

**WAY OF FOUR ELEMENTS**  
AND RELATED MARTIAL ARTS INSTRUCTION  
**ASSUMPTION OF RISK AND**  
**WAIVER OF LIABILITY FOR MINORS**

BE ADVISED:

TO ALL PARTICIPANTS IN ANY MARTIAL ART-ORIENTED CLASS OR EVENT:  
BY SIGNING THIS FORM, YOU GIVE UP THE RIGHT TO SUE FOR DAMAGES.

Please initial each paragraph, then sign and date the bottom of this form. If you are under the age of eighteen, this form must be signed and initialed by your legal guardian on your behalf.

RELEASE AND WAIVER OF LIABILITY.

I, the undersigned, have hereby registered my child for a program of strenuous physical activity, which may include but is not limited to various muscle-toning, equipment-use, and/or aerobic-type activities, conducted by Kenneth A. Stouffer. I hereby affirm that he/she is in good physical condition and does not suffer from any disability which would limit or prevent his/her participation in this exercise program.

Initials: \_\_\_\_\_

In consideration of my child's participation in Kenneth A. Stouffer's exercise program, I the undersigned, for myself, my heirs and assigns, hereby release Kenneth A. Stouffer, his agents, employees, sponsors, facility providers, and anyone acting in concert with him, from any liability, claims, demands, and causes of action resulting from my child's participation in this or other martial arts programs.

Initials: \_\_\_\_\_

I fully understand that my child may injure himself/herself as a result of his/her participation in this exercise program and I hereby release, Kenneth A. Stouffer, his agents, employees, sponsors, facility providers, and anyone acting in concert with him, from any liability now or in the future including, but not limited to: muscle strains, pulls, or tears; broken bones; shin splints; heat prostration; knee, back, or foot injuries; heart attacks; and any other illness, soreness, injuries and/or emotional trauma or suffering, however caused, occurring during or after my child's participation in the exercise program.

Initials: \_\_\_\_\_

Kenneth A. Stouffer reserves the right to refuse, or terminate the training of this martial art to any individual as he sees appropriate.

Initials: \_\_\_\_\_

Should any suit or legal action be brought against Kenneth A. Stouffer, his agents, employees, sponsors, facility providers, or anyone acting in concert with him, it is agreed that such suit shall be first attempted through Alternative Dispute Resolution before relying on litigation. In case of litigation, it is agreed that the suit shall be brought only in a court of jurisdiction within the State of Illinois. I agree that if I or my heirs or anyone acting on their behalf should bring such suit, that I/they shall pay all attorney fees, related court costs, and defense costs should I/they not prevail. Should any part of this contract be found invalid or not enforceable by a court of law, then the remaining portion shall continue to be valid and in force. No oral modifications are allowed. This is the entire agreement.

Initials: \_\_\_\_\_

My signature below certifies that I have carefully read the entire above contract, I understand it, and I agree to comply with all of its terms and provisions. I certify that I am the legal guardian of a minor student that is physically and mentally capable of participation. I am voluntarily allowing my child to participate with knowledge that possible dangers are involved, and I agree to assume all risk.

Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Minor's Signature \_\_\_\_\_ Date \_\_\_\_\_