

Adult Release Form

In our adult women's self-defense classes we discuss basic self-defense as well as sexual assault and domestic violence awareness. Monthly topics vary but include subjects like boundaries, date rape drugs, internet and social networking safety, and pre-indicators of predators. Because of the nature of what we teach, no men are allowed in class except for very respectful "bad guys" whom we get to "beat up" at the end of every class.

The second part of the seminar will be technique based. Please know that I cannot guarantee your safety through the use, or misuse, of the techniques taught in class. Furthermore, please be aware that all reasonable precautions will be taken during class to provide a safe environment, but due to the very nature of contact inherent in practicing self-defense techniques you agree by signing this release, to hold harmless the instructors conducting the seminar and give permission to use the image on video or film for promotional or instructional purposes.

Signed _____

Date _____