

BERARD JUDO ACADEMY



PARTICIPANT STATEMENT OF UNDERSTANDING

Judo is a study of personal combat. Practice & Training involve:

- A personal struggle to achieve physical control of a partner.
- Throwing and being thrown.
- Close body contact.
- Holding down and being held.
- Joint locks, chokes and strangles used by seniors.
- Non-contact striking practiced by advanced seniors.
- Participation in a collision sport. Thumps and bumps occur. Pain will be experienced and injury is possible.
- Study of set exercises of combat including (at an advanced stage) the use of imitation weapons, simulated blows, locks and throws not permitted by competition rules.
- Exercises which may be strenuous, designed to improve fitness and skills.

Responsibility

During training and competition participants must accept personal responsibility for their competence and actions. Their actions must reflect respect for others and an appreciation of their own and others safety.

As a participant, I will notify the instructor of any condition which may cause the training to affect my health or the health of any other participant.

Participant Agreement

I have read and accept the above. I understand the potential risks involved in practicing the sport of Judo:

Participant Signature	Date	
Print Name	JVI Number	

Parent/Guardian Agreement

I have read and accepted and explained the above to the children for whom I am responsible. I understand the potential risks involved in practicing the sport of Judo:

Name of Child (Child 1):	JVI Number	
Name of Child (Child 2):	JVI Number	
Parent/Guardian Signature	Date	
Parent/Guardian Print Name		