Class Application - If you are interested in signing up for Self-Defense, please complete the following application and agree to the terms and conditions for this class.

First Name: __________________________________________ Last Name: __________________________________________

Grade:  Please circle one- Sophomore  Junior  Senior

Email: __________________________________________

Phone: __________________________________________

How many PE credits do you currently have? ________________

Rate your overall attendance on a scale of 1 (poor) to 5 (excellent).

Please circle one- 1  2  3  4  5

Please answer the following questions:

1. Do you have a background or experience in any form of martial arts? If so, which one?

2. Why do you want to take this class?

3. Mentally and emotionally, this will be one of the most difficult classes you take. Are you comfortable and prepared to accept this challenge and to discuss topics about sexual abuse and violence? (If the answer is no, this class is not a good fit for you.)

   Please circle one:  YES  NO

4. Do you have anything else you’d like to share prior to being accepted into this class?

*On the next page of this application, please read and agree to the terms and conditions for this class. If these terms and conditions are violated or ignored, please understand that you will be removed from this class.
By taking this course, Self-Defense and Conditioning, I agree to and understand the following expectations. Please initial each point and then sign the bottom of this form.

1. _______ This class is about empowerment; discussions and practice situations are to be taken extremely serious as the skills you will be learning could do a great amount of damage to a predator or attacker. This class promotes a safe and engaging learning environment; full and dedicated participation is expected at all times.

2. _______ Physical impact will occur. Even when using the proper safety techniques and equipment, bumps, bruises, feelings of physical discomfort, and as always, an inherent risk of injury is possible.

3. _______ Peer training is an important aspect of this class. Students must show a willingness to work or “train” with anyone in class.

4. _______ This class will challenge you physically, mentally, and emotionally. Students are expected to go outside of their comfort zones and challenge themselves physically, mentally, and emotionally while being mindful of the safety protocols established in class. Class discussions about sexual assault, the rape culture in our society, and sex trafficking will occur in this course; this topic is not to be taken lightly.

5. _______ Attendance: Students need to be present in class to learn the skills; safety is the main objective and if students are absent, they cannot learn the proper safety techniques. Illnesses/injuries, family emergencies, life will happen; however, unexcused absences could impact grade.

Student Name (print):
________________________________________________________________________________________

Date:__________________________

Student Signature:
________________________________________________________________________________________

Parent Signature:
________________________________________________________________________________________