



# New Hope Community Church Martial Arts Club

<b>Style</b>	<b>American Kenpo Karate</b> www.masterdixon.com
<b>Instructor</b>	Master Francios Dixon, 7 <sup>th</sup> dan (619) 948-4080
<b>Background</b>	American Kenpo Karate is a system of martial arts characterized by the use of quick moves in rapid-fire succession intended to overwhelm an opponent. It emphasizes both linear and circular movements in punching, striking, kicking, locks and throws. It is largely marketed as a self-defense system and is derived from a blend of Japanese and Southern Chinese martial arts.
<b>When</b>	Class offered only on <b>Monday's</b> – 10 week session running from August 31 through November 20, 2009. First class starts on Monday 8/31/09.
<b>Time</b>	7:00pm – 7:50pm Beginning kids class 8:00pm – 8:50pm Intermediate teens, Beginning & Intermediate adults – Kick Boxing Workout Class
<b>Where</b>	Creative Arts Room
<b>Cost</b>	\$55.00 for a 10 week session

<b>Style</b>	<b>Eskrima Filipino Martial Arts</b> www.geocities.com/largomanoeskrima
<b>Instructor</b>	Guro Sam Dungca, 7 <sup>th</sup> dan (619) 977-9395
<b>Background</b>	Eskrima is a Filipino weapons combat system teaching use of single stick (baston), double baston, staff and knife fighting. Staff forms and staff fighting drills will be taught in the Beginning kids class during this 8 week program, and single baston (stick) training offered in the Adult (8:00 pm) class.
<b>When</b>	Class offered only on <b>Thursday's</b> – 10 week session running from August 31 through November 20, 2009. First class starts on Thursday 9/03/09.
<b>Time</b>	7:00pm – 7:50pm Beginning kids class 8:00pm – 8:50pm Intermediate teens, Beginning & Intermediate adults
<b>Where</b>	Creative Arts Room
<b>Cost</b>	\$55.00 for a 10 week session

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**Notes**

1. Enrollment and Accidental Waiver forms must be submitted prior to class.
2. Each student must sign-in prior to start of class [Instructors - please submit sign-in sheets to church admin assistant/office at the end of class].
3. All classes run 10 weeks.
4. All beginning classes are repetitive in curriculum.
5. Intermediate classes offer repetitive and new material.
6. Personal safety equipment (**males only**: protective groin cup) must be worn during class.
7. Gym type clothing attire required for all classes (uniform optional) and shoes are removed during class session.
8. A 10% discount applies if student enrolls in two different classes.

Please contact Martial Arts Coordinator Sam Dungca (619) 977-9395 regarding any questions or concerns about the Martial Arts Club.

\_\_\_\_\_ is currently enrolled in New Hope Community Church Martial Arts Club, starting \_\_\_\_\_ and ending \_\_\_\_\_. All lessons will be 1 time a week for (10) weeks. Lessons are approximately 55 minutes long.

Please check ✓ which class(es) you are enrolling:

<b>Program</b>	<b>Beginning (children)</b>	<b>Beginning &amp; Intermediate (teens and adults)</b>
Karate	<input type="checkbox"/> Monday 7:00pm	<input type="checkbox"/> Monday 8:00pm
Eskrima	<input type="checkbox"/> Thursday 7:00pm	<input type="checkbox"/> Thursday 8:00pm

**COST OF LESSONS**

<b>Programs (per student)</b>	<b>Cost</b>	<b>Applied Discount</b>
One martial arts program per one 10-week session	\$55.00	None
Two different martial arts programs in one 10-week session	\$100.00	10%

Safety gear and/or equipment will be supplied by both instructor and student during sparring or when necessary.

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**Print Name:** \_\_\_\_\_

**Signature & Date:** \_\_\_\_\_

**Guardian Signature:** \_\_\_\_\_  
(required if student is a minor)

**Address & Telephone:** \_\_\_\_\_  
\_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_  
(name and phone number)

## PAYMENT INFORMATION

We accept cash, check and the following credit cards. Make checks payable to: New Hope Community Church

Visa      MasterCard      American Express      Discover

Card Number: \_\_\_\_\_ Security Code: \_\_\_\_\_

Name as it appears *exactly* on card: \_\_\_\_\_

Billing address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

By signing, you authorize New Hope Community Church to charge your credit card for this amount: \$

Signature: \_\_\_\_\_

OFFICE USE ONLY DATE: \_\_\_\_\_ AMT : \$ \_\_\_\_\_ FORM OF PAYMENT: \_\_\_\_\_ INITIALS: \_\_\_\_\_

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**NOTE:** Since this is a combative art, the possibility of bodily injury exists; which may include paralysis, dismemberment, disability and death. Therefore, signing the **Release of Liability and Waiver Agreement**, hereby releases all instructor's of the New Hope Community Church Martial Arts Club, liable (to the fullest extent permitted by law) from any injuries that could be/or sustained by participation, enrollment, during instructing and/or through teaching. I fully understand that if medical treatment is given by any instructor such treatment will be of first aid type only.

**Initial and date here:** \_\_\_\_\_

## **Release of Liability and Waiver Agreement:**

For and in consideration of my participation in the "New Hope Community Church Martial Arts Club" program, I, the undersigned, intending to be legally bound, for myself, my heirs, next of kin, executors, personal representatives and administrators, hereby waive, hold harmless and release any and all rights to sue, all rights to damages or all rights to claims/liability I have against New Hope Community Church Martial Arts Club. This includes its governing body, officials, persons associated, and members (either individually or otherwise), for physical injuries or rights to damages suffered by me, directly or indirectly, unavoidably or negligently, including any future psychological and/or physical pain and suffering claims. The aforementioned could be from any of the following: arising out of negligence or otherwise, as a result of attending, participating in, practicing for, traveling to or from such activity, or against the owners, organizations, governing body, members or instructor(s) (either individually or otherwise), of the gymnasium, dojo, school, or place where held.

I, the undersigned, agree to defend, indemnify, and hold the instructors of the program (either individually or otherwise), harmless from any claims and action by third parties alleging injury from my use of the techniques and skills learned.

I, the undersigned, realize that I am responsible for providing my own medical insurance or medical coverage to cover any and all medical expenses I might incur in participating in this activity. I further certify that I am in proper health and physical condition to participate in such an activity.

I, the undersigned, waive any and all rights to compensation, in any form, for pictures, films, or videotapes taken of me in the above activity and grant permission for them to be used for any publicity or publication purposes.

I, the undersigned, have read this **Release of Liability and Waiver 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.

\_\_\_\_\_  
Print name of student

\_\_\_\_\_  
Signature/date required

\_\_\_\_\_  
S.Dungca, Chief Instructor

\_\_\_\_\_  
Received by/dated on