

Blane Russell Family Karate

Teaching your kids since 1991

Ages: 3 to 12 / Boys & Girls

Mail to: Blane Russell Family Karate Inc.
4711 Forest Dr., Ste #3, PMB 236
Columbia, SC 29206

call (803)731-4907 or call/text (803)667-2190
KidsnKarate@sc.rr.com

Sparring Rules

- (1) Contact is light (like game of tag).
- (2) Protective gear must be worn. Provided: headgear w/ facemask (All), gloves (All), vests (level 2&3) & boots (2/3).
- (3) Hand techniques to headgear & chest(level 1,2,3). Kicks only to vest (level 2 & 3). No take downs/groin strikes.

Students must wear sneakers to all classes

T-Shirt Size

Small (6-8) _____ Med(10-12) _____
Large(14-16) _____ X-Large(18-20) _____

Each student will receive one t-shirt for current school year

Please include your

Email & Phone

Release and Waiver of Liability

And Indemnity Agreement

To participate in the Blane Russell Karate Inc. program, the parent(s) And/or legal guardian(s) of the minor Student named below agree:

- 1) a) I/We should inspect the facilities and equipment to be used.
b) There are risks associated with participation.
c) There may be other risks not known to us (or) are not reasonably foreseeable at this time.

2) As in all physical sports there will be running, jumping, crawling etc. On some days light contact with specific rules will be allowed. Some protective gear will be supplied. Additional protective gear will be your decision and responsibility.

I/We have read this release and waiver of liability, assumption of risk and indemnity agreement, fully understand its terms.

Parent(s) or guardian(s) Signature

Print name of student

School Year

August 2023- May 2024