



CONTRACT OF MEMBERSHIP ANNUAL RENEWAL

Welcome to IDEFEND. We trust you will enjoy your training.

Please note the following:

Please ensure you have read and understood the training rules and safety regulations.

Please ensure you have read the indemnity below and signed acceptance thereof.

No student will be allowed to commence training unless the indemnity has been signed and received by the school.

MEMBER DETAILS

Name & Surname: _____

Age: _____

Contact number: _____

Previous training: _____

Occupation: _____

E-mail: _____

Any injuries or health concerns:

Contact person and number in case of emergency:

MEDICAL AID Y/N

Name OF MEDICAL AID

PLAN

TERMS AND CONDITIONS OF AGREEMENT

1. This agreement is between IDEFEND (represented by the instructor providing IDEFEND training to the students/members), and the undersigned student/member.

2. Duration of agreement: This contract shall remain in force for a term of 12 months or until the date of the annual renewal in February 2024. Thereafter to be renewed every 12 months

3. Fees:

Unless otherwise indicated below, the fees for training provided shall be fixed at R1000-00 per month.

Plus, R250-00 for a T-shirt and registration fees on joining.

The total amount for the 1st month of joining is R1250-00 thereafter R1000-00 is payable per month.

If you wish you purchase an additional IDEFEND T-Shirt that will be R300.

The fees and training provided are fixed at the respective price per person, per month for the year of 2024 effective from 1st February 2024 till 31st January 2025 inclusive.

Your monthly fee will cover a minimum of 8 classes per month,

Or maximum of 16 classes should you wish to attend additional classes. We have classes Monday -Thursday

Monday & Wednesday: 4 Norfolk Ave, Craighall Park, Randburg, 2196 **Tuesday & Thursday:** Beech Ave, Jan Smuts Scouts Hall, Edenvale.

We offer **additional extras** which include:

- Attending sessions at the shooting range
- Guest instructors (local & international) These will be at an additional fee to the student.

4. Payment:

Payment must be made to the duly responsible instructor, either in cash or by EFT to a banking account as nominated by the instructor.

FNB AC
ANTHONY SEGAL
62407409615
BRANCH 250655
GREENSTONE FNB BRANCH

Payments must be made by the 2nd of each month.

Monthly Payments are due regardless of a member's absence, or number of classes attended.

5. Cancellation:

Should a member wish to cancel the agreement in a time shorter than indicated in point 2 above, one month's paid notice will be required.

6. Training provided:

The training provided to the member shall consist of Krav Maga instruction imparted by the duly responsible instructor, in classes which are publicised and organised by the instructor.

The instructor reserves the right to amend class schedules as may be necessary from time to time, at the instructor's sole discretion. (this could be caused due to public or cultural holiday coinciding with training days)

7. Disclaimer and Indemnity:

IDEFEND, its proprietors, instructors and affiliates assume no liability whatsoever for any damage, loss, injury or death incurred by any member during instruction and practice. Although every care is taken to ensure the safety of each individual, Krav Maga is a combat system and there is natural inherent risk contained in the performance

thereof. All participants undertake training at their own risk and are cognizant of the physical nature of the training.

To ensure your safety this equipment is recommended:

- Shin guards
- Knee guards
- Groin guard
- Chest protector
- Head gear - with face mask
- Mouth guard
- Boxing gloves 16oz
- MMA gloves
- Quick wraps
- Rubber gun
- Rubber knife

INDEMNITY BY MEMBER / TRAINEE

I, the undersigned, hereby agree to the terms and conditions of this agreement and consider myself legally obliged to fulfil the conditions thereof. In the event of any breach of contract or dispute which may arise, the matter shall be referred to the relevant court for resolution or relief, and I agree to be liable for any legal costs which may arise as a result thereof.

I, the undersigned, further agree that I have read and understood the above indemnity clause and I hereby absolve IDEFEND, its proprietors, instructors, affiliates, and anybody appointed by them from any claim arising from any harm or injury whatsoever during Krav Maga training. I give permission to be transported by private vehicle or ambulance to the nearest medical facility should the situation arise.

OUTINGS: Private transport may also be used to and from any destination in terms of the IDEFEND program.

Member (or guardian if under 18)

Name & Surname:

ID number: _____

Signature: _____

Signed at _____ on this _____ day of

_____20_____

TRAINING RULES & SAFETY REGULATIONS GENERAL SAFETY

1. Always train with the utmost regard to your safety and others.
2. You are training in a self-defence system that has almost no rules or boundaries and therefore your conduct in training must be of such a nature that you minimise the risk of injury to yourself and others.
3. Many Krav Maga techniques have the potential to seriously injure or kill. Therefore, horseplay, lack of focus, and careless or irresponsible behaviour is not allowed and will not be tolerated.
4. Exercise common sense and restraint when practicing or demonstrating techniques. Do not cause needless injury and be cautious when working with someone less experienced.
5. Weapon defences should always only be done with replica training weapons.

6. If at any time, you feel that there is potential for injury or harm to yourself and others due to carelessness or oversight, please alert your instructor and immediately remove yourself from the threat.
7. When applying any technique, release your hold immediately if your partner “taps out”.

TRAINING RULES

1. Exercise respect and effectiveness in class but have fun.
2. You're learning Krav Maga, not ballet, so expect a few bruises.
3. When lungs and muscles complain, remember that we are actually having fun.

SPARRING & FREE FIGHTING RULES

1. Use of a mouth guard in sparring is recommended, just in case.
2. Always wear boxing gloves or MMA gloves in sparring, unless you are engaging in “touch sparring.”
3. Have regard for your partner. Take age, fitness, combat hardness and size into account when sparring and allow your partner to learn constructively.
4. At beginner levels, sparring is very controlled and structured. At more advanced levels a match might be allowed to proceed with full force, but only if the necessary protective equipment is used, in mutual agreement with your sparring partner.
5. Any techniques are allowed in free sparring. We do not impose artificial restrictions, except those detailed in point 6.

6. Restricted sparring techniques: Eye gouging is forbidden. Hard strikes to the groin, throat, ears and back of the head are not allowed, but controlled strikes are. Pinching, hair pulling, nerve strikes, and pressure point manipulation are allowed. Biting is allowed, as long as skin is not broken. Elbow and knee strike, especially to the head or face, must be controlled, and not be performed with full force. Any other kicks, strikes, throws and grappling techniques are allowed without restriction.

Controlled "Ground & Pound" is allowed.

7. Always take care, particularly when fighting on the ground. Remember that many groundwork techniques are designed to break bones, dislocate joints and tear muscles. Certain movements can lead to a broken neck, paralysis or death, Exercise restraint.

8. If you are not sure about anything, particularly relating to safety, please ask the instructor. Remember, you will never be forced to participate in any area where you may feel uncertain or not yet ready. Remember to have fun.

9. If an opponent or participant surrenders at any time during a sparring session or fight, you are to immediately cease activity and disengage straight away.

10. In case of a minor the parents or legal guardian will be informed of any injury.

11. Always obey the directions of the instructor.

DECLARATION

I, the undersigned, hereby solemnly affirm according to the dictates of my conscience, that I truly believe in the right of all mankind to co-exist, self-determination and the right to live in peace. I further hereby solemnly affirm and undertake according to the dictates of my conscience, that any and all skills, techniques, training and knowledge that I receive as an IDEFEND trainee will only be used in lawful defines of myself or others and will not be used for any criminal or terrorist purposes within the Republic of South Africa or any other sovereign nation, specifically including the State of Israel. I further

undertake not to engage in any activity that is aimed at undermining, discrediting, or harming the sovereign State of Israel or its citizens. I understand that failure to uphold this oath will result in immediate and permanent expulsion from IKI.

Name of member/trainee:

Signature: _____

Date: _____

Signed at _____ on this _____ day of
_____ 20____.

Instructor: Anthony Segal

Contact number: 082 348 4572



Website - www.idefend.co.za

Proudly associated to IKI Krav Maga