

**BRAZILIAN JIU-JITSU WAIVER - GRACIEFIGHTER CARIBOU**

I, \_\_\_\_\_ entirely upon my own initiative and risk and responsibility am about to participate in Brazilian Jiu-Jitsu training at Graciefighter Caribou I am at least 18 years of age. If I am under 18 years of age, a parent or guardian will sign below on my behalf.

I understand that Brazilian Jiu-Jitsu can cause serious injury or even death. I will be learning to immobilize an opponent by choking them unconscious or causing major trauma to joints such as the shoulder, knee, or elbow. At some point everyone who trains in Brazilian Jiu-Jitsu long enough will suffer at least a minor injury. Knowing all of the above, I freely choose to participate in class and acknowledge my risk.

Therefore, I do hereby for myself, my heirs, executors, and administrators release and hold harmless Graciefighter Caribou, the instructors Sean and Grace Cerveny, and any guest instructors from any and all liability, negligence, claims, demands, actions or causes of actions, or caused of actions resulting from any participation in this sport/activity/class and associated activity.

Signature (guardian if child under 18) \_\_\_\_\_

Date: \_\_\_\_\_

Contact Info: Student's Name: \_\_\_\_\_

Guardian's Name (if under 18): \_\_\_\_\_

Email: \_\_\_\_\_

Cell# \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Cell# \_\_\_\_\_