



FALL MARTIAL ARTS



Youth Taekwondo—(Ages 10-18) Students of taekwondo will develop precision and power in the execution of basic techniques including strikes, kicks, blocks and stances, as well as how to combine these techniques in sparring, forms, and self-defense moves. In addition to these sport specific skills, this program is also expected to improve endurance, strength, flexibility, concentration, self-control, confidence, emotional maturity, problem solving and social skills.

Cost: \$60.00 (\$48.00 MAC Members)

Time: 6:00 p.m.—7:00 p.m.

Location: MAC Studio B

Dates: Tue. & Thur. - Nov. 1—Dec 15 (No class Election Day or Thanksgiving)

Name: _____ Age: _____ Date of Birth: ____/____/____ M/F: _____

Race: _____ E-Mail Address: _____

Address: _____ City: _____ Zip: _____

Parent's Name: _____ Date of Birth: ____/____/____

Primary Phone: _____ Secondary Phone: _____

Contact Person: _____ Phone: _____

In consideration for being permitted to participate with the Meade Activity Center for any purpose including but not limited to utilization and/or observation of its facilities, services, and programs, without respect to location, the undersigned, for himself or herself and any personal representatives, assigns, heirs, and next of kin hereby agrees to release, waive and discharge the MAC, its directors, officers, Board of Directors, employees, and agents from all liability for any loss or damage to personal property, and/or any claims or demands therefor on account of injury or death of the undersigned. The undersigned agrees that the forgoing Release and waiver of Liability is intended to be as broad and inclusive as is permitted by the law of the Commonwealth of Kentucky. The Undersigned also acknowledges that he/she has both read and voluntarily signed this Release and Waiver of Liability. I have read the Release.

Name of Participant (Print)

Signature

Parent or Guardian Signature