

KENPO KARATE

"I come to you with only karate, empty hands, I have no weapons, but should I be forced to defend myself, my principles, or my honor, should it be a matter of life or death, of right or wrong then here are my weapons, karate, my empty hands."

- Kenpo Creed, by Senior Grandmaster Edmund K. Parker

About Kenpo Karate

The style of Karate taught is Ed Parker's American Kenpo Karate. This Chinese-Based art was brought from Hawaii to the mainland U.S. by Ed Parker, the Senior Grandmaster and creator of the system. Kenpo is a very self-defense oriented system.

Training consists of learning basics composed of various strikes, kicks, blocks and stances. These are applied using various principles in defenses against a variety of attacks, such as punches, grabs, chokes, multiple attackers or weapons. Skills and principles are also learned through Kata or Forms and sparring.

Instructor's Background

Mr. John Warner has studied Kenpo karate since 1982 and received his black belt under Mr. Bill Rhinehart in 1990. He has taught all ages of students for more than 25 years, including community education classes taught for the Granite school district in Salt Lake City, Utah. He received his 7th degree rank from Grandmaster Tony Martinez Sr. in 2017.

Class Participation

The following points consist of general information and rules for class participation:

- Upon arrival feel free to warm up by stretching or doing light exercises. Class will also include a light warm up.
- Notify the instructor of any injuries or training concerns before class.
- You will be asked to line up according to rank when class starts. If you are late to class, then do a light warm up if there is available space and follow direction on joining the current activity.
- Students should wear loose fitting clothing that does not restrict movement.
- No shoes or socks are worn during class, though shoes designed for martial arts training may be worn for some activities.
- Instructor(s) have limited time to interact with parents or visitors during class time. If possible, approach the instructor before or after class with any questions or requests.
- Avoid wearing shoes or tracking dirt in the training area.
- A karate uniform (not provided) is required after passing the first exam. White or black karate gis are acceptable. Black belts may wear any color.
- Sparring pads are highly recommended for safety. Sparring exercises may be modified for students without sparring gear.
- Failure to follow direction from the instructor may result in disciplinary action or exclusion from class activities.
- Treat others with respect and have fun.

KENPO KARATE
WARNING, WAIVER, RELEASE OF LIABILITY, ASSUMPTION OF RISK

THIS AGREEMENT MUST BE SIGNED BY ALL PERSONS WHO WISH TO PARTICIPATE IN THE KENPO
KARATE CLASS, RELATED EVENTS, OR ACTIVITIES.

In consideration of being allowed to participate in any way in the classes, events, and/or activities of Kenpo karate. I,

Participant's Name:

Phone:

Email:

Address:

Parent/Guardian Name (of minor child participant):

Emergency Contact Name:

Phone:

1. Recognize and understand that martial arts training is an activity that involves physical contact and that my participation might result in serious injury, including permanent disability or even death, and severe social and economic loss.
2. Recognize and understand that such risk may be due to not only my own actions, but also the action, inaction or negligence of others, the regulations of participation, or the conditions of the premises, or of any of the equipment used.
3. Recognize that there may be other risks that are not known to me or to others or not reasonably foreseeable at this time.
4. Agree to inspect the facilities, equipment and pairings prior to participation. I will immediately inform an instructor if I believe that anything is unsafe or beyond my capability and refuse to participate.
5. Assume all of the foregoing risks and accept personal responsibility for any damages that may result from injury, permanent disability or death.
6. Enter martial arts training and/or competition entirely of my own free will and understand the importance of following the rules of training and competition.
7. I certify that I am in good physical condition, and have no disease, injury or other condition that would impair my performance or physical and mental well-being during intense training practice and/or competition.
8. Grant permission in case of injury to have a doctor, nurse, athletic training or other emergency medical personnel provide me with medical assistance or treatment for such injury.
9. Release, waive, discharge and covenant not to sue John Warner, 24hr Power House, LLC, affiliated organizations and governing bodies, their officers, instructors and personnel, other members of the organizations, participants, supervisors, coaches, sponsoring organizations or their agents, and if applicable, owners and leasers of the premises from any and all liability to the undersigned, his or her heirs and next of kin for any and all claims, demands, losses and damages which may be sustained and suffered on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the released parties or otherwise.

I HAVE READ THE ABOVE WARNING, WAIVER, RELEASE, AND ASSUMPTION OF RISK. I FULLY UNDERSTAND ITS CONTENTS, AND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT. I HEARBY SIGN IT VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY.

Participant's Printed Name

(Or parent or guardian if under 18)

Signature

Date