

Chapter 12: New Student Checklist

A new student may be trained in private lessons from different instructors as assigned by the Chief Instructor. The checklist ensures that each student going through initial private lessons has sufficient individual training on the basics prior to joining group classes.

1. Stances:

- ✓ Attention Stance []
- ✓ Ready Stance []
- ✓ Front Stance []
- ✓ Horse Stance (Closed) []
- ✓ Horse Stance (Open) []
- ✓ Back Stance []

2. Punches:

- ✓ Spear Hand []
- ✓ Hammer Fist []
- ✓ Inverted Punch []
- ✓ Palm Strike []
- ✓ Soo Do []
- ✓ Elbow Strike []
- ✓ Wrist Strike []
- ✓ Forefist Or Jab []
- ✓ Yuk Soo Do []
- ✓ Back Fist []

3. Blocks:

- ✓ Block - X (Sum Dan) []
- ✓ Low & High Block []
- ✓ Outside/ Inside []
- ✓ Chop Block []
- ✓ Knife-Double []
- ✓ Sum Dan Block []
- ✓ Holding Block []
- ✓ Inside/ Outside []
- ✓ Fist-Double Block []
- ✓ Two Fisted Block []

4. Kicks:

- ✓ Front Snap Kick []
- ✓ Inside – Outside Kick []
- ✓ Side Snap Kick []
- ✓ Hook Kick []
- ✓ Wheel Kick []
- ✓ Outside – Inside Kick []
- ✓ Roundhouse Kick []
- ✓ Knee Kick []
- ✓ Diagonal Kick []
- ✓ Back Kick []

5. Turning:

- ✓ Ba Ro (pivot on the south or east foot) []
- ✓ 90° Turn (pivot on the back foot) []
- ✓ 180° Turn (pivot on the front foot) Dwi Roo Tora []
- ✓ 180° Turn (pivot on the back foot) Forms []
- ✓ 270° Turn (pivot on the front foot) []

6. Sparring:

- ✓ Basic 1 & 2 []
- ✓ Hand Defense 1& 2 []
- ✓ Foot Defense 1 & 2 []
- ✓ Grab Defense 1& 2 []
- ✓ Free Sparring (distance & combinations) []

7. Forms:

- ✓ History of Forms []
- ✓ The “I” Pattern []
- ✓ Basic Form # 1 []

8. Protocol:

- ✓ Class Structure []
 - Begin / Salute
 - Warmups
 - Basics
 - Forms
 - 1-Steps
 - End / Salute
- ✓ Proper address to Instructor []
- ✓ Permission to enter or leave class []
- ✓ Prayer & Meditation []
- ✓ Thanking instructor []
- ✓ Lining Up for Class/Sparring/One-steps []
- ✓ Class Discipline []
- ✓ Rank / Belt System []
- ✓ Ten Virtues of the Christian Soldier []

Dates: _____

Name of Student Date Complete

Signature of Instructor Date Complete



Student Profile



Website: WWW.CKA.50MEGS.COM
E-mail: DOTY15143@COMCAST.NET

924 Beaver Street, Sewickley, PA 15143-1748
Telephone: 412-741-0884

Student Information

Name of Student

Student's Date of Birth

Street Address of Student

Students Home Telephone Number

Town, Boro, or Township of Student

Zip Code

Student's Cellular Telephone Number

Name of Student's next of Kin * Emergency Number

Student's Email

If Student is under 18 years of age, please complete this section

Father's Name

Mother's Name

Father's Daytime Telephone Number

Mother's Daytime Telephone Number

Father's Cellular Telephone Number

Mother's Cellular Telephone Number

Father's Email Address

Mother's Email Address

Current Medical Information

Name of Student's Physician

Physician's Telephone Number

Date when Student last was examined by a Physician

Is Student on any Medication?

Does Student have any Allergies?

Does Student have any Allergies to any medicine?

Any other Special Medical Conditions (explain below)?

Broken Bones or Surgeries in the last 2 years (explain below)

Release and Waiver of Liability and Indemnity Agreement

(Read Carefully Before Signing)

In consideration of being permitted to participate in any way in the Martial Arts Program indicated below and/or being permitted to enter for any purpose any restricted area (here in defined as any area where in admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating in the below martial arts activity or event, he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agree that, if at any time, I feel anything to be UNSAFE; I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.
2. I/We fully understand and acknowledge that:
 - a. There are risks and dangers associated with participation in martial arts events and activities which could result in bodily injury partial and/or total disability, paralysis and death.
 - b. The social and economic losses and/or damages, which could result from these risks and dangers above, could be severe.
 - c. These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others, including, but not limited to, David L. Doty II, Business Consulting of Pittsburgh, Christian Karate Academy, Verland Foundation, Inc., Christ Church at Grove Farm hereinafter referred to as the "Releasees".
 - d. There may be other risks not known to us or are not reasonably foreseeable at this time.
3. I/WE accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the Releasees.
4. I/We HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the martial arts facility used by the participant, including it owners, managers, promoters, lessees of premises used to conduct the martial arts event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions or instructions to engage in risk evaluation or loss control activities regarding the martial arts facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purpose herein referred to as "Releasees" from all liability to the undersigned, my/our personal representatives, assigns, executors, heirs and next to kin For any and all claims, demands, losses or damages and any claims or demands therefore on account of any injury, including but not limited to the death of the participant or damage to property, arising out of or relating to the events(s) caused alleged to be caused in whole or in part by the negligence of the Releasees or otherwise.
5. I/We HEREBY acknowledge that THE ACTIVITIES OF THE EVENT(S) ARE VERY DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that injuries received may be compounded or increased by negligent rescue operations or procedures of the Releasees.
6. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.
7. On behalf of the participant and individually, the undersigned partners(s) and/or legal guardian(s) for the minor participant executes this Waiver and Release. If, despite the release, the participant makes a claim against any of the Releasees, the parents(s) and/or legal guardian(s) will reimburse the Releasees for any money which they have paid to the participant, or on his behalf, and hold them harmless.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Printed Name of Participant: _____

Signature of Guardian or Participant: _____ Date _____