



## SAVE the Day

Sat 8 Dec 2018

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 18 Nov)

#### Buddy

☐ \$245 each (bring a friend, pay by 18 Nov)

#### 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 the forms on the following pages to:

[dojo@aikidoinsydney.com](mailto: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**



## 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:  Which? ☐ Recommendation:  From?

# Release and Indemnity Agreement (atemi-jutsu)

**This document will affect your legal rights and liabilities**

**Please read carefully before signing**

I am aware that atemi-jutsu training involves close physical contact and hence certain principles must be understood and observed at all times. Atemi-jutsu involves an element of unpredictability and danger, and permanent and serious injury could possibly result from participation in atemi-jutsu training.

I freely accept and fully assume all such risks, dangers and hazards and the possibility of personal injury, death, property damage or loss resulting from such risks, dangers and hazards.

I hereby agree as follows:

1. TO ASSUME AND ACCEPT ALL RISKS, DANGERS AND HAZARDS in connection with the practise of atemi-jutsu;
2. TO WAIVE ANY AND ALL CLAIMS that I may have against Aikido in Sydney, their directors, officers, employees, agents and representatives;
3. TO 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. TO 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 (a) my use of the facilities and/or (b) my breach of these terms;
5. THAT THIS RELEASE AND INDEMNITY AGREEMENT shall be effective and binding upon my heirs, next of kin, executors, administrators, ad assigns, in the event of my death;
6. TO OBEY all warning signs and other notices posted within the facilities;
7. TO FOLLOW CAREFULLY the training instructions and venue rules for safety at all times during my practise of atemi-jutsu.
8. I am not required to perform any movements, techniques or practise in any situation that I consider to be unsafe, in which case I agree to notify the instructor immediately of my concerns.

I further represent that I am able to participate in and undertake physical exercise and 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.

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.

Photo release: I authorise Aikido in Sydney to use my likeness in photographs, videos, or other digital media in print and online, without payment or other consideration.

Contact release: I authorise Aikido in Sydney to contact me via email or newsletter until I request otherwise.

Signed: \_\_\_\_\_ Witness: \_\_\_\_\_

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

Date: \_\_\_\_\_ Date: \_\_\_\_\_

## Parent or guardian signature (if applicable)

The above named participant is under the age of 18.

I am a parent/guardian of the above named participant and am aware of the risks involved and I further consent to their participation in atemi-jutsu.

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

Signed: \_\_\_\_\_ Witness: \_\_\_\_\_

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

Date: \_\_\_\_\_ Date: \_\_\_\_\_