# WAIVER AND RELEASE OF LIABILITY AND AGREEMENT

# TO PARTICIPATE

I, the undersigned, for myself, my heirs, administrators and assigns, do hereby covenant and agree as follows: I hereby assume all risk of any personal injury which may result from activities in which I engage at this TaeKwonDo event; that I for myself, my heirs, administrators and assigns, do hereby release Willow Martial Arts, the tournament venue, all coaches, officials, individually or collec- tively, from all liability, including claims at law or in equity for any injury which may result directly or indirectly from my traveling to, participating in, or returning from said tournament. I understand that TaeKwonDo is a contact sport with all of the risks of any contact sport. I also assume all risk of my personal property at the tournament premises if lost or stolen.

I have read the above waiver and release. I understand that I give up substantial rights by signing it, and knowing this, sign it voluntarily. I agree to participate knowing the risks and conditions involved and do so entirely of my own free will.

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Signature of Participant (if 18 & over) Date

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Signature of Parent or Guardian (if competitor is a minor) Date