

**AIKIDO OF NORFOLK  
REQUEST TO TRAIN AND WAIVER OF LIABILITY**

The undersigned requests permission to train at the Aikido of Norfolk with the following understanding and in consideration for giving the following waiver:

Aikido is a martial art. It involves techniques which require training with partners and which are inherently dangerous; these include throwing, tumbling, pinning, joint immobilization, pressure on joints and nerve junctions, and the use of weapons. As with any fighting art, there is no way to eliminate the risk of injury inherent in Aikido practice.

In consideration for the right to train at Aikido of Norfolk, the undersigned waives all rights to sue Aikido of Norfolk, its instructors, officers, directors, and members for any injury resulting from negligence arising from or connected with the practice of Aikido. The undersigned also agrees to indemnify Aikido of Norfolk, its instructors, officers, directors, and members for any claim brought by someone else arising from any injury to the undersigned arising from or connected with the practice of Aikido, and to pay the costs of defense connected to any such claim.

\_\_\_\_\_  
Signature of Aikido Student/Practitioner

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
Work Phone

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

\_\_\_\_\_  
Emergency Contact Name

\_\_\_\_\_  
Emergency