

**MYWARRIORWITHIN**  
Self-Defense & Fitness

**DISCLAIMER/ WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK & PARENTAL CONSENT & INDEMNITY AGREEMENT**

Participant's Name (Printed): \_\_\_\_\_

**PARTICIPANT'S GUIDE TO SAFETY RESPONSIBILITIES**

People of all ages and backgrounds are joining the self-defense and fitness world daily. Even though self-defense and fitness routines are not considered contact sports, they have the inherent training components of contact sports. They carry the inherent risk of injury. We believe it is important that clients assume responsibility for their actions, as well as coaches/ trainers.

When a client decides to participate in self-defense and/or fitness activities, he/she should acquire the proper equipment, set up a training routine with his/her coach and/or trainer, respect the sport or discipline and follow all established rules.

**Each client is strongly urged to obtain a medical clearance from their health care provider before participating in any physical training to prevent serious bodily injury or death.** Clients should be encouraged to report any and all injuries to their coaches and/or trainers. They should also be encouraged to share any medical conditions (such as a pre-existing heart condition) which may increase their risk, as these conditions can affect their overall health. If necessary, the coach/ trainer should direct the client to be examined by a physician before allowing him/ her to continue with MyWarriorWithin activities.

With regard to athletic competitions or activities conducted by entities outside of MyWarriorWithin, the supervising officials, physicians, or personnel are responsible for the conduct of their activities, not MyWarriorWithin. The client is responsible for reporting any medical ailments or conditions which may impact his/her ability to participate, no matter how minor they may seem.

All clients need to be responsible for their own health and awareness, and their coach or trainer needs to remind them that any small or insignificant issue might turn into a possible injury or illness.

\_\_\_\_\_  
Printed Name of Participant/  
Guardian if Participant under 18

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Witness

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Date

# MYWARRIORWITHIN

## Self-Defense & Fitness

### DISCLAIMER/ WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK & PARENTAL CONSENT & INDEMNITY AGREEMENT

#### IN CONSIDERATION OF MY BEING ALLOWED TO PARTICIPATE IN ANY WAY IN ANY MYWARRIORWITHIN SELF-DEFENSE AND FITNESS ACTIVITIES, I AGREE:

1. I understand the nature of MyWarriorWithin activities, which involve self-defense and fitness routines and activities. I understand my own experience and capabilities, and I believe I am qualified to participate in such activity. I further acknowledge that I am aware the activity will be conducted in facilities open to the public during the activity. I further agree and warrant that if I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.
2. **I FULLY UNDERSTAND** that: (a) MyWarriorWithin activities involve risks and dangers of **SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (“Risks”)**; (b) these Risks and dangers may be caused by me or the actions or inactions of others participating in the activity, the condition in which the activity takes place, or **THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW**; (c) there may be other risks and social and economic losses either known to me or not readily foreseeable at this time; and **I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** incurred as a result of my participation in these activities.
3. **I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS** MyWarriorWithin, its affiliated clubs, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activities takes place (each considered one of the “Releasees” herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the “Releasees” or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, or anyone on my behalf makes a claim against any of the Releasees named above, **I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE OR COST THAT MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.**

#### CONSENT AND RELEASE OF PARENT OR GUARDIAN

I am the parent or guardian of the child applying for participation in MyWarriorWithin activities. My child is fit for participation in MyWarriorWithin activities, and I consent to my child’s participation. **I HAVE READ AND UNDERSTAND THE PARTICIPATION APPLICATION AND WAIVER AND RELEASE.**

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In consideration of allowing my child to participate, I consent to it and agree that **ITS TERMS SHALL LIKEWISE BIND ME, MY CHILD**, my heirs, legal representative, and assignees.

**I HEREBY RELEASE AND SHALL DEFEND, INDEMNIFY AND HOLD HARMLESS THE RELEASEES FROM EVERY CLAIM AND ANY LIABILITY** that I or my child may allege against the Releasees (including reasonable attorneys' fees or costs) as a direct or indirect result of injury to me or my child because of my child's participation in the event, **WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES** or others.

**I PROMISE NOT TO SUE RELEASEES** on my behalf or on behalf of my child regarding any claim arising from my child's participation in any MyWarriorWithin activities.

\_\_\_\_\_  
Printed Name of Participant/  
Guardian if Participant under 18

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Witness

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Date