



UNIT 12 MARTIAL ARTS LIMITED  
**NEW JOINER FORM**  
 Last reviewed – 03/01/2025



IF THE APPLICANT IS UNDER 18 YEARS OF AGE THIS FORM MUST BE SIGNED BY A PARENT OR LEGAL GUARDIAN.

FAMILY NAME OF STUDENT*	FIRST NAME OF STUDENT*
NAME YOU WOULD LIKE TO BE ADDRESSED AS	DATE OF BIRTH OF STUDENT*
ADDRESS	EMAIL AND PHONE NUMBER* (For a student under 18 these must be those of a parent or legal guardian)
MEDICAL INFORMATION (Please provide any medical information or conditions we should know about that may impact your ability to train safely)	EMERGENCY CONTACT NAME AND PHONE NUMBER* (For students under 18 these should be the name and details of a parent or legal guardian).
ANY OTHER INFORMATION WE SHOULD KNOW AND PLEASE STATE IF YOU DO NOT WISH TO BE ADDED TO THE CLUB'S WHATSAPPGROUP	PRESENT GRADE. (Please let us know if you have a grade in karate or any other martial art and previous associations).

\*Mandatory.

**BEFORE SIGNING THIS FORM, PLEASE READ OVERLEAF AND THE STATEMENTS BELOW AND TICK THE BOXES IF CONTENT**

<input type="checkbox"/>	I AGREE TO ABIDE BY UNIT 12 MARTIAL ARTS LIMITED TERMS AND CONDITIONS AND THE CLUB HANDBOOK RULES AND POLICIES. (These are published on the website. Printed copies are available on site).
<input type="checkbox"/>	I HAVE READ, UNDERSTAND AND AGREE TO THE ASSUMPTION OF RISK AND SAFETY BRIEFING OVERLEAF.
<input type="checkbox"/>	I UNDERSTAND AND AGREE TO THE FINAL DECLARATION BELOW: Unit 12 Martial Arts Limited provides training that involves physical activities related to the martial arts and self-defence, including close-quarter drills, ground fighting, joint manipulations, and scenario simulations. I have informed the club of all conditions that may impact my training and am fit and able to train. I will advise the club of any subsequent changes that occur that may impact my ability to train safely. I understand that club membership is required to train and grade with the club and this needs to be renewed annually.

SIGNATURE:  
 (If student under 18 then parent of legal guardian)

.....  
 PRINT NAME:

.....  
 DATE:  
 .....



## ASSUMPTION OF RISK

1. Martial Arts carry inherent risks. Whilst your instructor will always aim 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 training, you will be exposed to many potential risks throughout your time training with Unit 12 Martial Arts Limited. These include, but are not limited to, slips, trips, sprains, falls, cuts, abrasions, contusions, swelling and uncommonly, breaks and other injuries.
2. Whilst the Club's safety record is exemplary, it is important to us that you understand the nature of what you are about to participate in, and that you are happy to assume the risks having been made aware in advance of what these might be.
3. If you do continue with this class and any subsequent classes, we ask that you take a moment to consider the nature of a martial arts class and what that entails, including the above possible risks – and any other potential injuries, such as contact during sparring, concussion, breaks and strains. These are very uncommon – but they can occur. Please ensure you are happy to assume the inherent risks that come with training in martial arts.
4. You are welcome and encouraged to speak to your instructor if you are not completely at ease with the risks being assumed, or you are not completely confident about what our classes entail.

## SAFETY BRIEFING

5. You always have the right to stop training at any point should you feel unwell or uncomfortable performing any set technique or exercise. You are under no pressure to complete any drill, technique or exercise if you do not wish to.
6. Get permission from the instructor before taking breaks or leaving the dojo. Child students are to be accompanied by their parent or legal guardian at all times while on the Unit 12 premises.
7. If you have a medical condition or injury affecting your ability to exercise, inform the instructor before training. Your safety depends on open communication. The instructor cannot ensure your safety without relevant information.
8. Safety is the responsibility of everyone. Given the dynamic nature of the training, **anyone** can halt activities by shouting "**ZERO**" if they spot an unsafe situation. "**ZERO**" means stop all movement and release pressure without causing panic.
9. Stay aware of your surroundings during training. The training space can change. It is the responsibility of everyone to prevent injuries by being vigilant and adapting to any environmental variations.
10. When working in pairs or groups stay within your safe capacity during training. Begin with lower speeds and intensities, gradually increasing as you and your partner become comfortable. Continuously communicate and intensify within safe limits.
11. Stick to drill instructions provided by the instructor for safety. Avoid attempting untaught movements without instructor approval, as this can lead to injuries. Always pay attention to safety points provided by the instructor during training. These instructions are essential for injury prevention.
12. Maintain clear communication with your training partner(s) for safety. Never assume your partners' training intensity level, instead, be mindful of their comfort and experience, respecting their limits accordingly.
13. Remember that using safety equipment is not a guarantee of invincibility. Protective gear can transfer energy to the wearer, and its limits are hard to measure. Always work within the boundaries of the equipment's capabilities to ensure safety. Injuries can have lasting effects on your partners' wellbeing and training continuity. Never deliver shots to a training partner's head, as headgear only protects against external bruising and does not safeguard the brain.
14. Keep the training floor clear at all times. If training equipment is not in use stow it safely off the training floor.
15. Student, parental, guardian or carer consent is given for the club to administer emergency first aid or seek other professional medical treatment if the need arises.
16. Prioritise safety, adhere to safety guidelines, communicate, and use common sense to ensure safe training and preserve your and your partners' health and future participation. If in doubt about anything during training, ask your instructor.