



Name _____ D.O.B _____ / _____ / _____

Ph _____ Mob _____ Email _____

Occupation _____ Emergency Contact _____

How did you hear about us / referred by? _____

- 1) Have you had or suffer from any injury, illness, back or joint condition that may be aggravated by vigorous exercise? Yes / No
- 2) Are you taking any prescribed medications? Yes / No
- 3) Are you now or have you been pregnant recently? Yes / No
- 4) Is there any other medical condition that may require you to have a modified exercise program? Yes / No

If you have answered **YES** to any of the questions, we recommend you seek advice from your doctor before starting our training program.

- 5) Are you currently or have you trained in any form of martial arts? Yes / No

Style / Type _____ Rank / Years _____

Terms & Conditions

Recognising that the strenuous nature of this activity involves a risk or injury, I agree to hold Tang Soo Do Gold Coast, as well as their instructors, examiners, guests and members, free and harmless of any liability or damages should any injury occur.

I grant Tang Soo Do Gold Coast irrevocable right to use my name, image, and/or performance as captured by official photographic, audio and/or video means for release and/or reproduction in any medium for any legal purpose, including but not limited to education, training, illustration, promotion, advertising, and general trade.

I acknowledge that I have no interest nor the copyright and that any use may be made without compensation or notice to me. I waive any right to inspect, approve, and or otherwise control the use of the product.

It is an offence to knowingly give false or misleading information on this enrolment form and if deemed necessary action will be taken in a court of law.

I the undersigned have read and fully understand this contract/enrolment form.

Signature / Guardian _____ Date: _____ / _____ / _____



Protocol & Etiquette

Protocol & etiquette are an integral part of traditional martial arts. When arriving to the studio students **must bow upon entering the dojang** and then immediately bow to the instructors and other senior ranks. At all times students **must** refer to instructors and each other by **sir or ma'am** or the instructors Korean title.

Class Watching

Parents/guardians are not permitted to watch classes but are welcome to wait in the lounge area. This is due to the risk of injury and liability but also to ensure a safe training environment free of distractions. Parents and family are welcome to attend gradings and belt presentations.

Arrival & Departure

Students should arrive at least 10-15mins before class to ensure a proper warm up but **is not** to be used for loud conversations or socializing. Children **should not** arrive to class any earlier than 10 minutes as there is no instructor to supervise them. Younger members **will not** be allowed to go into the car park for pick up and if you have someone else collecting your child please inform the instructor prior to class.

Monthly Fee

Our fee structure is by direct debit or paid in advance (half or full year) and is not discounted if classes are missed. If under special circumstances more than 1 month of training is missed due to injury or illness then this must be discussed with the instructor. We also have unlimited training packages available to include Karate and group fitness.

Uniform (Dobohk)

The Dobohk should be kept neat, clean and ironed at all times. The uniform/belt **must never** be worn outside of the studio, students can arrive/leave in Dobohk bottoms and their club t-shirt. Full uniform **must be** worn at all gradings and official seminars/events. All students **should be** able to tie their own belt and fold the uniform correctly.

Appearance & Hygiene

Longer hair **must be** tied back away from the face with a hair tie or Karate headband, fingernails and toenails **must always** be cut to prevent injury to yourself or others. Students **should not** wear any jewellery in class as this can also be a safety hazard, medical bracelets are permitted.

For teen/adult members deodorant **should be** used if needed as this can be embarrassing for yourself or other members.

Please be fully aware of the protocol and procedures before deciding to join the academy.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|--|---------------------------------|--|--------------------------|--------------------------------|
| | Karate Kids 4-5pm | | Karate Kids 4-5pm | | HIIT Circuit Adult 8-9am |
| Karate Intermediate 5-6pm | Karate Intermediate Green+ 5-6pm | Karate Intermediate 5-6pm | Karate Intermediate Green+ 5-6pm | | Weapons Adult 9-10am |
| Karate Adult 6-7pm | Karate Adult Black 6-7pm | Karate Adult 6-7pm | Karate Adult Black 6-7pm | Boxing Adult 6-7pm | |
| Karate Adult Green+ 7-8pm | Boxing Adult 7-8pm | Karate Adult Green+ 7-8pm | Boxing Adult 7-8pm | | |

