

# 2024 NCR Shiai

## Registration/Waiver Form V1.5

Traditional Karate North Central Region  
Regional Representatives of the AAKF



www.ncr-aakf.org

**When:** Saturday – October 19, 2024 noon-3:00pm  
**Where:** Shotokan Karate MN 1517 Central Avenue NE Minneapolis, MN 55413  
**Cost:** [ ] \$25 per person for all events / [ ] \$40.00 per family for all events  
Make checks payable to “North Central Region or NCR”

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Rank:** \_\_\_\_\_

**Club/Dojo:** \_\_\_\_\_ [ ] Adult 18+ [ ] Youth

**Events:** [ ] Kata [ ] Kumite [ ] Enbu \_\_\_\_\_ [ ] Team Kata \_\_\_\_\_

\_\_\_ **Level 1: 10<sup>th</sup> kyu – 8<sup>th</sup> kyu:** Kumite Step in punch: one head, one body /Kata heian shodan/nidan

\_\_\_ **Level 2: 7<sup>th</sup> kyu – 6<sup>th</sup> kyu:** Kumite Same as above; add a front kick / Kata heian sandan/yondan

\_\_\_ **Level 3: 5<sup>th</sup> kyu – 4<sup>th</sup> Kyu:** Kumite One oi-tsuki or gyaku tsuki head or body One mae or mawashi geri body /One any punch or kick from above /Kata heian godan, tekki

\_\_\_ **Level 4: 3<sup>rd</sup> kyu – 1<sup>st</sup> Kyu:** Kumite Kogo kumite /Kata: Basai Dai, Jion, Empi, or Kanku Dai

\_\_\_ **Level 5: Black belts:** Kumite Kogo-under 18; 18+ Kogo or free sparring / Kata: any advance kata

**Emergency, notify:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

### WAIVER AND RELEASE OF LIABILITY

READ BEFORE SIGNING BELOW

In consideration of being allowed to participate in any way in **Traditional Karate North Central Region (NCR)** athletic sports program, Seminars, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS **Traditional Karate North Central Region (NCR), Shotokan Karate of Minnesota (SKM)** and their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (“RELEASEES”), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I hereby consent to allow the use of my voice, video, image or likeness in photographs and/or video from the EVENT by SKM and NCR, for promotional and publicity purposes including, but not limited to, use on newsletters, flyers, Facebook, YouTube, website, and video by a third party, without compensation to me

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

\_\_\_\_\_  
(Participant’s Signature) DATE SIGNED: 10/19/2024

#### FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of the activity and his/her responsibilities for adhering to the rules and regulations. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child’s/ward’s involvement or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

\_\_\_\_\_  
(Parent/Guardian Signature) DATE SIGNED: 10/19/2024