

# Cocheco Arts and Technology Academy And Intentional Movements Martial Arts

General Release

I hereby make application for membership in Self Defense and upon acceptance I Pledge to obey all rules and regulations which are in place for the purpose of keeping Order in the CATA/Intentional Movements Dojo, and the protection of all participants from injury. I recognize that there are risks involved in the study of martial arts that require my adherence to these rules. Sensei ( Art Bennett ) and CATA reserves the right to dismiss any student, at any time , for misconduct or action that may be considered inappropriate.

I hereby state that I am physically fit to engage in vigorous martial arts training and I acknowledge the Sensei ( Art Bennett ) and CATA is under no obligation to require of this fact. Please feel free to refrain from any part of training that you are uncomfortable with participating in. I hereby acknowledge that there is risk of bodily injury inherent in martial arts training.

I understand that if my application for membership is accepted by CATA / Intentional Movements, then I acknowledge and hereby release and hold harmless CATA / Intentional Movements, employees, instructors, assistant instructors, members, and agents, as well as invited guests or observers from any and all claims for injury to property persons, which I may receive while participating in the activities of Self Defense Program.

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( Parent/Guardian must sign if student is under 18 years of age.)

