



MARTIAL ARTS LIABILITY WAIVER

I, _____, the participant or parent of a child/children at United Studios of Self Defense Dana Point (Hereinafter known as "USSD Dana Point" or the "Dojo"), agree to the following regarding the participant(s):

I have enrolled in the personalized health and fitness program offered through USSD Dana Point. I recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent my participation in this exercise program. I acknowledge that my enrollment and subsequent participation is purely voluntary and in no way mandated by USSD Dana Point.

I hereby release USSD Dana Point and its agents from any claims, demands, and causes of action as a result of my voluntary participation and enrollment. I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program, and I hereby release USSD Dana Point and its agents from any liability now or in the future for any health conditions I may incur.

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.

Participant Name(s): _____

Signature (parent/guardian if participant is under 18 years old):

Date: ____ / ____ / ____ Relationship To Child(ren): _____