PPCKD Sparring class disclaimer.

I hereby understand the increased risk related to the sparring classes.

This is NOT a mixed martial arts class, therefore ground work will not be used in anyway.

You will not hold PPCKD, Paul Truman or CKD liable for any injury caused, howsoever it may be caused other than that of negligence.

This indemnity will be in force for as long as the person named below trains and maintains fees with PPCKD unless the person named below explicit writes to remove the indemnity. The indemnity is only applicable for specified “Sparring” classes.

Full contact will/can be made as per normal sparring rules.

Areas deemed outside of normal sparring rules.

* Groin
* Eyes (eye gouges)
* Head butts
* Back of head
* Spine

Appropriate protective wear must be worn at all times.

* 14oz gloves
* Heavy duty shin protection
* Heavy duty feet protection
* Groin guard
* Mouth guard

If not purchased through PPCKD these must be submitted for examination by Paul Truman prior to

starting the session.

Proper hygiene must be met at all times (trimmed and cleaned nails).

Activity should cease:

* The moment your partner requests verbally or by holding up hand
* The moment your partners knee touches the ground
* The moment instructed to do so by any member of the instructor team

Printed Name: Signature: Date: