Membership Agreement

Name: Phone #:

Parent name: *(<18 yrs)*

Email:

Address:

Emergency contact: Phone #:

WAIVER OF LIABILITY

I agree that taking classes and using the **Eric Da Silva Brazilian Jiu-Jitsu** facility shall be undertaken at my sole risk. I am in good physical health and suffer no physical impairment which renders use of the **Eric Da Silva Brazilian Jiu-Jitsu** facility unduly dangerous. I agree that **SteelBlanket LLC dba Eric Da Silva Brazilian Jiu-Jitsu**, its officers, employees and/or agents shall not be held liable for any injury or damage to me or my property; I hereby waive and release **SteelBlanket LLC dba Eric Da Silva Brazilian Jiu-Jitsu**, its officers, employees and/or agents from all such liability and related claims, whether or not based on negligence or other fault. I further agree to indemnify **SteelBlanket LLC dba Eric Da Silva Brazilian Jiu-Jitsu** from any injury of any guests I may bring. I agree to purchase and use the required safety equipment when sparring (equipment not included with membership).

Signature: **Date:**

Parent signature if member is under 18 years

ACADEMY RULES + MAT ETIQUETTE

Absolutely no foul language or negative attitude of any kind

Please do not come to the Academy if you are sick with a cold or contagious

Inform instructor immediately if injured or feeling unwell

No unsupervised sparring

No shoes, food, or drink on the mat

Be respectful of the facility and equipment

All metal objects, jewelry, piercings, or other such items should be removed

Groin protectors (cups) are prohibited; mouthpieces are recommended

Bow to the center of the Jiu-Jitsu mat when you enter and exit

If you are late for class wait for the instructor's permission to enter the Jiu-Jitsu mat area

All Jiu-Jitsu classes end with a formal bow to the instructor

For safety reasons, if you need to leave the mat earlier you must ask permission from the instructor

During class, when the instructor is demonstrating techniques, NO TALKING, have good posture

Talking kept to a minimum and related to class subject; no talking while sparring

No punching, kicking, slamming, small joint manipulation or "style comparisons"

Gi's must be washed regularly and kept clean

Keep finger and toe nails trimmed for safety

Shake hands or bow to your partner before and after sparring

While training always be aware of your surroundings (people next to you, walls, etc)

If you find yourself in a submission TAP by hand or verbally. DO NOT try to test your limits

Submissions should be applied with technique and limited force; DO NOT injure your training partners

Do not ask instructor about belt rank promotions; promotions are based on merit and mat time

I HAVE READ AND UNDERSTOOD THESE RULES AND AGREE TO FOLLOW THEM

Name:

Parent/Guardian:

Signature: Date: