



SYSTEMA DEMOCRACY

FREEDOM TO SURVIVE UNFAVORABLE ODDS OF MULTIPLE OPPONENTS

Russian Martial Art Seminar, San Francisco, California

August 29 - 30, 2009

SEMINAR WAIVER AND REGISTRATION FORM

Must be signed at the event check in. DO NOT MAIL!

Name: _____ Age _____

E-mail: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Contact Phones: (____) _____ - (____) _____ - (____) _____ -

Emergency Contact Name & Phone: _____ (____) _____ -

- Days Attending: Friday Saturday Sunday
- Attending Saturday Dinner? Yes No *If "Yes" add \$30 to total amount*
- Need local transportation? Yes No

There will be a reasonable effort to accommodate participants with local transportation via coordinate use of taxicab, carpool or shuttle.

- RMA Systema T-shirt? Yes No *If "Yes" add \$25 to total amount*

Heavy Duty T-shirt, 100% Cotton, Preshrunk, NorCal Systema Logo Imprint (front), Russian Martial Art Systema Imprint (back)

- Color? Black Tan
- Size? S M L XL 2XL 3XL 4X

Please read and complete the waiver below. Participants must be at least 16 years old. All minors must have parent or legal guardian's appearance at the registration and approval.

Hazards:

As a Participant to the 'Systema Democracy', Russian Martial Art training event, I understand that join a group of individuals that may have varying degrees of experience in other movement arts. I also understand that combat arts like The System (Systema) are inherently dangerous, encompass principles associated with armed and unarmed movements and involve forceful physical contact with other participants, immovable structures and surfaces. Injuries associated with this type of training are rare but can be widely categorized and include serious harm or even death.

Safety and Communication:

I am aware that every measure is taken to ensure the safety of participant through each stage of training at this seminar. Since most injuries are a result of negligence, oversight, or miscommunication on the part of the practitioner, as a participant in this Martial Arts seminar, I hereby agree to listen carefully to all instructions given during each session as well as communicate openly with practice partners and the instructors with regard to pain and discomfort. Though the instructors will make every effort to facilitate your understanding and enjoyment of the Art, as a participant I am ultimately responsible for my own training and personal safety. I agree to make the effort to adhere to these guidelines, and understand that failure to comply with the above guidelines may result in my removal from the practice or seminar premises.

Video recording:

I understand that I will be videotaped during this seminar and agree that all rights to videotape the event are reserved by Norcal Systema. I waive all claims related to the capturing of their likeness in seminar footage and agree not to tape the event without prior written approval from a Norcal Systema instructor. I understand that failure to comply with this policy may result in my removal from the seminar premises.



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Pledge of Conduct

I understand that as Participant of this training event I have responsibility to and will conduct myself and will treat the seminar instructors, participants, spectators & official in a respectful and an ethical manner.

I understand & I will follow the established training practices of the Russian Martial Arts Systema. I will assure clear understanding & I will follow training safety recommendations expressed or implied by the seminar instructors and training partners.

I will not participate in and will not tolerate violent, aggressive or disrespectful behavior towards training event's instructors, participants, spectators or officials.

I understand that participating of this RMA Norcal Systema training event, I am expected to adhere to the above ethical standards. Further, failure to adhere to the above standards may result in my removal from the practice or seminar premises.

Liability Disclaimer

I, a participant to the NorCal Systema training event (practice/seminar/outdoor training session/etc.), which is administered at the Ingrid B. Lacy Middle School or any other location, voluntary undertake at my sole request to participate in the activities of Norcal Systema event which involves hand to hand combat based on physical maneuvers that may force an opponent to use strikes, kicks, submission holds, joint locks, training weapon, weight and strength against me. I do hereby agree, as a condition of being considered for such activity that the seminar instructors, organizers, participants, host facility employees, officials, owners and members shall be free from any and all liability and claims for damages and/or suits for of be reason of any death or injury from any cause or causes whatsoever which I may suffer during engagement in Russian Martial Art Systema activities or traveling to or from a NorCal Systema training event.

In consideration of being permitted to participate in any way, including travel to and from, the NorCal Systema seminar, practice, clinic, and related events and activities I hereby:

- Acknowledge and fully understand that I will be engaging in a contact martial art that might result in serious injury, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the practices of Russian Martial Art Systema, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks and accept personal responsibility for the damages following such injury, permanent disability, or death.
- Knowing the risks involved in the Russian Martial Art Systema, I assume all such risks and accept personal responsibility for the damages following such injury, permanent disability, or death.
- Agree that, prior to participating, I will inspect the seminar area, room, floor, mats, equipment, fixtures, facilities, and if I believe anything is unsafe or beyond my capability, I will immediately advise an event official of such conditions and refuse to participate.
- Release, waive, discharge and covenant not to sue the participants instructors, participants, officials, hosting facility (Ingrid B. Lacy Middle School.), together with their affiliated clubs, their respective administrators, directors, agents, coaches, and other employees or volunteers of the seminar, event officials, medical personnel, other participants, and applicable owners, lessors, lessees, of premises used in conducting the event, all of whom are hereinafter referred to al "Releases", from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death or damage of property, caused or alleged to be caused in whole or in part by the negligence of the Releases or otherwise to the fullest extend permitted by law.

I have read the above warning, waiver, and release, understand that I give up substantial rights by signing it, and knowing it, sign it voluntarily. I agree to participate knowing the risks and conditions involved and do so entirely of my own free will. I affirm that I am at least 18 years of age.

AGREED AND ACCEPTED IN FORM AND IN SUBSTANCE:

Print Participant's Name (First, Middle, Last) _____

Participant's Signature _____ **Date** _____

Print Parent Name (First, Middle, Last) _____

Parent's Signature (Required for those under the age of 18) _____ **Date** _____

Sample