

Bujinkan Sonoma County Dojo Release of Liability and Training Agreement

I, _____ (“Applicant”), fully understand and acknowledge that the martial arts training in which I am about to voluntarily participate is being presented by Bujinkan Sonoma County Dojo (“Host”).
Please carefully read each paragraph. When you are sure you understand what it says, please initial it to indicate your acceptance.

_____ I understand that it is my responsibility to completely read and understand all the terms of this Release of Liability and Training Agreement (“Agreement”).

_____ I hereby covenant that all the terms of this Agreement are binding on myself, my heirs, executors, and assigns.

_____ This Agreement is a valid and binding contract. All the provisions contained in this Agreement are contractually binding on me and the Host and are not mere recitals. This Agreement shall remain in effect until either Host or Applicant provides written notice of termination.

_____ If I or my heirs, successors or assigns assert any claim in contravention of this Agreement, I or my heirs, successors and assigns agree to be liable for all expenses incurred by the other party in defending such claims. This Agreement can only be modified in writing. An actual or implied waiver by Host of any of the provisions of this Agreement shall at no time be construed as a modification of that same provision or of any other provisions of this Agreement, or as consent to any other subsequent waiver or modification, whether actual or implied.

_____ I understand and agree that attending training sessions is solely my responsibility. If I decide not to attend some or any other number of training sessions, the Host shall have no duty to refund my training fees.

_____ I confirm that I have inspected the facilities, find them acceptable and waive any liability claims against the facility, its owners, or its operators.

_____ I understand that the martial arts training which is being presented will include strenuous physical encounters between myself and other training participants that could lead to damage to personal property, injury, including but not limited to physical discomfort, emotional distress, temporary or permanent physical disability, or even death. By signing this Agreement, I represent that I fully understand and give my full consent to such contact and physical activities that may damage my personal property or cause me physical discomfort, emotional distress, temporary or permanent injury, or even death.

_____ I hereby acknowledge that I fully understand and know that at any time during the training, I will always have the option of withdrawing from participation in any exercise or technique, and that it is my sole personal responsibility to decide in which exercises and techniques I will participate.

_____ I hereby represent that I am physically and emotionally fit to engage in the training offered by Host. I further acknowledge that the Host is under no obligation to require me to prove my degree of health and fitness to attend the training.

_____ By signing this Agreement, I hereby covenant to absolutely and unconditionally release and forever discharge Bujinkan Sonoma County Dojo and all of its owners, their heirs, successors, assigns and staff; from any and all liability under any theory of law for any injuries sustained by me at any time and in any form.

_____ If my conduct, actions, or statements while attending or participating in training are deemed by the Host to be inappropriate or detrimental to the safety or well-being of any of the other participants or Host I agree to willingly and immediately comply with the request of the Host to remove myself and my personal property from the training site. I realize and agree that I shall forfeit any prepaid fees if I am requested by the Host to terminate my participation in the training opportunity.

By signing below I hereby state that I have fully read, understand and agree to this Agreement.

APPLICANT'S PRINTED NAME: _____ **DATE:** ___ / ___ / ___

APPLICANT'S SIGNATURE: _____

PARENT or LEGAL GUARDIAN (if Applicant under 18): _____

Contact Information

LAST NAME	
FIRST NAME	
STREET ADDRESS	
CITY	
STATE	
ZIP	
PHONE	
EMAIL	
EMERGENCY CONTACT	
NAME	
PHONE	

What to Expect?

Class Basics ~

The study of martial arts can be an enriching experience and one that takes a lifetime to master. The most important thing we can all bring with us to training is patience and a positive attitude. The dojo is an environment of respect, for our teachers, for our fellow students and of course for us. This attitude must be fostered in order for all of us to work together and further our understanding of the martial path. Additionally, one should practice good personal hygiene and always be considerate of others in the context of training and should always practice good manners.

What to Bring ~

Our basic uniform is a black dogi and indoor tabi boots (soft soled split toed shoes). After one begins training these should be acquired and worn to each class. You are not required to wear a gi top, however it is good to have with you in case of any heavy training. You should also bring drinking water and a hand towel for your own use. You may choose to bring a notebook to write anything down, but this should only be used at the provided breaks. In addition to these things you should have the following basic training weapons with you at each class, training knife (not sharp), kusari fundo (3' length of rope), hanbo (3' staff), bokken (wooden sword), and a bo staff (6' staff). The majority of these items can be made with materials from a local hardware store and in most cases it is preferable to make you own as they are usually better quality and more personalized.

Bowing In ~

Class begins with bowing in, this is done in order for us to bring our focus together and to prepare for the training we are about to participate in. The class will line up in seiza and I will sit out to the front. I will clap once and say Shikin Haramitsu Daikomyo, (one possible translation is, "May we treat each encounter as sacred as it may hold the key to enlightenment that we seek") the class will then repeat this phrase and we all clap twice, bow, clap once, bow and then turn to face one another, we bow to each other and say onegaeshimasu ("please assist me"). The same is done at the end of the class; however the closing phrase is domo arigato gozaimasu ("thank you for the instruction").

Class Format ~

We begin with warm up for roughly a half and hour where we focus on ukemi, dakenjutsu, san shin no kata and kihon happo gata. After which time we take a short tea/ water break to get ready for the beginning of class. The last portion of the class will be focused around whatever we are working on at that time, or whatever the instructor chooses.

Guidelines For Participation In The Bujinkan

1. The Bujinkan shall be open to only those who agree with and uphold the guidelines of the Bujinkan Dojo. Those not doing so shall not be allowed to join. Specifically: Only those who have read and agreed with these guidelines shall be allowed to participate.
2. Only those able to exercise true patience, self-control, and dedication shall be allowed to participate. A physician's examination report shall be required. Specifically, individuals with mental illness, drug addiction, or mental instability shall be barred from joining. The necessity of such a report concerns individuals who may present a danger to others, for example, those with infectious diseases or illnesses, individuals with clinically abnormal personalities or physiology, and individuals lacking self-control.
3. Individuals with criminal records shall be turned away. Trouble makers, those who commit crimes, and those living in Japan who break domestic laws shall be turned away.
4. Those not upholding the guidelines of the Bujinkan, either as practitioners or as members of society, by committing disgraceful or reproachable acts shall be expelled. Until now, the Bujinkan was open to large numbers of people who came to Japan. Among them, unfortunately, were those committing violent drunken acts, the mentally ill, and trouble makers who thought only of themselves and failed to see how their actions might adversely affect others. Through their actions, such people were discarding the traditional righteous heart of the Bujinkan. From this day forward, all such people shall be expelled.
5. Regarding accidents occurring during training (both inside and outside the dojo), one should not cause trouble to the Bujinkan. This is an extremely important point. Those unwilling to take personal responsibility for accidents occurring during Bujinkan training shall not be admitted. Reiterating for clarity, the Bujinkan shall not take responsibility for any accidents happening in the course of training, regardless of the location.
6. All those joining the Bujinkan must get an annual membership card. This card not only preserves the honor of the Bujinkan members, it indicates you are part of a larger whole--one whose members come together with warrior hearts to better themselves through training and friendship. It evinces the glory of warrior virtue, and embodies both loyalty and brotherly love.
7. The tradition of the Bujinkan recognizes nature and the universality of all human life, and is aware of that which flows naturally between the two parts:

- "The secret principle of Taijutsu is to know the foundations of peace.

- To study is the path to the immovable heart (fudoshin)."

Recently, the Bujinkan has become truly international. Just as there are various time zones, so exist various taboos among the world's peoples and nations. We must respect each other, striving to avoid such taboos. We must put the heart of the warrior first, working together for self-improvement and for the betterment of the Bujinkan.

Those not upholding the above-mentioned guidelines shall be forced out of the Bujinkan.

Masaaki Hatsumi – Soke