

TAIGUN SELF-DEFENSE COURSE

PARTICIPANT LIABILITY WAIVER, ASSUMPTION OF RISK

10 HOURS • 5 DAYS • 2-HOUR TRAINING BLOCKS • ADULT PARTICIPANTS

PLEASE READ CAREFULLY. THIS AGREEMENT AFFECTS YOUR LEGAL RIGHTS.

PARTICIPANT INFORMATION

Full Legal Name

Date of Birth

Phone

Email

Address

Emergency Contact / Relationship

Emergency Contact Phone

Course Start Date

1. COURSE DESCRIPTION & VOLUNTARY PARTICIPATION

I understand that I am voluntarily enrolling in the Taigun Self-Defense Course, a standalone 10-hour program conducted over five training days in approximately two-hour training blocks. Instruction may include situational awareness, threat recognition, avoidance, physical self-defense, controlled partner exercises, simulated grabs or attacks, escapes, defensive movement, and other supervised practical exercises.

I understand that completing this course does not guarantee that I will prevent injury, escape an assault, or successfully defend myself in every real-world situation.

Initials:

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2. ACKNOWLEDGMENT OF RISKS

Self-defense training involves physical contact and inherent risks. These may include falls, collisions, simulated grabs or strikes, controlled takedowns, muscle strains, sprains, bruises, abrasions, joint injuries, head, neck, back or shoulder injuries, accidental contact with equipment, fatigue, dehydration, overexertion, serious bodily injury, permanent disability, or death. Reasonable safety precautions cannot eliminate every risk.

Initials - I understand these risks:

3. ASSUMPTION OF RISK

I knowingly and voluntarily accept and assume the inherent and other risks associated with the course activities I choose to undertake, to the extent permitted by Tennessee law. I agree to communicate discomfort, injury, or a physical limitation that could affect safe participation and understand that I may decline an exercise or request a reasonable modification.

Initials - I voluntarily assume these risks:

4. RELEASE AND WAIVER OF LIABILITY

To the fullest extent permitted by Tennessee law, I voluntarily release Taigun Self-Defense Course, Taigun Taijutsu Ryuha, their owners, instructors, assistant instructors, employees, volunteers, agents, and authorized representatives from claims arising from my participation in the five-session, 10-hour course, including claims based upon ordinary negligence, to the extent such claims may lawfully be released in advance.

This agreement is not intended to release liability that cannot legally be waived under applicable law. I understand that signing this agreement may limit certain legal claims I might otherwise have.

Initials - I have read and understand this release:

5. PARTICIPANT SAFETY RESPONSIBILITIES

I agree to follow instructor directions and safety rules; participate only within my ability; immediately report injury or unsafe conditions; respect the physical limitations and boundaries of training partners; use only authorized techniques and equipment; stop immediately when directed or when a partner calls for a stop; and refrain from reckless, intentionally harmful, threatening, or unauthorized conduct.

Initials:

6. PHYSICAL CONDITION

I understand that this course can be physically demanding. I am responsible for determining whether I am physically able to participate and for seeking medical advice when appropriate. I understand that the instructors are not providing medical clearance or medical advice.

Initials:

7. MEDICAL EMERGENCY AUTHORIZATION

If I am injured or experience a medical emergency and cannot make decisions for myself, I authorize course personnel to contact emergency medical services and provide relevant emergency contact information to responders. I understand that immediate medical assistance cannot be guaranteed and that I am responsible for medical and transportation expenses incurred on my behalf except where otherwise required by law.

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8. TRAINING-PARTNER CONTACT & BOUNDARIES

I understand that controlled physical contact may be necessary for some exercises. I agree to communicate my limitations, respect the boundaries of other participants, use controlled force, and stop immediately when requested by a training partner or instructor. I understand that I may decline a physical-contact exercise.

Initials:

9. COURSE SCHEDULE ACKNOWLEDGMENT

This waiver is intended to apply to the complete 10-hour course consisting of five scheduled two-hour training blocks. The scheduled training dates may be entered below.

Training Day 1 - Date

Training Day 2 - Date

Training Day 3 - Date

Training Day 4 - Date

Training Day 5 - Date

10. TENNESSEE LAW / SEVERABILITY

This agreement is intended to be interpreted under the laws of the State of Tennessee. If any provision is determined to be invalid or unenforceable, the remaining provisions are intended to remain effective to the fullest extent permitted by law.

FINAL PARTICIPANT ACKNOWLEDGMENT

I HAVE READ THIS AGREEMENT IN FULL. I UNDERSTAND THE PHYSICAL NATURE OF THE COURSE AND ITS RISKS. I UNDERSTAND THAT THIS AGREEMENT CONTAINS AN ASSUMPTION OF RISK AND A RELEASE OF CERTAIN LEGAL CLAIMS, INCLUDING CERTAIN CLAIMS INVOLVING ORDINARY NEGLIGENCE, TO THE EXTENT PERMITTED BY TENNESSEE LAW. I AM AT LEAST 18 YEARS OF AGE, HAVE HAD AN OPPORTUNITY TO ASK QUESTIONS, AND AM SIGNING VOLUNTARILY.

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☐

I have read and agree to the Final Participant Acknowledgment.

Participant Printed Name

Participant Signature / Typed Full Legal Name

Date Signed

INSTRUCTOR / AUTHORIZED REPRESENTATIVE

Printed Name

Signature / Typed Name

Date

Legal review notice: This is a practical Tennessee-oriented template, not legal advice. Before use, have a Tennessee attorney review the form for your specific course activities, location, insurance coverage, and current law.