



## **REF: Per Ardua Tang Soo Do Martial Arts Class**

To the parent/guardian,

We provide Tang Soo Do classes which you've expressed an interest in your child joining. Accordingly, this is a brief introduction to our club and the upcoming sessions. There is also an assumption of risk form that is required signed and completed prior to the class commencing.

### **What's being taught?**

Your child will be learning Tang Soo Do and Ju Jutsu. To be more specific, this includes a combination of striking (punching, kicks, elbows, knees), blocking, locks, releases and throws, with the introduction of traditional weapons (Bo Staff and Nunchaku) as they progress through the grades. We are members of the European Moo Duk Kwan tang Soo Do Federation (EMTF) and Kyushoshin Ju-Jutsu. We are governed and insured through the British Martial Arts and Boxing Association (BMABA).

The content will of course be appropriately modified to the age range in question, and to the level of experience.

### **Who's teaching?**

The session will be led by one of the following qualified (Level 1 qualified instructor, Safeguarding training, First Aid trained and Enhanced DBS checked) martial arts instructors:

- Master Brucie Brown (5<sup>th</sup> Dan Tang Soo Do, 1<sup>st</sup> Dan Wado Ryu Karate)
- Master Ian Woolley (4<sup>th</sup> Dan Tang Soo Do)
- Sa Bom Nim Yola Middleton (3<sup>rd</sup> Dan Tang Soo Do, 1<sup>st</sup> Dan Ju-Jutsu)
- Sa Bom Nim Simon Joy (1<sup>st</sup> Dan Tang Soo Do),
- Sa Bom Nim Dominic Scoines (1<sup>st</sup> Dan Tang Soo Do)

If you have any questions about the upcoming class, its format or what is being taught, please do not hesitate to speak with your usual point of contact or to e-mail the instructor directly; **[CLUB E-MAIL]**.

Martial Arts training offers an effective, affirming opportunity to learn self-defence, get fit, build self confidence and try a new sport. On behalf of Per Ardua Tang Soo Do, we welcome you the opportunity to watch (or participate in) the session too.

**With Regards.**

**The Per Ardua Tang Soo Do Instructors**

## ASSUMPTION OF RISK

### JUNIOR

Martial arts – as with all sports – carry an inherent risk of injury or harm and it is essential that you are fully aware of these dangers *before* permitting your child the opportunity to participate in our class. Please read carefully the following document and sign **only** if happy to proceed.

Martial Arts carry inherent risks. Whilst your instructor will always do what is possible to minimise these risks and mitigate the possibility of harm occurring, there are certain dangers that are unavoidable.

Because of the nature of martial arts – and unarmed combat training – there is a managed exposure to potential risks throughout training with Per Ardua Tang Soo Do. These include, but are not limited to, Slips, Trips, Sprains, Falls, Cuts, Abrasions, Contusions, Swelling and in some more uncommon cases, breaks and other injuries. Whilst the club's safety record is very good it's important to us that you understand the nature of what your child is 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 – Tang Soo Do and Ju-Jutsu. There is an element of physicality within all of our classes, and general physical activity is part of the training.

All participants have the right to stop training at any point should they not feel comfortable performing any set technique or exercise, and they are under no pressure to complete any drill, technique or exercise if they do not wish to. The instructor will make clear before the session all rules and important safety guidelines. We ask that you remind your child of this.

If you do give permission for your child to participate within the class we ask that you take a moment to consider the nature of self-defence training and the techniques this might entail. Injuries are generally uncommon, but we cannot offer any guarantees. Your child's co-operation with fellow students, and their attention to the instructor is essential and we would ask you to, as condition of their participation, ensure they listen to instructions carefully to help avoid injury.

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

**Please ensure the instructor is aware of any medical conditions or injuries relevant to your child BEFORE the class commences.**

Thank you.

I, \_\_\_\_\_, having read in full the above assumption of risk disclosure, confirm that I am happy and willing to provide acceptance to the assumption of risks as presented on behalf of my child and do so with a clear understanding of the potential risks. I have done so in my own confidence and wish for my child to participate.

Child's Name: