

JUDO

Participant's Statement of Understanding

Judo is a study of personal combat.

Practice involves:

A personal struggle to achieve physical control of a partner.

Throwing and being thrown.

Close body contact.

Holding down and being held down.

Strenuous physical exercise.

Jointlocks and strangles are used by seniors.

Non-contact striking is practiced by advanced seniors.

Training involves:

Competition in a collision sport. Thumps and bumps occur. Pain will be experienced and injury is possible.

Study of set exercises of combat including (at an advanced stage) the use of imitation weapons, and simulated blows, locks and throws not permitted by competition rules.

Exercises, which may be strenuous, designed to improve fitness and skills.

During training and competition participants must accept personal responsibility for their competence and actions. Their actions must reflect respect for others and an appreciation of their own and others' safety.

Participants / Parents / Guardians must notify the instructor of any condition which may affect the health of the participant or the health of any other participant during training.

I authorise Balwyn Judo Club instructors to obtain any medical assistance that they deem necessary should any medical problem or accident occur, and I agree to pay all medical expenses incurred on my behalf.

Adult Participant:

I have read and accept the above:

Name: _____ Address: _____

Signature: _____ Date: _____

OR

Parent / Guardian of Junior Participant(s)

I have read, accepted and explained the above to the children for whom I am responsible:

Name of child (children):

Relationship to Junior Participant(s): _____

Name: _____ Address: _____

Signature: _____ Date: _____

A membership application should also be completed. Only financial members registered with the State Association are covered by insurance.