



## MEDICAL CONSENT WITH LIABILITY RELEASE

Student Name: \_\_\_\_\_

**I fully understand and acknowledge that there are risks and dangers associated with participation in martial arts events and activities which could result in bodily injury, partial and/or total disability, paralysis or even death. \_\_\_\_\_(initials)\_\_\_\_\_ (initials of parent if under 18))**

I, the undersigned, certify that I am willingly participating in MARTIAL ARTS (the Activity) conducted by DOVER DRAGONS (the "Organizer"), and in all events relating to this activity.

I understand that the social and economic losses and/or damages, which could result from the risks and dangers described above, could be severe. These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others, including, but not limited to, the Organizer. There may be other risks not known to us, or that are not reasonably foreseeable at this time.

I hereby authorize any of the staff, agents, and representatives of Organizer to provide for, approve and authorize any emergency health care at any hospital, emergency room, doctor's office or other institution; and execute any emergency consent form required by medical staff for the provision of emergency medical care to myself.

I assume all risk of injury or harm to myself associated with the participation in the Activity. I hereby agree not to sue, and release, indemnify, defend and forever discharge the Organizer and its staff (including LOUIS ROBERT KISTNER and TRACY KIM KISTNER, their heirs and kin), agents, and representatives who give recommendations, directions, or instructions, of and from all liability, claims, demands, damages, costs, expenses, actions and causes of action (collectively the "Claims") in respect of death, injury, loss or damage to myself or by myself, howsoever caused, arising or to arise by reason of or during the participation of myself in the Activity on any ground upon which the Organizer may be operating.

\_\_\_\_\_  
Signature (in the presence of Dover Dragons staff)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature or Signature of Parent or Consenting Adult If under 18

# Information and Instructions

Student Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Parent's Name's \_\_\_\_\_

Address- \_\_\_\_\_

Cell Phone: (Mom) \_\_\_\_\_ (Dad) \_\_\_\_\_ (Student) \_\_\_\_\_

E-mail: \_\_\_\_\_

How did you hear about us / referral source: \_\_\_\_\_

## Emergency Contacts

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

Relationship: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Work or other: \_\_\_\_\_

## Medical / Healthcare Information

Doctor Name: \_\_\_\_\_

Office Phone: \_\_\_\_\_

Hospital Preference: \_\_\_\_\_

Medications: \_\_\_\_\_

Allergies: \_\_\_\_\_

Special Conditions: \_\_\_\_\_

## Media Release

Occasionally pictures or movies might be taken of you while participating in Martial Arts activities.

I \_\_\_\_ WILL / \_\_\_\_ WILL NOT allow the use of pictures or movies which contain MYSELF for promotional purposes by DOVER DRAGONS in items including, but not limited to: flyers, pamphlets, instructional videos, internet web site, karate school photo albums and wall hangings.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

### Behavior in the Training Hall (Dojang)

- Come to class prepared to work hard and always give 110%
- Never use the word CAN'T in class, if there is a technique you're having trouble with, we will practice until you CAN do it.
- Always use Sir or Ma'am when addressing instructors, senior rank or elders.
- Please be on time for class. If late, stand to one side and request permission to join the class. No one will be let into class if your more than 10 minutes late.
- When arriving early stretch out and practice your forms, blocks, punches, and kicks.
- Attempt to be helpful whenever possible.
- Please use the restrooms before class. Do not ask to be excused to the restroom or to get a drink during class. We all have emergency's from time to time, please ask the instructor, bow and hurry to the restroom in case of such an emergency.
- Do not eat, drink, or chew gum in the dojang.
- Accept criticism gracefully, the instructors are here to help you perfect your technique.
- Do not engage in horseplay while in uniform or at any inappropriate time or place.
- Do not show off with Tae Kwon Do at school, or try things you have learned on others. Do not use your knowledge to bully others.
- No children and adults working out on the mat at the same time.
- No using any targets without permission from your instructor. Children must be supervised by a higher ranking adult.

### Uniform (DoBok)

- Wear your uniform with pride. Always wear a clean uniform that is not wrinkled.
- Do not decorate your uniform. Tae Kwon Do strives for simplicity.
- Remove shoes, hats, all jewelry, rings, watches, etc. before class.
- Tie the belt correctly. It is a sign of rank and should be worn with dignity.

### Parents

- Please go over these rules with your children
- Your enthusiasm is appreciated, but please do not interact with your children on the floor. Talking or coaching from the sidelines can disrupt the entire class. Of course, you can help them if they get hurt or if they have a restroom emergency.

## Student Creed

I will **give 110%** in everything I do.

I will conduct myself in a **positive manner**, avoiding anything that could reduce my mental growth or physical health.

I will develop **self discipline** in order to bring out the best in myself and others.

I will use my martial arts knowledge **constructively and defensively** to help myself and fellow man, never being abusive or offensive.

This is a black belt school! We are **dedicated!** We are **motivated!** We know the three most important things in our martial arts growth are: **Attitude! Attitude! Attitude!**

## The Six Tenets of Tae Kwon Do

Our student creed is based on the Five Tenets of Tae Kwon Do. These are the five items that are the basic foundation and represent what the structure and spirit of this martial art stands for.

**CONFIDENCE:** Have total confidence in yourself and your abilities.

**HONESTY:** Be honest with yourself, know right from wrong. Always do what you think is right. If you make a mistake, admit it and make it right.

**PERSEVERANCE:** Set a goal and work towards it. If you meet obstacles along the way have the patience to work hard and overcome them.

**COURTESY:** Show respect to each other by being polite and kind. Respect your instructor as well as junior students.

**SELF-CONTROL:** Be responsible for your actions. Don't do something out of anger or excitement that you will regret later.

**INDOMITABLE SPIRIT:** The fighting spirit is a way of facing life. Having the courage to say and do what is right against opposition.

# Terminology and Translations

## Definitions:

Tae Kwon Do - Kicking with the foot – Striking with the hand – Way of life

Tang Soo Do – Way of the China hand

Karate – Empty hand (Japanese)

Dojang – Training hall

Dhee – belt

Dobuk – uniform

Kukgi - flag

Ki hap – “the sound of energy”, yell

Sah bum nim – instructor

Kahm sa hamnida – thank you

Cheon maeneyo – you're welcome

## Commands:

Cha ryuht – attention

Kyung nae – bow

Choon bi – ready

Bah ro – return to ready position

Sei jak – start

## Counting:

Hanah – one

Dool – two

Set – three

Net – four

Dasot – five

Yasot – six

Ilgop – seven

Yadol – eight

Ahop – nine

Yul – ten

## Order:

Il / Cho

Ee

Sahm

Sah

Oh

Yook

Chil

Pal

Koo

Sip