new or ongoing injury they should be aware of