



SANSHOU (SANDA)

SEMINAR AND SPARRING SESSION REGISTRATION FORM

This purpose of this Seminar and Sparring Session is to promote Sanshou. This will be through improving knowledge or rules of athletes, judges, coaches and instructors.

Background: Sanshou (Sanda) is the combat sport of China and consists of stand-up fighting with take-downs. Sanshou matches are on a LeiTai (platform), locally matches are usually done on mats at ground level.

- Review International Rules and scoring criteria.
- Cost will be \$20 per participant. Includes membership to Alberta Sanshou Federation.
- Proceeds will be for future events, sponsorship and skills/knowledge improvement.
 - Athletes who have competed in last years provincials or ASF members Cost \$10. Athletes who placed 1st – 3rd in 2009 provincials, no charge. MUST PREREGISTER BY MAR. 4.
- Techniques as they apply to rules.
- Fights from the World Championships will be shown.
- **Light Contact (only) Matches** (optional) - will be on mats and arranged according to age, weight and ability.
- Sparring participants will need to bring their own gear: gloves (10-14 oz), headgear, mouthguards, cups, shin pads, **body protection will be supplied and is mandatory.**

Location: Executive Royal Inn North Calgary
2828 23 Street NE, Calgary

Date: Mar. 6th, 2010
11:30 am-3:00 pm

Instructors/Coaches/Judges Registration: 10:30, email info@albertasanshou.com to be registered (N/C)
Mar. 4-6, 2010
Email registration to info@albertasanshou.com

Participant Surname (print)		First name (print)	
Phone/Cell		BIRTH DATE (YY/MM/DD) AGE	
Email		Gender	
Address			
EMERGENCY NAME,		PHONE	

Years Training		(RECORD): W-L-D		Sanshou, Kickboxing, MMA, Muay Thai (check any that apply)	
INSTRUCTOR		MARTIAL ARTS SCHOOL		WEIGHT (kg) (verified day of session)	

Name	
Signature	X
Guardian Name (under 18)	
Guardian Signature	X

Hosted by Non-profit organizations
 Alberta Wushu Federation
 Alberta Sanshou Federation
 Gee's Martial Arts

Sponsored by
 Executive Royal Inn North Calgary
 Alberta Sanshou Federation



I the undersigned, do hereby voluntarily submit my application for attendance and participation and do hereby assume full responsibility for any and all damages, injuries or losses that I may incur, if any, while attending or participating. I hereby waive all claims against the instructor or other students of said class individually or otherwise and the facility for any damages, injuries or losses that I may sustain or incur. I fully understand that any medical treatment given me will be of the first aid treatment only. I consent that any pictures furnished by me or any pictures taken of me in connection with this class can be used for publicity, promotion or television showing now or in the future, and I waive compensation in regard thereto. I have read and fully understand the above waiver (if under 18 this form must be signed by a parent or guardian).

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

This is an agreement as a Participant in the classes, competitions, programs, activities and events of instructors, owners, organizers and the undersigned (athlete). The athlete acknowledges and agrees to the following terms:

Description of Risks

1. In consideration of my participation in the competitions, programs, activities and events of the organizers, I hereby acknowledge that I am aware of the risks and hazards associated with or related to any such competitions, programs, activities and events. The risks and hazards include, but are not limited to, injuries from:
 - a) Physical contact with the instructor, students or other participants;
 - b) Striking students, participants, objects or equipment;
 - c) Being struck by the instructor, students, participants, objects or equipment;
 - d) Contact, colliding, falling or being struck by other participants, spectators or equipment;
 - e) Executing strenuous and demanding physical techniques;
 - f) Vigorous physical exertion, strenuous cardiovascular workouts, rapid movements and quick turns and stops;
 - g) Exerting and stretching various muscle groups;
 - h) Training including weights, running, circuit training and massage;
 - i) Extreme conditions which may result in heatstroke, sunstroke or hypothermia;
 - j) Falling or colliding with the ring, walls, stands, equipment or with other participants;
 - k) Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - l) Spinal cord injuries which may render me permanently paralyzed;
 - m) Travel to and from competitive events and associated non-competitive events.
2. Furthermore, I am aware:
 - a) That injuries sustained can be severe;
 - b) That I may experience anxiety while challenging myself during the activities, events and programs;
 - c) That I may come into close contact with other participants;
 - d) That my risk of injury is reduced if I follow all rules established for participation; and
 - e) That my risk of injury increases as I become fatigued.

Release of Liability and Disclaimer

3. In consideration of the owners, instructors or organizers allowing me to participate, I agree:
 - a) That my physical condition has been verified by a medical doctor within the last six (6) months;
 - b) To assume all risks arising out of, associated with or related to my participation and am fully aware of the nature of these risks;
 - c) To be solely responsible for any injury, loss or damage that I might sustain while participating; and
 - d) To **RELEASE** and **DISCHARGE** the organizers collectively its respective directors, officers, committee members, clubs, members, instructors, owners, employees, coaches, volunteers, officials, judges, participants, agents and representatives from any and all liability, for any and all claims, demands, actions, judgments, executions and costs that might arise out of my participating, even though any such risks, injuries, loss, damage, claims, demands, actions or costs may have been caused by any manner whatsoever, including but not limited to, the negligence of the organizers.

Acknowledgement

4. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, executors, administrators and representatives.

Name	
Signature	X
Guardian Name (under 18)	
Guardian Signature	X
Signature Complimentary Membership in Alberta Sanshou Federation	X

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