



**Ten Ume Ryū / Traditional Combatives Release and Liability Form**



Ten Ume Ryū / Traditional Combatives is a practice dedicated to self defense in a traditional martial arts setting and as such presents risk for serious injury and death. By signing below you agree to the following statements:

*I am 18 years of age or older*

*I am fully aware that this is a potentially dangerous and deadly activity and am training at my own risk*

*I am healthy and able to train in a mentally and physically demanding heavy contact combat oriented martial art*

*I, my family, legal representatives, or any extension of myself will not hold Progressive Martial Arts including any of its owners, subsidiaries, or employees, including Adam T. Gibbons, his instructors, and any affiliate organizations or parties liable for damages or injury caused by negligence or other acts nor pursue litigation to those mentioned herein under any such circumstance.*

*I am 18 years of age or older, and have fully read these terms and fully understand the contents. I know this is a release of liability between Adam T. Gibbons, his Instructors and any affiliated organizations including all parties and persons listed above and have signed below willingly.*

Name: \_\_\_\_\_

Emergency Contact Information: \_\_\_\_\_

Signature w/ Date: \_\_\_\_\_