



SAVE the Day

Sat 18 Jan 2020

8.30 am to 5.30 pm

Onami Dojo
Capalaba Scout Hall
65 Degen Road
Capalaba

Violence is rarely the answer...

but when it is the answer, it's the only answer!

Learn to use the tool of violence to save your own life, or the life of someone you care about, in a single day.

SAVE the Day is an evidence-based, experiential program that empowers you with the information and skills you need to *survive a violent encounter*.

Like learning to ride a bike or swim, once you acquire the skill, you never forget it.

Click **SAVE the Day** for more info...

Feedback from our clients:

"It's useful not just for the worst case scenario, it gave me a much stronger and calmer base from which to negotiate far more common tricky situations better"

"Although it's confronting (because it goes against our 'good girl' socialisation) the training is very safe. It gives you confidence that you have options and won't just freeze or panic"

"I felt transformed. From being in denial that violence even existed – to feeling powerful"

Payment

\$345

Earlybird

\$295 (pay by 4 Jan)

Buddy

\$245 each (bring a friend, pay by 4 Jan)

EFT deposit

Westpac BSB: 732 006 Account: 675504
Please put your name in the description.

Admin

Reserve your place by transferring payment and completing and returning registration forms to: dojo@aikidoinsydney.com

1-day program limited to 20 participants

Minimum age: women 16, men 18

Wear: comfortable clothing including a light-coloured top and clean bare feet

Bring a spare clean top for the afternoon

Contact: Andy 0468 490 706



SAVE the Day registration

aikidoinsydney.com

Personal details

Personal details are required and are used for contact and administration only.

Name: _____
Given name Family name

Date of birth: _____
Day Month Year

Address: _____

Postcode

Phone: _____
Mobile Other

Email: _____ @ _____

Emergency contact

Name: _____
Given name Family name

Phone: _____
Mobile Other

Relationship: _____
e.g. partner / parent / sibling / friend

Health

Do you have any health issues or injuries we should know about?

None Allergy Asthma Injury Other: _____

Details: _____
What do we need to know to help you manage health issues / existing injuries during training / at the venue?

Training experience

Please describe any previous martial arts experience you have None

Details: _____
e.g. Art? How long trained? How long ago? Rank achieved?

How did you hear about us?

aikidoinsydney.com

Social media: _____ Recommendation: _____
Which? From?

Please also complete the [Release and Indemnity Agreement](#) on the following page

This document affects your legal rights and liabilities. Please read carefully before signing.

I am aware that training in a martial art involves an element of unpredictability and danger and that this applies to the training provided by Aikido in Sydney. Serious, permanent injury could possibly result from my participation. I freely accept and fully assume all risks, dangers and hazards and the possibility of personal injury, death, property damage or loss resulting from such risks, dangers and hazards.

I agree to:

1. assume and accept all risks, dangers and hazards in connection with participation in training;
2. waive any and all claims that I may have against Aikido in Sydney, their directors, officers, employees, agents and/or representatives;
3. release Aikido in Sydney from any and all liability for any loss, damage, injury or expense that I, or my next of kin, may suffer or incur as a result of my actions due to any cause whatsoever, including negligence on the part of Aikido in Sydney;
4. hold harmless and indemnify Aikido in Sydney from any and all liability for property damage, personal injury or death suffered by myself or by a third party as a result of my use of the facilities and/or my breach of these terms and conditions;
5. this Release and Indemnity Agreement being effective and binding upon my heirs, next of kin, executors, administrators and assigns in the event of my death; (cont. → right-hand column)

6. obey all warning signs and other notices posted within the facilities;
7. follow carefully the training instructions and venue rules for safety at all times during training;
8. not perform any movement, exercise or technique, or train in any situation, that I consider to be unsafe, and to notify the instructor immediately if I have any such concern.

Health: I am able to participate in and undertake physical exercise. I am not aware of having any physical, medical, mental or health disability or condition or disease which might or could be aggravated or worsened by physical exercise or which might or could result in deterioration of health if physical exercise is undertaken.

Images: I authorise Aikido in Sydney to use my likeness in photos, videos and other media in print and online, without payment or other consideration.

Contact: I authorise Aikido in Sydney to contact me via email unless I request otherwise.

I have read and understood this **Release and Indemnity Agreement** prior to signing it and am aware that by signing this document, I am affecting the legal rights and liabilities of myself, my heirs, next of kin, executors, administrators and assigns.

Participant _____

Witness _____

Signature _____

Signature _____

Date _____

Date _____

Parent or guardian signature (if applicable)

1. The person named above is aged under 18.
2. I am a parent/guardian of the participant and am aware of the risks involved.

3. I consent to the above-named's participation in training.

4. I have read and agree to be bound by the terms of this Release and Indemnity Agreement.

Parent or guardian _____

Witness _____

Signature _____

Signature _____

Date _____

Date _____