



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

Address _____

Ph _____ Mob _____ Email _____

Occupation _____ Emergency Contact _____

How did you hear about our classes? _____

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 fitness or martial arts? Yes / No

Style / Type _____ Rank / Years _____

Terms & Conditions

Recognising that the strenuous nature of this activity involves risk or injury, I agree to hold the Asia Pacific Tang Soo Do Federation and member studios where the training is conducted, as well as their instructors, examiners, guests and members, free and harmless of any liability or damages should any injury occur.

I grant East Coast Tang Soo Do, a member of Asia Pacific Tang Soo Do Federation, irrevocable right to use my name, image, and/or performance as captured by 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 integral to traditional martial arts training. When arriving to the studio students must **bow upon entering the dojang** and then immediately bow to the instructor then to all other senior ranks. This is a sign of respect for the studio, instructor and fellow class mates. At all times students **must** refer to instructors and each other by **sir or ma'am** or the instructors Korean title.

Class Watching

Parents and friends are not permitted to stay and watch classes to ensure that the students are training in an environment free of all distractions. Instructors are certified by the Asia Pacific Tang Soo Do Federation, have current senior first aid qualifications and are more than capable of handling most if not all situations that may confront them. Parents and family are invited to attend and watch gradings at quarterly intervals.

Arrival & Departure

Students should arrive a minimum of 10mins before class to ensure a proper warm up and 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. They **will not be allowed** to go into the car park to meet parents and if you have someone else collecting them please inform the instructor prior to class.

Monthly Fee

Fees are based on 8 lessons per month and are not discounted if lessons are missed. Our fee structure is by direct debit or paid in advance half or a full year. If there are special circumstances and more than 1 month of training is missed, then this must be discussed with the instructor. We also have unlimited training packages available.

Uniform (Dobohk)

This is a traditional uniform and should be kept neat, cleaned and ironed (belts are not washed). The uniform **should never** be worn outside of the studio. Full Uniform **must be** worn at all gradings as you **will not** be allowed to grade in a t-Shirt.

Appearance & Hygiene

Deodorant for the body **must be used** if needed as this can be embarrassing for yourself and other members. Long hair **should be tied back** away from the face. Fingernails and toenails **must always be cut** and remain short to prevent injury to yourself and others. Students **should not wear** jewellery of any nature in class. Jewellery is not part of the uniform and can be a **safety hazard** to others as well as yourself. Medical bracelets are acceptable but please inform your instructor.

Please be fully aware of the academy rules & procedures before deciding to join the federation.

Monday	Tuesday	Wednesday	Thursday	Saturday
Junior (4-7) 4-5pm	Junior (4-7) 4-5pm	Junior (4-7) 4-5pm	Junior (4-7) 4-5pm	Circuit Fitness 8-9am
Intermediate (8-10) 5-6pm		Intermediate (8-10) 5-6pm		
Senior (11+) 6-7pm	Boxing Fitness 6-7pm	Senior (11+) 6-7pm	Boxing Fitness 6-7pm	

