



## CONTRACT OF MEMBERSHIP

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: \_\_\_\_\_

### 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.
3. **Fee:** The fee for training provided shall be fixed at R600-00 per month.



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. Payments must be made by the 2<sup>st</sup> of each month. 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 to time, without affecting the contents of this agreement.
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 cognisant of the physical nature of the training.

#### INDEMNITY BY MEMBER / TRAINEE

I, the undersigned, hereby agree to the terms and conditions of this agreement and consider myself legally obliged to fulfill 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 safety.
2. You are training in a self-defense 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 behavior 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.
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 strikes, 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-existence, 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 and IDEFEND trainee will only be used in lawful defense 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: 0823484572

Website - [www.idefend.co.za](http://www.idefend.co.za)

