



Membership Application

Name: DOB:
Address: Postcode:
Mobile: Home:
Email:
Occupation:

Yes No

1. I have read and accept all the *School Rules* on www.JKDLondon.com and www.MartialMindPower.com websites, and understand they are subject to change, & it 's my responsibility to stay up to date with them by checking regularly

2. To enrich my martial journey, I am happy to 'OPT IN' to receive marketing information regarding Special Offers & Discounts, Invitations to Special Events, and Supporting Products/Services/Materials

3. Do you suffer from any medical, mental or physical problems? If YES please state:

4. Are you taking any medication? If YES please state:

5. Do you have a criminal record? If YES please state:

6. Do you have any previous martial arts experience? If YES please state:

7. How did you hear about JKD London and/or Martial Mind Power?

8. What results do you want to achieve, and by when?

9. What has kept you from starting sooner, and is that still a problem?

If you have answered YES to questions 3 and/or 4, we may require you to bring a doctors certificate before being allowed to participate in any martial arts or gym training program: If you have answered YES to question 5 you may be refused membership with JKD London, Martial Mind Power, and any of its training programmes.

Although every precaution will be taken to ensure a safe environment and training program. I agree and understand that training in any martial arts or gym program has a risk of injury and/or even death. I accept any risk of injury and/or death incurred during my supervised training program and agree not to undertake any martial arts or gym training outside of the fully supervised martial arts / training venue.

Name: (Print)
Signature: (Guardian if under 18 years) Date:

➤ FOR OFFICE USE ONLY

Membership Fee Paid: Yes No Amount:

Applicant Accepted: Yes No

Instructor Signature: Date:



Physical Activity Readiness Questionnaire

(QUESTIONNAIRE FOR PEOPLE AGED 15 – 69)

Regular physical activity is fun and healthy and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctors before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the eight questions below. If you are between the ages of 15 – 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, please check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly. Tick YES or NO.

Yes **No**

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
If YES, then please give details:
2. Do you feel pain in your chest when you do physical exercise?
3. In the past month, have you experienced chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a pelvic floor, bone/joint problem that could be made worse by a change in physical activity?
If YES, then please give details:
6. Is your doctor currently prescribing drugs (e.g. water pills) for blood pressure or a heart condition?
7. Do you know of any other reason why you should not do physical activity?
8. Are you currently, or have you been pregnant in the last six months?

IF YOU ANSWERED **YES** TO ONE OR MORE QUESTIONS:

Talk to your doctor by phone or in person **BEFORE** you start becoming more physically active or **BEFORE** you have a fitness appraisal. Tell your doctor about the PAR-Q and to which questions you answered YES.

- You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those, which are safe for you. Talk with your doctor about the kind of activities you wish to participate in and follow his/her advice.
- Find out which community programmes are safe and helpful for you.

IF YOU ANSWERED **NO** TO ALL QUESTIONS:

You can be reasonably sure that you can: -

- Start becoming more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

DELAY BECOMING MUCH MORE ACTIVE:

- If you are not feeling well because of temporary illness such as a cold or a fever – wait until you feel better.
- If you are or maybe pregnant – talk to your doctor before you start becoming more active.

PLEASE NOTE:

If your health changes so that you answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

INFORMED USE OF THE PAR-Q:

JKD London, Martial Mind Power, associated companies, its agents, and the venue assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor to physical activity.

Yes **No**

- I have read, understand and completed this PAR-Q questionnaire. Any questions I had were answered to my full satisfaction.



Informed Consent

The purpose of this exercise programme is to provide physical activities that will help you the client achieve your goals.

The planned sessions are designed so that you experience different levels of intensity over varying lengths therefore you may experience quicker breathing patterns, heart rate and become hot and sweaty as well as some short term muscle soreness.

All activities are designed to be safe and effective as well as to minimise the risk of injury and/or death. Please inform your instructor if you feel for any reason that you should not perform any of the activities incorporated into this programme such as illness or injury that could be aggravated by such activity. If at any time you feel any pain or discomfort, stop performing the activity and inform your instructor immediately.

Yes

No

I have read and understood the Informed Consent section. The activities have been explained to me, and I am willing to voluntarily partake in exercise that has been recommended to me. I understand that I can withdraw at any time.

Model Release

I hereby grant permission to JKD London, Martial Mind Power, associated companies, its agents, and others working under its authority, full and free use of photographs and video containing my image/likeness. I understand these images may be used for promotional, news, research and/or educational purposes in printed publications or on the website or intranet. I acknowledge that websites can be viewed not only in Britain but also throughout the world by anyone with access to the internet.

Yes

No

I hereby release, discharge, and hold harmless JKD London, Martial Mind Power, associated companies, and its agents from any and all claims, demands or causes of action that I may hereafter have by reason of anything contained in the photographs, videos or any authorised use of the same by JKD London, Martial Mind Power, associated companies, or its agents.

I have read and understood all sections of this application, including the Membership Application, Physical Activity Readiness Questionnaire, Informed Consent and Model Release sections, and have answered all questions to my full satisfaction.

I also agree to comply with all the JKD London and Martial Mind Power rules of attendance, membership, and bye-laws and agree to abide by them at all times.

Name: (Print)

Signature: (Guardian if under 18 years)

Date:

Instructor: (Print)

Signature: