



Warriors Martial Arts is Aurora, CO's oldest continually operated martial arts school.

- We have specialized programs for everyone from 2 year olds to 60+ year olds and have worked with students of all levels, from special needs beginners to athletes who competed in the Olympic Games and **everything in between.**
- Our program is taught in dozens of elementary schools, high schools and universities because of the **benefits** that it provides.
- Our training can make you **happier, healthier, and safer**, just as it has done for thousands of others.

Join the Community.

Without a doubt, the more a student is part of the school community, the more successful their training becomes. Although none of the following are required, we have several important online resources to help you.

www.cotaekwondowarriors.com – resources

www.facebook.com/cvatkd/ - updates

[warriors_martial_arts_on Instagram](#)- updates

How to Tie a Belt

There is a proper way to tie a Taekwondo belt. Although there are several different methods, they all end up with the same result. The following is an easy to understand method.

First, find the middle of the belt by lining up the ends. There should be no twists in your belt. Place the middle of the belt over your belly button.

Next, wrap the belt around the back. When the two ends meet, one end must go under and one must stay over. This is critical to ensure that your belt does not cross in the back. The third picture shows what it will look like in the front.



Wrap the side that was over under **both** strands of the belt. To finish the knot, keep the upper strand on top, and then tie it through the strand that was on the bottom as shown. In the picture, the strand pointing down will come up and to the person's right. It is also called a square knot.



There are three key aspects of a correctly tied belt. First, the **ends are even**. Second, the knot is the **correct 'fortune cookie' knot**, with both ends facing out sideways. Third, the belt is **not crossed in the back**.



Warriors Martial Arts Programs and Pricing

We're glad you've decided to make the investment of training in the martial arts with us! The following are our fees **per month for automatic withdrawal or paid in full payments**. There is a \$5 per month additional charge to help cover our cost for manually processed payments.

- Get healthier
- Learn basic, intermediate and advanced techniques
 - Try out the program with no obligation
 - Have FUN!

Our Programs are set up for a single person price or a whole family price. Whole family includes the entire family in one house. (No cousins, etc) Please feel free to talk to us about special circumstances.

Training at the Warriors Martial Arts is an investment that will pay off many times in the future in your, and/or your child's general health, safety and quality of life. We invite you to speak with students and parents of our school and visit other schools in the vicinity. We offer updated and quality training and we are confident that you will not find a better value or community.

Bring a friend and get \$25.

Everything's more fun with friends. Bring in any friend, neighbor, co-worker, etc and we'll give you a \$25 credit when they sign up as a student. There is **no limit** to the number of credits you can receive, but family members aren't eligible.

Working out together with friends is proven to help both of you to be more successful in reaching your goals. What are you waiting for?



Optional – Join USA Taekwondo

Warriors MA students are encouraged but not required to join USA Taekwondo. The cost is \$35 per year and this includes secondary insurance. While injuries are rare in our classes and tournaments, the protection can be extremely cost effective, depending on the coverage afforded by your other insurance.

To join go to www.usa-taekwondo.us and click on "USAT online new member registration. Be sure to select Warriors Martial Arts. You will also receive a magazine, patch, and ranking points throughout the year. Some tournaments (State, nationals, etc) will require you to be a member.

WMA Liability Waiver/Information Sheet **Required** for *all* participants

This agreement is made on the date below between the undersigned— a student, guest, or other person wishing to use the facilities of or otherwise be associated with the Warriors Martial Arts, LLC, and the Warriors Martial Arts, LLC, a Colorado Limited Liability Company, hereinafter **WMA**.

Nature of Martial Arts: I understand that martial arts and other activities performed within the premises of the WMA, including but not limited to styles taught at the WMA, involve a variety of physical and mental techniques, some of which involve physical contact between myself and other students, instructors and training equipment, including, but not limited to, punching, blocking, choking, joint locking, kicking, throwing, rolling and grappling. I understand that I may be participating in simulated self-defense scenarios that may be physically and/or emotionally stressful. **With this knowledge, I voluntarily assume the full risk and responsibility for any and all bodily injury, death, or property damage** arising from the actions or conduct of the WMA, LLC, its instructors, or other students; from my actions or conduct while on premises operated by the WMA, LLC, or during an WMA, LLC-sponsored event; or from my actions or conduct as a WMA, LLC affiliated person. I understand that all sports carry an inherent risk of bodily injury, death, or property damage and I fully accept this risk. I acknowledge that the Head Instructor of the WMA, LLC has the sole responsibility to manage the business of the school. School rules, regulations, and policies have been developed in order to promote safe and effective operation of the school. I understand that such rules will be made publicly available and I fully agree to abide by these rules as long as I am associated with the WMA. I acknowledge that the techniques taught in WMA programs are intended strictly for physical fitness and defense of oneself or others, and that these techniques are not to be used in an aggressive manner against any person or property. I understand that I may be expelled at any time from participation in a program or event if the instructors learn that I used these techniques in an aggressive manner against anyone or anything. I understand that certain self defense scenarios involve techniques that could be perceived to be of a sexual nature (for example, groin strikes or certain grappling moves) and/or accidental contact and that I am always free to practice such techniques with a partner of my choosing or on a mannequin or other pad.

Medical Treatment: I understand that I will be responsible for the costs of any medical treatment. In the event of a minor injury, I hereby give permission for instructors to give first aid and CPR and will hold them harmless for any consequences of administered first aid. In the event of an injury, condition, or death that surpasses the capabilities of the instructor on duty, I hereby give permission to obtain qualified emergency medical assistance to myself or my son/daughter and do not hold the WMA or any Independent Contractors liable for such occurrence.

Teaching: I understand that advanced training at this school requires exercising responsibility for others, which may and often includes being put in charge of classes, learning how to teach what I know, and practicing leadership through teaching. This is part of my normal training, and whether supervised or not, is part of my rank requirement for advancing to upper ranks. I understand that I am not an employee and that I am learning valuable skills by teaching. If I am not available to teach, or if there are no classes available to teach, then I may exercise my teaching and leadership responsibilities in some other way by mutual agreement with my instructor.

Photo Release: I irrevocably authorize the WMA, LLC, its successors and assigns, and those acting under its authority to copy, use, publish, for art, advertising, trade, or any other lawful purpose whatsoever, photographic or digital images or videos of me in which I may be included in whole or in part. I understand that I will receive no compensation for the use of these images.

Travel: I understand that at times it may be necessary to travel to other locations for activities relating to my martial arts development, and that as a matter of convenience transportation may be provided by instructors, volunteers, students, or people otherwise affiliated with the WMA. I voluntarily assume the full risk and responsibility for any and all bodily injury, death, or property damage arising from such travel, and understand that I will be allowed to provide for my own transportation if I so desire.

General: I agree that this agreement shall be binding upon my heirs, next of kin, representatives, and assigns and that they: (a) will not make a claim against the WMA for any injury, death, or property damage resulting directly or indirectly from my participation in a WMA program or event; and (b) will release and discharge the WMA from any claims or demands arising from injury, death, or property damage to me caused by my participation in a WMA program or event. I promise to defend, indemnify, and hold harmless the WMA from any claims made by third parties alleging injury or damage resulting from my conduct and activities while on KAT premises or during a WMA sponsored event, from my conduct as an WMA student, and from my use of any techniques learned in an WMA program. I have not requested nor received any warranties as to the effectiveness of any WMA program. I understand that this release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the state of Colorado and that if any portion thereof is held invalid, I agree that the balance shall, notwithstanding, continue in full force and legal effect. I have carefully read this agreement and fully understand its contents. I am aware that this agreement is a release of liability and responsibility between myself and The WMA, LLC; its volunteers; its instructors; and all other employees and affiliated members. I voluntarily agree to each of the terms and provisions thereof and sign this agreement on my own free will.

If I am under 18 years of age, I have advised a WMA instructor of this fact, and I have shown this agreement to my mother, father, or legal guardian. My mother, father, or legal guardian hereby consents to my participation in WMA programs/events and further agrees to be bound in full by the terms and provisions of this agreement as evidenced by their signature below.

Full Name of Participating Student	Signature	Date
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If Participating Student(s) is under 18 years of age, parent or guardian must sign below

Full Name	Relationship to Student	Signature	Date
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Personal/Emergency Contact Information:

For internal use only. Your information will never be given to or sold to any third party.

Parent(s) Name _____

1st Student's Name _____ DOB ____/____/____

2nd Student's Name _____ DOB ____/____/____

3rd Student's Name _____ DOB ____/____/____

4th Student's Name _____ DOB ____/____/____

5th Student's Name _____ DOB ____/____/____

Home Address: _____ CO. _____
Street Apt. City Zip

Home Phone: _____ Cell Phone: _____

General Contact and Number: _____
Name Relationship to Student Phone #

Emergency Contact and Number: _____
Name Relationship to Student Phone #

Pertinent Medical Information/Conditions: _____

Email (For announcements and notices of snow closures): _____

How did you hear about our school? _____

Previous Martial Arts Experience? _____

What are you primarily looking to get from our program? (confidence, self control, self defense, discipline etc...)

Anything else we should know? _____