



WAIVER

I _____ understand that Individual Protective & Defensive Instincts, has designed this course as a way to protect myself or defend myself should I find myself in a situation where I need to protect or defend myself. I understand that the instructor can't guarantee my safety through the use, or misuse, of the techniques taught in this course.

I understand that I must be physically fit to participate in the practice of defensive techniques taught in this course. I will be asked to practice these techniques and in practicing those techniques, I may be injured. I will follow the instructions of the instructor and I must exercise good judgment at all times.

Furthermore, I understand that all reasonable precautions are taken during class participation to provide a safe environment, but due to the very nature of contact practiced in self-defense techniques, I hold harmless the instructor and the owner of the facility in which the course is held. I also give permission to use my image on video or film for promotional or instructions purposes. I sign this voluntarily.

Signed: _____

Parent or Legal Custodian: _____

Date: _____

Address: _____

City : _____ State: _____ Zip: _____

e-mail: _____