



Application to Perform Destruction Techniques 2019 Applications

Applicants must be:

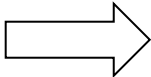
Aged 8 Years or Older AND Green Belt Grade or Higher

- Please Fully Complete Sections 1 and 2 as indicated by the arrows, writing clearly and legibly.
- This is an important document - Contact Head Office 07922 185 126 for Further Information.
- This Application refers to the use of breaking boards in 'Destruction Techniques' for Power development. The Risks and Benefits are illustrated below. Please take time (at least 24 hours) to consider the content of this document before signing.
- If you have any questions, please speak to your Instructor BEFORE Signing.

Potential Risks to the Student	Potential Benefits to the Student
Injury to Limbs either by directly striking breaking boards or by segments of falling boards that have been broken	Development of Power & Confidence more than can be gained from use of Pads alone
Injury from board splintering to skin and (rarely) to eyes and face	Improved accuracy and refinement of techniques
Skin Abrasions, Bruising and (rarely) fractures and tendon injuries	
Damage to Shoes or Clothing	

Applicants must fulfil all of the criteria listed below:

- Aged 8 years or Older AND Minimum Grade of YGreen Belts or higher
- Previous injuries, or those sustained during the exercise, must be declared to the Instructor before attempting Destruction. Do not use injured feet or limbs.

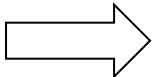


Section 1 - Personal Details of Applicant

SURNAME: _____

FORENAME: _____

DATE OF BIRTH: ____ - ____ - ____



Section 2 – Terms, Conditions & Legal Disclaimer

Please read this section very carefully – It contains important information that you must read and understand before signing. If you have any questions, please speak to the Instructor before Signing. You may not train in this technique at this Class without fully completing this form.

"I, _____ (Applicant or Legal Guardian if under 18 years of age), understand that 'Destruction Techniques' carry significant physical benefits as well as risks and potential harm. I have been informed of these and understand the risk and benefits of such Training. I therefore release, discharge and hold harmless NTX Schools, their Instructors and their respective Assistant Instructors and Employees from any demands, damages, claims, rights of action or causes of action, present or future, arising from, out of or connected with my participation in Destruction Techniques, or any injuries resulting there from."

Signed : _____

Date of Receipt of Form: _____ Date of Signing: _____

A Consideration Time ("Cooling Off" Time) of at least 24 hours must elapse between these two Dates.