

LANAI JIU JITSU - LIABILITY WAIVER

I, _____ entirely upon my own initiative and risk and responsibility am about to participate in Jiu-Jitsu/Wrestling/Self-defense training at Lanai Jiu Jitsu. I am at least 18 years of age. If I am under 18 years of age, a parent or guardian will sign below on my behalf.

I understand that training can cause serious injury such as physical and/or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability, economic loss or death. These injuries or outcomes may arise from my own or other's actions, inactions, or negligence, or the condition of the training location(s) or facility(ies) or equipment. I will be learning to use leverage and weight distribution to control/immobilize an opponent by choking/strangling them unconscious and/or causing major trauma to joints such as the shoulder, knee, elbow etc. Taking my opponent to the ground and using a number of holds and submissions to defeat them. At some point everyone who trains long enough will suffer at least a minor injury. Knowing all of the above, I freely choose to participate and I assume all risks involved.

Therefore, I do hereby for myself, my heirs, executors, and administrators release and hold harmless the Lanai Hongwanji Mission, Lanai Jiu Jitsu, its instructors, owner(s), partners, volunteers, associates and any guest instructors from any and all liability, negligence, claims, demands, actions or causes of actions resulting from any participation in this sport/class/training and any associated activity(ies).

Contact Info:

Student Name: _____

Parent/Guardian Name (if under 18): _____

Street Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Phone # _____ Emergency Contact: _____

Emergency Contact Phone # _____

Signature (guardian if child under 18) _____ Date: _____

**** BRING THIS COMPLETED FORM TO YOUR FIRST CLASS ****

**** EACH STUDENT MUST COMPLETE THEIR OWN FORM ****