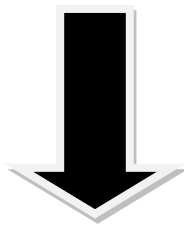


Instructor Portion

Competitors,

Please complete the bottom half of this form and bring to your competition ring.



Hold Harmless and Liability Release and Waiver Agreement

I _____, have voluntarily submitted my application for registration in this National Martial Arts Alliance Taekwondo Tournament. By submitting the application for registration, I certify that I am fully aware of and understand the inherent damages in participation in activities involving Taekwondo and other martial arts and of the basic safety rules and procedures. I understand and agree that the organizers of the tournament, the NMAA, the tournament directors, officials, or any other contestant will not be responsible for my safety, nor will any of these parties or individuals serve as a guardian of my safety.

I understand and agree that neither this tournament, the organizer of the tournament, the NMAA, the tournament directors, officials, their agents or assigns, or any other individual or entity associated with this tournament or the NMAA, may be held liable in any way for occurrence, or event in connection with this tournament which may result in injury, death, or any and all damages to me or to my family, descendants, heirs, or assigns.

I understand and agree that in consideration of being allowed to be a contestant in the tournament, I hereby personally assume any and all risks involved in connection with this other individual, or entity associated with this tournament of the NMAA, for any harm, injury, or damage that may occur to me or befall me while I am a contestant in this tournament, including any and all risks connected therewith, whether foreseen or unforeseen, including any risks created and /or harm caused by any negligent act (excluding gross negligence or reckless behavior) or acts of any or all of the above-mentioned parties. Furthermore, I will hold harmless the above-mentioned parties from any claim by me, my family, my estate, my heirs, my personal representative, or their assigns, arising out of my participation and being a contestant in this tournament.

I further state that I am of lawful age and legally competent to sign this agreement, and that my signing this agreement is my own free act (Unless this is signed by parent or legal guardian). I also understand and agree that the terms herein are contractual, and that they are not a mere recital or simply for information purposes.

I have read, understood, and been fully informed of the contents of this agreement. I assume my own responsibility for my physical condition and capacity to perform tournament conditions of a championship level Taekwondo tournament.

Witness By: _____ Date _____
Parent or Legal Guardian (if Appropriate)

In consideration of the aforementioned activities and as parent or legal guardian of the minor named above, I, on behalf of said minor, agree to indemnify and save harmless the organizers of the tournament, against any claim for damages, compensation or otherwise on the part of said minor and his/her heirs, executors or administrators and to reimburse or make good any loss or damage or costs that any that any of the above parties may have to pay if litigation arises on account of any claims made by said minor or anyone on his/her behalf.

Further, I release any claim or cause of action that I may personally have as parent or legal guardian resulting from any such injury or death to said minor.

Witness By: _____ Date _____
Parent or Legal Guardian (if Appropriate)