

Karate liability waiver

Karate Liability Waiver & Assumption of Risk

Please read this agreement carefully before participating in karate classes, training sessions, sparring, competitions, demonstrations, seminars, belt testing, camps, or other activities organized by the karate school or dojo.

Karate activities

I understand that karate is a physical and potentially strenuous martial art. Training may include punches, kicks, blocks, strikes, footwork, forms or kata, partner drills, controlled contact, sparring or kumite, stretching, strength and conditioning exercises, falls, evasive movements, and other martial arts techniques.

Depending on the school's program, training may also include takedowns, sweeps, throws, breaking techniques, competitions, demonstrations, or practice with training weapons or kobudo equipment.

Assumption of risk

I understand that participation in karate involves inherent risks even when reasonable safety precautions are followed. These risks may arise from physical exertion, contact with instructors or other participants, accidental or intentional strikes during training, falls, collisions, equipment, training surfaces, or the actions of other participants.

Possible injuries include, but are not limited to, bruises, cuts, abrasions, muscle soreness, strains, sprains, joint injuries, dislocations, fractures, dental injuries, facial or eye injuries, head injuries or concussion, aggravation of existing medical conditions, and other serious injuries. In rare circumstances, martial arts participation may result in permanent disability or death.

I understand that protective equipment, supervision, instruction, rules, and safety procedures can reduce risk but cannot eliminate all risk of injury.

Sparring & contact

I understand that some karate activities may involve controlled physical contact with other participants. During sparring, drills, or competition, punches, kicks, blocks, sweeps, or other techniques may make contact even when participants and instructors are attempting to exercise proper control.

I agree to follow the instructor's directions, observe the rules for the activity, use required protective equipment, and exercise appropriate control when practicing with another participant.

Health & physical condition

I am responsible for determining whether I am physically able to participate. I agree to disclose injuries, medical conditions, physical limitations, or other health concerns that could reasonably affect safe participation.

If I experience unusual pain, dizziness, difficulty breathing, a suspected concussion, significant injury, or another concerning symptom, I will stop participating and inform an instructor. I understand that instructors are not responsible for diagnosing medical conditions and may require medical clearance before allowing participation.

Safety rules & equipment

I agree to follow reasonable instructions and safety rules established by the karate school and its instructors. I will not intentionally use techniques in a reckless or unsafe manner and will notify an instructor if I believe equipment, facilities, another participant's conduct, or any other condition is unsafe.

When protective equipment is required, I agree to wear and use it correctly. I understand that the karate school may restrict or stop my participation if an instructor believes continuing would create an unreasonable safety risk.

Emergency medical care

If an injury or medical emergency occurs and I am unable to provide instructions, I authorize the karate school and its representatives to obtain reasonable first aid or emergency medical assistance for me or, when I am signing as a parent or legal guardian, for the minor participant.

I understand that the karate school does not guarantee the availability or outcome of medical care and that responsibility for medical expenses remains with the participant or responsible party to the extent permitted by law.

Release of liability

In consideration for being permitted to participate, I voluntarily accept the inherent risks associated with karate and related activities.

To the fullest extent permitted by applicable law, I release and waive claims against the karate school, dojo, its owners, instructors, employees, contractors, volunteers, representatives, and facility owners or operators arising from injury, illness, death, or property damage connected with participation, including claims arising from ordinary negligence where such claims may legally be waived.

This agreement does not waive any rights or claims that cannot legally be waived under applicable law.

Participants under the age of majority

If the participant is under the legal age of majority, this agreement must be completed and signed by a parent or legal guardian. By signing, the parent or legal guardian confirms that they have authority

to consent to the minor's participation, acknowledge the risks described above, and agree to these terms on their own behalf and on behalf of the minor to the extent permitted by applicable law.

Participant information

Participant full name *

Participant date of birth *

Who is completing and signing this waiver? *

- ☐ Participant — I am of legal age
- ☐ Parent or legal guardian of a minor participant

Contact details *

First name *

Last name *

Phone *

Email *

Parent or legal guardian name, if applicable

Relationship to participant, if applicable

Emergency & health information

Emergency contact name *

Emergency contact phone number *

List any injuries, medical conditions, allergies, medications, or physical limitations instructors should know about.

Has a healthcare professional advised the participant to limit or avoid strenuous physical activity? *

- ☐ No
- ☐ Yes
- ☐ Unsure

If yes or unsure, provide any relevant restrictions or additional information.

Training information

Karate experience

- ☐ No previous experience
- ☐ Less than 1 year
- ☐ 1–3 years
- ☐ More than 3 years

Which activities may the participant take part in? Select all that apply.

- ☐ Regular karate classes
- ☐ Partner drills
- ☐ Sparring or kumite
- ☐ Belt testing
- ☐ Competitions or tournaments
- ☐ Seminars, camps, or demonstrations
- ☐ Kobudo or weapons training

Acknowledgment & signature

- ☐ I have read and understand the risks of karate training, including contact, sparring, falls, physical exertion, and the possibility of serious injury. *

- ☐ I voluntarily accept the inherent risks associated with participation in karate and related activities. *

- ☐ I agree that the participant will follow instructor directions, safety rules, and protective-equipment requirements and will report injuries or unsafe conditions. *

- ☐ I authorize reasonable first aid and emergency medical assistance if needed and understand that I am responsible for resulting medical expenses to the extent permitted by law. *

☐ I agree to the release of liability described above to the fullest extent permitted by applicable law. *

☐ If I am signing for a minor, I confirm that I am the participant's parent or legal guardian, have authority to provide consent, and consent to the minor's participation. If I am signing for myself, this statement does not apply. *

☐ I confirm that I have read this waiver, understand its terms, had the opportunity to ask questions, and am signing voluntarily. *

Participant (legal age) or parent/legal guardian signature *