

## Fighting Dragons Martial Arts & Fitness Center LLC

### Release Waiver

I understand that physical exercise and any form of martial arts training and or fitness can be strenuous and subject to risk of serious injury or death. You are urged to obtain a physical examination from a doctor prior to participating in any exercise activity or any form of martial arts training and or fitness training. I (print full name), \_\_\_\_\_ agree that if I engage in any physical exercise or associated activity with Fighting Dragons School of Martial Arts LLC and or Liskey's Fitness Services and its owner, you do so **entirely at your own risk.**

Any recommendation for changes in diet including the use of food supplements are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. I agree that I am voluntarily participating in these activities and **assume all risks** of injury, illness or death.

This waiver and release of liability includes, without limitation, all injuries which may occur as a result of: (a) your participation in any fitness or martial arts activity or personal training session and (b) instruction, training, supervision, or dietary recommendations by your Personal Trainer / Fitness Instructor, and any and all members that represent Fighting Dragons School of Martial Arts LLC and or Liskey's Fitness Services. This also includes, but is not limited to, aerial yoga, BJJ, MMA, and gymnastics.

You acknowledge that you have carefully read this "waiver and release" and fully understand that this is a **release of liability.** You expressly agree to release and discharge your personal fitness trainer, martial arts instructors or any and all members that represent Fighting Dragons School of Martial Arts LLC and or Liskey's Fitness Services from any and all claims or causes of action and you agree to voluntarily give up and waive any right that you may otherwise have to bring a legal action against your trainer(s) and class mates for personal injury or property damage.

To the extent that statute or case law does not prohibit release for negligence, this release is also for negligence on the part of the personal fitness trainer, martial arts any and all members that represent Fighting Dragons School of Martial Arts LLC and or Liskey's Fitness Services.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Participant Print and sign (full name) /// Parent or Guardian Signature (if participant is a minor)

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date \_\_\_\_\_

**SIGN UP FOR "FAMILY EMAIL" THIS IS OUR PRIMARY COMMUNICATION  
WWW.FIGHTINGDRAGONSPA.COM**