



**RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT
IN FAVOR OF Breck's Fitness, LLC and Charleston Judo and Jiu-jitsu LLC,
Dba Charleston FIT & MMA, & Dba Charleston Self Defense Academy**

First and Last Name of Adult / Guardian: _____

First and Last Name of Minors: _____

Email address: _____

Phone number: _____

I understand that there are risks and dangers in participating in martial arts activities and that in order to participate, in any such activities, including but not limited to Boxing, Kickboxing, Muay Thai, Thaiboxing, Tae Kwon Do, Karate, Jiu-jitsu, Judo, Wrestling, MMA, and other martial arts classes/training, including classes/training involving the use of martial arts weapons, I must give up my rights to hold Breck's Fitness, LLC / Charleston Judo and Jiu-jitsu LLC / American Judo Foundation, and any other entity or charity associated with those entities (hereinafter referred to as Charleston Self Defense Academy) responsible or liable for damage that I may suffer while participating in such classes/training, waiting at or on the premises to participate in such classes/training, or walking through the premises prior to or after classes. Knowing this and in consideration for being permitted to participate in martial arts classes/training with Charleston Self Defense Academy, I hereby voluntarily forever release, discharge and hold completely harmless Breck's Fitness, LLC / Charleston Judo and Jiu-jitsu LLC / American Judo Foundation, and all other entities or charities associated with those entities, and their member, offices, directors, agents, employees, heirs, assigns and independent contractors from any and all responsibility for, or liability resetting from or arising from, my participating in martial arts classes/training at Charleston Self Defense Academy, and being on the premises at Charleston Self Defense Academy.

I understand that the martial arts classes provided at Charleston Self Defense Academy may include, but will not be limited to activities such as kicking, punching, hitting, stretching, twisting, jabbing, lunging, rolling, falling, jumping, yelling, hand locks, and the use of various martial arts weapons and equipment. I realize that these activities, as well as all other martial art activities, can be dangerous, but I am voluntarily choosing to participate in some or all of these activities and agree to assume the risk associated with my participation therein.

I understand that I am assuming full responsibility for any and all risks of death, personal injury, emotional pain and suffering, property damage and economic loss that might be suffered by me as a result of my participation in martial arts classes at Charleston Self Defense Academy. I agree that this release shall bind me, my spouse, my heirs, my personal representatives, my assigns, my children and my and their agents.

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I hereby further agree to release, indemnify and hold completely harmless Charleston Self Defense Academy,

and all the other entities associated with Charleston Self Defense Academy, including but not limited to Brecks Fitness LLC, Charleston Judo and Jiu-jitsu LLC, and Charleston Self Defense Academy, and their members, officers, directors, agents, employees, heirs, assigns and independent contractors harmless from any and all liability and costs, including attorney fees, associated with or arising from my participating in martial arts classes/training at Charleston Self Defense Academy, waiting at or the premises to participate in such classes/training, and walking through the premises at Charleston Self Defense Academy prior to or after such classes/training.

I understand that if I were to file a law suit against Breck's Fitness, LLC / Charleston Judo and Jiu-jitsu LLC / American Judo Foundation and/or their members, officers, directors, agents, employees, heirs, assigns and independent Contractors, as a result of any personal injury including death, emotional pain and suffering, property damage or economic loss suffered by me as a result of my participation in martial arts classes/training at Charleston Self Defense Academy / waiting at or on the premises to participate in such classes/training, and walking through the premises at Charleston Self Defense Academy prior to or after such classes/training, that this release would bar the lawsuit and the court would dismiss it on the grounds that by signing this release, I have expressly assumed all the risks associated with participation in such activities, including but not limited to negligence on the part of the martial arts instructors in the performance of their duties, negligence by other members of Charleston Self Defense Academy and/or negligence in the operation of machinery or equipment, and/or premises liability.

I understand that engaging in health and physical fitness activities, martial arts, sports, boxing, judo, jiu-jitsu, May Tai, Krav Maga or other similar or related activities carries heightened risk of exposure to illness, including but not limited to Covid-19. I understand that no cleaning plan, social distancing arrangements, or training modifications can completely reduce the risk of exposure to any illness. I have expressly assumed all the risks associated with participation in such activities, including but not limited to negligence on the part of the martial arts instructors in the performance of their duties, negligence by other members of Charleston Self Defense Academy and/or negligence in the implementation of required or recommended state guidelines or industry best practices related to the spreading of any disease, including but not limited to Covid-19.

If I am signing this release on behalf of a minor child, I understand that I am giving up the same rights for the said minor as if I signed this release on my own behalf. I have read this agreement and understand the words and language in it and I am advised of all potential dangers incident to participation in martial arts classes/training at Charleston Self Defense Academy, including travel to and from.

I agree that this is a document consisting of a total of two sides of one page and that I have been presented, have read and understood the contents contained herein and the rights that I am giving up by Signing below where indicated.

Signature _____ Date _____