



HEALTH QUESTIONNAIRE

MAGNUS TRAINING ACADEMY & BRAZILIAN JIU-JITSU

This form must be completed by the student or parent/guardian if student is less than 18 years of age. The responsible party must read, agree to, and sign the agreement. A separate Liability Waiver Form for each individual student participating in the program must be signed before participating in an introduction or training class of any kind.

Student Name _____ Date of Birth _____

If under 18 Parent/Guardian Name _____ Email _____

Address _____ Cell Phone _____

Emergency Contact Information

Full Name _____

Relationship _____ Phone Number _____

Health Information

- Do you have any existing medical conditions? ☐ Yes ☐ No

if yes, please specify: _____

- Are you currently taking any medications? ☐ Yes ☐ No

if yes, please specify: _____

- Do you have any allergies? ☐ Yes ☐ No

if yes, please specify: _____

- Have you been advised by a physician not to engage in physical activity? ☐ Yes ☐ No

Signature If under 18 Parent/Guardian

Date



WAIVER RELEASE FORM

MAGNUS TRAINING ACADEMY & BRAZILIAN JIU-JITSU

Student Name _____ Date of Birth _____

If under 18 Parent/Guardian Name _____

This agreement is between (student's name) ===== and Magnus Training Academy & Brazilian Jiu-Jitsu, LLC hereinafter referred to as Magnus TABJJ.

I acknowledge before signing this agreement, that a student can be dismissed from Magnus TABJJ without any notice and without any financial reimbursement of any payment made to Magnus TABJJ for any misconduct on the part of the student whatsoever.

In consideration for enrollment in Magnus TABJJ, I agree to the following:

1. I recognize and understand that martial arts training is a physical contact activity and that my participation might result in serious injury, including permanent disability or death, and severe social and economic loss.
2. I recognize and understand that such risk may be due to not only my own actions, but also the action, inaction or negligence of others, the regulations of participation, or the conditions of the premises, or of any of the equipment used.
3. I recognize that there may be other risks that are not known to me or to others or not reasonably foreseeable at this time.
4. I agree to inspect the facilities, equipment and pairings prior to participation. I will immediately inform an instructor if I believe that anything is unsafe or beyond my capability and refuse to participate.
5. I assume all of the foregoing risks and accept personal responsibility for any damages that may result from injury, permanent disability or death.
6. I enter martial arts training and/or competition entirely of my own free will and understand the importance of following the rules of training and competition. I have been given a copy of the rules and regulations/membership agreement of Magnus Training Academy & Brazilian Jiu-Jitsu and agree to abide by the instructions given therein.
6. I certify that I am in good physical condition, and have no disease, injury or other condition that would impair my performance or physical and mental well-being during intense training practice and/or competition, or cause harm to any other participant, instructor, or spectator.
7. I grant permission in case of injury to have a doctor, nurse, athletic training or other emergency medical personnel provide me with medical assistance or treatment for such injury.
8. I release, waive, discharge and covenant not to sue, Magnus Training Academy & Brazilian Jiu-Jitsu, its affiliated organizations and governing bodies, their officers, instructors and personnel, other members of the organizations, participants, supervisors, coaches, sponsoring organizations or their agents, and if applicable, owners and lessors and lessees of the premises from any and all liability to the undersigned, his or her heirs and next of kin for any and all claims, demands, losses and damages which may be sustained and suffered on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.

I HAVE READ THE ABOVE WARNING, WAIVER, RELEASE AND AGREEMENT TO PARTICIPATE. I UNDERSTAND ITS CONTENTS AND DO HEREBY SIGN IT VOLUNTARILY

Signature _____

If under 18 Parent/Guardian

Date _____



WAIVER RELEASE FORM

MAGNUS TRAINING ACADEMY & BRAZILIAN JIU-JITSU

Student Name _____ Date of Birth _____

If under 18 Parent/Guardian Name _____

Risk Agreement

ADVISORY OF RIGHTS AND RESPONSIBILITIES

Safety is not the sole responsibility of instructors and staff. Everyone in class and their guests are responsible for their own safety and the safety of those around them. All students have the right and responsibility to excuse themselves from any exercise they believe will be harmful to them. All students must evaluate each situation in the context of their skill and current physical condition, and conduct each drill in a manner that is safe. If an instructor gives an instruction that is unsafe for the student, it is the student's responsibility to inform the instructor that the activity may be unsafe. The instructor will routinely excuse the student from unsafe exercises and drills. The instructor may ask for an explanation, and the student is expected to provide one.

All students have the responsibility to train and conduct themselves in a manner that helps all students and instructors remain safe. Students must give those who are training enough room to avoid interfering and avoid being accidentally struck by someone else practicing, which is especially important when others are practicing with weapons.

In the event of an injury, students have the right and responsibility to evaluate the extent of harm, stopping what they are doing even if it includes a partner, and determining if it is safe to continue. Unless a student is certain that further practice will not create or worsen a problem, all students are encouraged to stop what they are doing and inform the instructor. In the event of a serious injury or the appearance of a serious injury, all students, instructors, staff and visitors notably parents, have the right to call a stop to a particular training exercise. If a student notes an unsafe training situation, which may include a student/partner performing a skill incorrectly, a student/partner not showing due regard for the safety of others, a defective piece of training equipment, a potentially dangerous obstacle or condition on the floor, or anything else that may cause or lead to harm of the students, instructors, visitors or guests, then the student is expected to correct the situation if it is within his ability or to notify an instructor or staff member immediately. If something is simple to correct, such as removing an obstacle from the floor, the student should correct the situation. If the situation may require the authority of the instructor or staff, or if it is not a simple matter, then the instructor or staff member should be notified immediately.

ASSUMPTION OF RESPONSIBILITIES AND RISK

Martial Arts training is a potentially dangerous activity. Bumps, bruises, scrapes, scratches and soreness are commonplace, and most students will encounter this sort of minor injury from time to time in their training. More serious injuries are possible, including sprains, strains, twists, cramps, and injuries of similar magnitude, and the student can be expected to encounter these injuries frequently. The possibility of more serious injuries exists, including broken bones, torn ligaments, though not all students encounter such serious injuries. There remains, despite safety precautions, the remote possibility of crippling or death, though this is certainly not expected in this martial arts class. I understand the above statement of risk, and I understand the rights and responsibilities of students. I assume responsibility for my own safety (or the safety of my child), understanding and accepting the risks involved with martial arts training. Even if the instructor has informed me that no serious injuries have ever happened in this school or with any of the instructors, I understand that this does not mean that there is not possibility of harm. By assuming this risk, I completely absolve all instructors, staff, guests, students, landlords, management companies and any and all other parties of liability for my harm, unless intentionally caused in criminal conduct.

Signature _____

If under 18 Parent/Guardian

Date _____



WAIVER RELEASE FORM

MAGNUS TRAINING ACADEMY & BRAZILIAN JIU-JITSU

Student Name _____ Date of Birth _____

If under 18 Parent/Guardian Name _____

NOTICE AND CONSENT TO INSTRUCTORS

This school seeks to make use of highly trained professional instructors, with both expertise and experience both in the art(s) that we teach and in teaching. Classes may be taught by the head instructor or any other qualified instructor. Should an instructor be unavailable for a given class, a junior instructor, senior student or guest instructor may teach. The choice of the instructor is left to the discretion of the school. I understand that I may not always have the instructor I desire, but I shall seek to learn from whoever is teaching, to show the respect due to the position of teacher to whomever is teaching, and to conduct myself in accordance with the etiquette established at this school. I understand that I have the responsibility for my own safety without regard to who may be teaching the class I specifically consent to any instructor of the school, instructors or staff feel are sufficiently qualifies by standards they set to teach the class. I specifically understand and agree that the full force of this document applies no matter who is teaching.

NOTICE OF PHYSICAL CONTACT

Complete martial arts training involves a wide variety of skills. While practicing these skills, students may have contact with any portion of the body. The groin may be the target of kicks, strikes or grabs. The chest, buttocks, groin or any part of the body may be contacted by any part of the training partnerGs body during training with martial arts techniques, or incidentally contacted while performing a martial arts technique which targets another portion of the body. When male and female students train together, or when adult and minor students train together, and in any other training combination, the purpose and intent of the school, instructors and staff is to provide an environment for all students to learn and practice martial arts and self8defense. Students are expected to conduct themselves appropriately at all times to ensure the best training results for everyone. Should any student feel that a training partner is engaging in contact beyond the scope of training, or a training partner is taking undue and unacceptable advantage of training contact, or if a student is made uncomfortable by any training exercise or partner, then that student has the right to withdraw from the exercise or drill. If the contact of a training partner appears inappropriate, the student must inform the instructor privately. If the conduct of the training partner or any training partner appears criminal, then the instructor must be informed and the authorities may be notified either by the student or the instructor, or both.

CONSENT TO PHYSICAL CONTACT

I understand the nature of physical contact in martial arts training, and I understand that I have the right to immediately withdraw from any exercise or drill in which the contact of any party seems beyond the scope of training and makes me uncomfortable. I agree to abide by the school etiquette in all manners pertaining to training, and I shall not in any way conduct myself inappropriately or take inappropriate advantage of the contact martial arts training allows.

INDEMNIFICATION BY PARENTS

Applicable only to parents enrolling a minor child. I agree not to bring any claim or suit against the school, instructors, staff, guests, students, landlord, or any other parties on behalf of my child for any injury or harm sustained by any event short of a criminal act, and then only the criminal shall be the subject of such a suit. I further agree that I will not cause to be brought, nor encourage a claim or suit. I also agree not to cooperate in the bringing of such a suit or claim except insofar as I may be legally required to do so. Finally, I shall indemnify the school, instructors, staff, guests, students, and any and all additional defendants covered by this agreement for all judgments, costs, attorney fees and other expenses incurred as a result of a breach of this agreement.

Signature _____
If under 18 Parent/Guardian

Date _____



WAIVER RELEASE FORM

MAGNUS TRAINING ACADEMY & BRAZILIAN JIU-JITSU

Student Name _____ Date of Birth _____

If under 18 Parent/Guardian Name _____

ARBITRATION CLAUSE

Should any dispute arise between me, my child, or anyone acting on behalf of my child, regarding this school, then I specifically agree that the dispute shall be resolved in binding arbitration. Should a suit be filed in Court, I specifically authorize the Court to order the case to a binding arbitration.

SEVERABILITY

If any clause, sentence, phrase or statement is found unenforceable or invalid by any Court of Law, the remainder of the document shall remain valid enforceable and the invalid clause, sentence, phrase or statement shall be struck from the document.

DURABILITY

This document is effective from the date signed with no expiration. Furthermore, the terms of this document are retroactive to the beginning of training and visiting this school if this document was signed after that date.

AUTHORITY TO TREAT

I, give the instructors, staff and responsible adults the power to authorize medical or other treatment of the student named subject to the limitations listed below, if any. If I am not the named student, I am the parent, guardian or responsible adult for the named student and I have legal right to grant this power. Treatment may be made without regard to whether I or any other parent, guardian or responsible person has been contacted or has consented to the specific treatment, provided it does not conflict with the limitations outlined below. This authority begins on the date signed and continues indefinitely.

By granting my authorization, I assume responsibilities for all decisions made, provided they are reasonable decisions under the circumstances based on the knowledge and understanding of the person making the decisions, and I trust their judgment and offer the benefit of the doubt to them in any claim or legal proceeding. This presumption may only be overcome by clear and convincing evidence that they acted with malice or willful gross negligence, and if so they may still be liable. I understand that the instructors, senior students, or others may have some skills in first aid, CPR, and at their discretion, I authorize them to use those skills and techniques to assist in any circumstance in which they judge their skills would be necessary or helpful.

Signature _____
If under 18 Parent/Guardian

Date _____

PHOTO RELEASE

I do hereby give Magnus Training Academy & Brazilian Jiu-Jitsu, LLC, its assigns, licensees, and legal representatives the irrevocable right to use my name, video, picture, portrait, or photograph in all forms and media and in all manners, including composite, for advertising, for publication or any other lawful purposes, and I waive any right to inspect or approve the finished product, including written copy, which may be created in connection therewith.

By my signature, I indicate that I have read and understand this Waiver of Liability and Photo Release. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

Signature _____
If under 18 Parent/Guardian

Date _____



STUDENT EXPECTATIONS

MAGNUS TRAINING ACADEMY & BRAZILIAN JIU-JITSU

CLASS CHECK-IN

All members must be in charge of checking themselves in to the student software, either through web or through IPAD upon arriving.

SHOES/BAGS/CELL PHONES/ETC.

No shoes, bags, or cell phones of any kind are allowed on the matted area. Personal items should always be stored in appropriate storage areas and not on the floor. Magnus Training Academy & Brazilian Jiu-Jitsu LLC is not responsible for any lost or stolen personal property. Bring personal items at your own risk.

MAT HYGIENE

It is imperative that we maintain clean mats at all times to avoid infections. Your feet cannot touch the floor and then touch the mats. So be sure to have a pair of sandals for stepping off and on the mats to avoid contact with the hard floors.

PERSONAL HYGIENE

Skin infections are a reality in grappling based martial arts and JiuJitsu is no exception. Because of this reality we have implemented guidelines to minimize and hopefully prevent the contraction or spread of skin infections.

The two most common types of skin infection are Ringworm (a fungus) and Staph (a bacteria) and proper hygiene can minimize the incidence of either. The following is a hygiene protocol we have implemented, but nothing is 100% and a physician should be consulted if you develop a serious infection.

1. Educate yourself about all skin infections, Ringworm and Staph.
2. Always shower before coming to practice, especially if you have not yet showered that day, have been exercising or working manual labor. All Gi and training attire must be washed between every class. Feet must be clean before stepping on the mats. Finger and toe nails MUST be well trimmed.
3. A mix of 1 part bleach to 9 parts water or specialized grappling mat cleaner will be used to mop the floors prior to training.
4. Wash your Gi after each class.
5. Shower with soap as soon after class as possible to get rid of any infectious agents before they can take hold.
6. If you develop a skin infection, treat it immediately. There are over the counter treatments for both Ringworm and Staph. Tinactin and Lotramin are commonly used to treat Ringworm, follow the directions on the box. Staph has antibiotic resistant strains, so if you have a small or very mild infection and you purchase a topical antibiotic, make sure it contains Bacitracin Zinc as one of the active ingredients. If your skin infection gets worse, go see a doctor immediately.
7. Do not come to class with an active skin infection or open wound! You will not be allowed on the mats. (Scratches are not considered open wounds)

Do not come to class if you are ill or have a respiratory infection. If you get your teammates and/or instructors sick it can disrupt our training and operations schedule.

Signature _____

If under 18 Parent/Guardian

Date _____



STUDENT EXPECTATIONS

MAGNUS TRAINING ACADEMY & BRAZILIAN JIU-JITSU

UNIFORM EXPECTATIONS

Each class will be designated as Gi or No Gi classes. It is expected that each student has the required garments for the classes they are attending. Registration fee will include a discounted gi, belt and rashguard to ensure you are prepared for each training class. Not having the required uniform will inhibit your and your partner's ability to learn correct technique.

Smooth jewelry (such as smooth wedding bands) is the only jewelry allowed on mats. No earrings, necklaces, anklets, bracelets, watches or rings with protruding areas. All of these are prohibited on the mat. Please check prior to each class to make sure you have removed anything listed above or anything with any sharp edges that has the possibility of damaging the mats in any way. Bring personal items at your own risk. Magnus Training Academy & Brazilian Jiu-Jitsu, LLC is not responsible for lost or damaged items.

RESPECT

We expect everyone who steps inside our doors to respect and abide by our School Code of Conduct rules below. Anyone who does not, will be asked to leave.

School Code of Conduct & Etiquette

1. Safety First!
2. Wash equipment after every class with bacterial killing agent (Yes, every class!)
3. Practice proper hygiene | grooming & including trimming finger/toe nails, brushing teeth, wearing deodorant, and showing well with a cleansing agent before class.
4. No chewing gum on mats.
5. No food or beverages other than water allowed on mats or in jiu8jitsu room.
6. Stay home if you have any symptoms, illness or infection (Prevent contagion).
7. Prioritize good health: Do not train with injuries, open wounds, infections, rashes, sensitive conditions, etc.
8. Do not wear shoes/footwear on the mats.
9. Do wear shoes/footwear in restroom | outside.
10. Be on time.
11. Participate in all activities.
12. ONLY STUDENTS allowed on the mats.
13. No spectator sideline coaching during class.
14. No slams (picking up and throwing down the opponent).
15. No celebrations, no cheering, no egos, no improper aggression.
16. Silence phones | devices (students | spectators, use headphones).
17. Check your Email for important digital communications.
18. Maintain your membership (Ensure your payments are on time).
19. Respect the instructor | fellow students.

Showcasing any aggression, celebration, poor sportsmanship or negativity is NOT tolerated. Please, leave your pride at the door. Always treat instructors, other students and visitors with respect at all times.

Signature _____

If under 18 Parent/Guardian

Date _____



SAFETY FIRST

MAGNUS TRAINING ACADEMY & BRAZILIAN JIU-JITSU

Injury Liability Release

All participants are required to review our injury liability release and sign it to agree to our terms & conditions prior to any training. You must be 18 years of age or older in order to sign it or have a parent/legal guardian present to read and sign the agreement on your behalf.

Technique and Drilling Safety

During general instruction, drilling, and practice, it is more important to focus on the correct form and technique rather than speed and force. Practice at a pace that improves your progress correctly. Be a good partner and drill at a learning pace. It is perfectly okay to practice technique slow to ensure accuracy.

Awareness

Exercise spatial awareness and consider the safety of yourself and others at all times. Be cautious, respect others, your space and theirs, while training and rolling.

⚠️ Tapping Out – Important!

Tapping out is the primary way to communicate to your opponent that you are submitting to their attack and/or cannot defend or proceed anymore. You may be caught in a submission (joint-lock, choke, etc.) during any phase of our classes (warmups, drills, technique or rolling). Be prepared to tap out to prevent injury to yourself and/or your partner.

How to Tap Out

There are two ways to communicate tapping out to your opponent:

- Tapping Out Physically – Use a distinct repetitive tapping action with your hand (at least 3 taps) on your opponent's body or on the mat (loudly), so they can feel, hear and/or see your tap. We recommend tapping on your opponent's body if possible for the quickest acknowledgement. (note: some individuals may tap out by snapping their fingers. This is a casual form of tapping out that is usually performed during instruction and not advised for rolling)
- Tapping Out Verbally - There may be times where you cannot physically tap out due to your position or obstruction. In any scenario, you can verbally tap out by saying "Tap" (at least 3 times) & ensure it is loud enough for your opponent to hear.

When Your Opponent Taps Out

- If someone taps out or submits to you, you should release your submission attack immediately and safely.
- Expect & be aware when your partner may tap out, so you can release your submission in a timely and safe fashion.
- Your opponent may tap out physically or verbally, anticipate either method.
- Your opponent may not always be able to tap 3 times or more, but you should still treat it as a tap and release the submission.
- All submissions should be performed with control. A well controlled submission allows you to hold the submission without causing pain or injury and may not always have to be performed to its fullest extent before the opponent taps out if it is well controlled.

****Note:** Some attacks do require a more controlled release in order to prevent injury, like an omoplata, which should be released in a reversed direction from the attack in order not to injure the opponent's arm or shoulder.

Do everything in your ability to keep yourself and your opponent safe from injury. Train with respect at all times.

Signature _____

If under 18 Parent/Guardian

Date _____



SAFETY FIRST

MAGNUS TRAINING ACADEMY & BRAZILIAN JIU-JITSU

Rolling (sparring) Safely.

- You want to ensure you and your partner leave healthy.
- Communicate your pace and skill level to your partners prior to rolling.
- Communicate any potential health concerns or injuries to your instructor and partners prior to training.
- TAP EARLY to prevent injuries.
- Tapping Out Physically - See details.
- Tapping Out Verbally – See details
- When your opponent taps out, release your submission immediately and in a safe fashion in order not to injure your opponent.
- MOVE8ON from attacks if you cannot finish them to avoid injuries and to progress.

Advanced Submissions (Leg Locks: Heel Hooks, Toe Holds, Ankle Locks, Knee Bars)

There are some advanced level techniques that pose higher injury risks due to the sensitive nature and more vulnerability for physical injury if not executed properly, or if the opponent is unaware of the proper defense ! escape, or refrains from tapping in a timely fashion.

- Heel Hooks
- Toe Holds
- Ankle Locks
- Knee Bars

Leg Lock techniques are part of our program and are allowed, but we have strict rules on the usage of these attacks in class, which belt levels can perform them, and who they can be performed on.

The following rules apply for sparring/rolling: -

NO heel hooks, toe holds, ankle locks or knee bars/leg locks can be performed on any White belt level individual.*

With proper training ! control, white belts and any other belt level can attempt these moves on any higher level belt (blue, purple, brown, black).

If you are caught in any of these submissions, we advise tapping8out early to avoid any injuries, as these submissions can do damage before you actually feel it.

*When these submissions are the topic of instruction, they are okay to perform during tech

Owner/Instructor has rights to remove any individual from membership if the instructor sees fit. If instructor chooses to remove a student for misconduct they will not be reimbursed for any membership fees and it will be at the discretion of the owner/instructor if the student will be allowed to return in the future.

Signature _____

If under 18 Parent/Guardian

Date _____

By signing above, I indicate that I have read and understand the terms of these Safety Precautions. It is understood that I have also signed the Waiver of Liability and hold Magnus Training Academy ! Brazilian Jiu8Jitsu harmless for any damage or injury of any kind.



MERCHANDISE ORDER FORM

MAGNUS TRAINING ACADEMY & BRAZILIAN JIU-JITSU

Student Name _____ Belt Level _____

Weight _____ Height _____

A-Wingspan _____ B-Length _____ K-Thigh _____

C-Chest _____ D-Shoulder _____ H-Waist to Ankle _____

Gi Size _____ Rashgaurd Size _____

☐ Registration Gi \$80

☐ Additional Gi \$90

☐ Registration Rashgaurd \$35

☐ Additional Rashgaurd \$45

