



Application to Practise Destruction Techniques

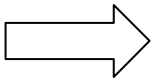
Document D – 2010 Applications

This Application refers to the use of breaking boards to develop special '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 Improved accuracy and refinement of techniques |
| Injury from board splintering to skin and (rarely) to eyes and face | |
| Skin Abrasions, Bruising and (rarely) fractures and tendon injuries | |
| Damage to Shoes or Clothing | |

Applicants must fulfil and accept all of the criteria listed below:

- Aged 8 years or Older, Minimum Grade of Yellow 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 Legal 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.