

Evaluation & Waiver of U.S TAE KWON DO

PARTICIPANT'S NAME): _____

AGE: LITTLE KICKERS (4 YRS- 6 YRS) | JUNIOR KICKERS (7 YRS-12 YRS) | TEENS & ADULTS

EVALUATION BOARDS 수 / 우 / 미 / 양 / 가

Checklists of Evaluation Score: PASS / PROGRESSION / WAIT

- HOLD THE ATTENTION STANCE-SELF CONTROL LEVEL_____
- SAY "YES,SIR" , "THANK YOU SIR"- ABLE TO USE PROPER WORDS_____
- BOW AND SAY "GREETING"- MANNER AND ETTIQUET_____
- RAISE A HAND WHEN ASKING A QUESTION-FOLLOW A DIRECTION_____
- BASIC MARTIAL ART TECHNIQUES-PHYSICAL ABILITY_____
- (1.BASIC PUNCH, 2. BASIC KICK, 3. BASIC FORM OF TKD, 4.BASIC DEFFENSE MOVE)
- ATTENTION SPAN-FOCUSED / NEED IMPROVED / EASY TO GET DISTRACTED
- WORKOUT-STRENGTH_____,FLEXIBILITY_____,ENDURANCE_____,BALANCE_____

PHYSICAL TESTS

LT-30 SEC, JR-1 MIN, T & AD-2 MIN	HOW MANY	HOW PROPERLY
1.PUSH-UPS		
2.SIT-UPS		
3.SQUATS		
4.JUMPING JACKS		
5.RUNNING		
6.BUFFERS- TEEN/ADULT ONLY		

LIABILITY WAIVER

In consideration of being allowed to participate in any way in (U.S. Tae Kwon Do College) athletic sports program, related events, and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risks of injury and illness (ex: communicable diseases such as MRSA, influenza, and COVID-19) from the activities involved in this program are significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist;
- 2.I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation.
- 3.I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
- 4.I, for myself and on behalf of my heirs, assigns, personal representatives, and next of kin, HEREBY RELEASE AND HOLD HARMLESS (U.S. Tae Kwon Do College) their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT

I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature: _____, Date: _____

Email: _____, Phone: _____