



# Union Karate Do

## Karate and Self Defence Course



Name.....

Age.....Class.....

Address.....

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.....Postcode.....

Contact number.....

Email.....

Medical conditions and Injures.....

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Medication.....

This course includes 8 sessions, a grading examination, a completion certificate and a martial arts belt if successful in the grading examination all for just £37.99

**Introduction**

**Bullying and Self Defence**

**Balance and Kicking**

**Advanced Kihon**

**On line Safety and Kata part 1**

**Agility and Kata part 2**

**Mock Grading**

**Grading Examination**

Because of the nature of martial arts – and unarmed combat training – combined with martial arts based fitness training, you will be exposed to many potential risks throughout your time training with **Union Karate Do**. These include, but are not limited to, Slips, Trips, Sprains, fall, Cuts, Abrasions, and Contusions, Swelling and in some more uncommon cases, breaks and other injuries. Whilst the club’s safety record is exemplary it’s important to us that you understand the nature of what you are about to participate in, and that you are happy to assume all risks having been made aware in advance of what these might be.

We train in a combination of unarmed combat disciplines – **Karate Do** and others. We also combine fitness drills into most of our training; with some key martial arts based fitness and martial arts based conditioning too.

You always have the right to stop training at any point should you not feel comfortable performing any set technique or exercise, and you are under no pressure to complete any drill, technique or exercise if you do not wish to.

You are welcome and encouraged to speak to your instructor if you’re not completely at ease with the risks being assumed, or not completely confident about what our classes entail.

I, \_\_\_\_\_, having read in full the above assumption of risk disclosure, confirm that I am happy and willing to accept the assumption of risks as presented and do so with a clear understanding of this class, and any other subsequent classes potential for injury or harm. I have done so in my own confidence and wish to participate without warranty or guarantee.

Signed by parent/career \_\_\_\_\_

Date \_\_\_\_\_

Book the course via the website or facebook page

e-mail: [unionkaratedoclub@gmail.com](mailto:unionkaratedoclub@gmail.com)

web: [www.unionkaratedo.com](http://www.unionkaratedo.com)



Union Karate Do



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