

KRAV MAGA

Israeli Self Defense System

2009 Summer Session Class Schedule

July 20 through September 15

no class: Sept. 7 and 8

	North Orange County Tuesday and Thursday	South Orange County Monday and Wednesday
Beginning	7:00 - 8:00 pm	6:00 - 7:00 pm
Intermediate	8:00 - 9:00 pm	7:00 - 8:00 pm
Advanced (blue belts & higher)	8:00 - 9:00 pm	8:00 - 9:00 pm

Cost: \$199.00

North O.C. Location: Dance Asylum
2777 Bristol St., Suite D, Costa Mesa

South O.C. Location: 24002 Via Fabricante, Suite 306
Mission Viejo

Mail registration and payment to:
Krav Maga of Orange County
4 Mahogany Drive
Irvine, CA 92620



Questions? call (714) 876-6256 or visit www.kravmagaoc.com

KMOC Class Registration

Please register me for the following: ___ Beginning Class ___ Intermediate Class

Paid:
 Cash Check PayPal

STUDENT: _____

ADDRESS: _____

CITY: _____ ZIP: _____ E-MAIL: _____

HOME PHONE (_____) _____ WORK PHONE (_____) _____

ASSUMPTION OF RISK: WAIVER

Before signing up for the class/training program, it is important for you to be aware that learning any sport, and particularly a self-defense system, carries the risk of injury. You are enrolling in a program that involves jumping, kicking, physical contact, etc. Injury is possible. Krav Maga is a martial arts/self-defense system that seeks to integrate mental processes and emotional factors along with strenuous physical activity and interpersonal combat involving kicking, punching, other types of combative strikes, as well as wrestling or grappling types of attacks and releases. Personal discipline and respect for the instructors and other students are essential elements in this Krav Maga program. It is understood that you will not always be within view of the instructor, as this Krav Maga training regimen is done on a group basis. You understand that conditions or conduct that might otherwise be viewed as dangerous are an integral part of Krav Maga training. There is no way to eliminate all the risks inherent in learning Krav Maga. You understand that learning Krav Maga involves training with other students and instructors with different levels of experience. The students and instructors, and each of them, differ in size, strength, and physical condition. Krav Maga training involves putting the student into stressful circumstances within the training regimen in order to expose the student to the stressful circumstances relating to a physical conflict or attack.

For training drills or exercises, sometimes you will receive precise instructions; sometimes you will receive general instructions. To the extent that you as the student do not understand the exercise, it is incumbent upon you to inform the instructor immediately. You understand that, and have signed up for this instruction in order to be able to be taken beyond your existing level of experience and capability in the self-defense context.

Krav Maga may involve throws, fall breaks, ground fighting techniques and other exercises. There is a likelihood that as a participant you will strike other participants in the training, and will also be struck by other participants. There are training techniques involving defenses against sticks, simulated bladed weapons such as knives, and simulated firearms. It is also not unusual to be a participant in a class that involves many students, and a portion of the training may include all of the students training and/or being directed to train in various techniques at the same time. Part of the training regimen includes students running or moving backwards, forwards, and/or through other groups of students, to simulate the stressful situation of a violent confrontation.

I hereby enroll in the Krav Maga, Israeli Self Defense Class. I understand that I have been admitted to the current class and all future classes based in material part on this Assumption of Risk: Waiver. I have been fully informed of the nature of the class and the physical danger thereof and have seen a demonstration of some techniques and risks. I accept all risks and agree to hold Tarbut v Torah High School, its directors and administrators, Aikido of Southern Orange County, its administration and staff, the Jewish Community Center of Orange County, its administration, staff and board, the Jewish Federation Board of Orange County, Krav Maga of Orange County, Michael Leifer, Mitchell Markowitz, Larry Lubman, Yuri Boiarsky, the instructors, assistant instructors, Krav Maga Association of America, Inc./Orange County Region, and all other members of my class harmless from all liability, injury and damages in connection with my participation in all Krav Maga classes and workouts.

Student Signature: _____

Date: _____

Witness: _____

Parent's Signature: _____
(required in student is under 18 years of age)