

## **Krav Maga Workshop – Aware & Prepared: Practical Self-Defense**

By signing below, I acknowledge and agree to the following:

### **1. Voluntary Participation**

I am participating in this workshop voluntarily and of my own free will.

### **2. Assumption of Risk**

I understand that participation in self-defense training, including Krav Maga, involves inherent risks, including physical contact and the possibility of injury. I accept full responsibility for my participation.

### **3. Health & Fitness**

I affirm that I am physically able to participate. I agree to inform the instructor of any injuries, medical conditions, or limitations that may affect my participation.

### **4. Personal Responsibility**

I understand that I may stop, modify, or opt out of any activity at any time. I agree to participate within my own limits and to follow all safety instructions.

### **5. Release of Liability**

To the fullest extent permitted by law, I release and hold harmless the instructors, organizers, Force Defense Fitness, and any affiliated individuals or entities from any claims, liabilities, or damages arising out of or related to my participation in this workshop.

### **6. Training Environment**

I understand that this workshop includes controlled physical contact and partner-based exercises conducted in a respectful, consent-based environment.

### **7. Personal Property**

I am responsible for my personal belongings. The organizers are not liable for lost or stolen items.

### **8. Media Release (circle Y or N)**

I grant permission for photographs and/or video taken during the workshop to be used for promotional, educational, or marketing purposes by the organizers and affiliated entities, without compensation. **Y / N**

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### **Participant Information**

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Emergency Contact Name &**

**Phone:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_