



# Zen Living Martial Arts & Renseikan Dojo

Karate • Aikido • Judo

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A division of Zen Living Inc.

Dear students and parents,

On **Monday, September 15<sup>th</sup>, 2008** we will begin our **Bring-A-Friend Week**. This is an excellent opportunity for students to introduce their martial arts training to a friend. Your friend may be a friend, a parent, a teacher, an aunt or uncle, a neighbour – anyone you know who would like to try the martial arts. Tell them to wear track pants and a t-shirt and come out and have fun.

You may bring as many friends to your class as you want, or send them to any of our regular classes in jodo, karate or aikido. Friends who are less than 18 years old should have their parents sign the form on the bottom of this page and bring it with them to the dojo. Additional waiver forms are available at the dojo.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 – 10:00 Aikido		9:00 – 10:00 Aikido		8:30 – 9:15 Children's Karate
	10:00 – 11:00 Karate		10:00 – 11:00 Karate		9:15 -10:15 Adult Karate
					10:30 – 11:30 All Aikido
					11:45 - 12:45 All Jodo
7:00 – 8:00 Jodo	6:30 - 7:15 Beginner Children Karate	7:00 – 8:00 Jodo	6:30 - 7:15 Beginner Children Karate		
8:15 – 9:00 Children Aikido	7:30 – 8:30 Advanced Children Karate	8:15 – 9:00 Children Aikido	7:30 – 8:30 Advanced Children Karate		
8:15 – 9:30 Children Aikido	8:45 -10:00 Adult Karate	8:15 – 9:30 Children Aikido	8:45 -10:00 Adult Karate		

I hereby consent to my child's participating in a martial arts class at **Renseikan Dojo**. I hereby agree to indemnify and save harmless **Renseikan Dojo**, its instructors, members and authorized guests, as well as its agents and employees, of and from any liability of any nature or kind whatsoever arising out of or in any way connected with any claims or demands made by or on behalf of the participant.

**I have read and understand the terms of this consent and indemnification as set out above.**

Dated at Pickering, this \_\_\_\_\_ day of \_\_\_\_\_, 2008

\_\_\_\_\_  
Parent/Guardian Name (please print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Phone Number

Member of the International Yoshinkai Aikido Federation, Tokyo, Japan  
Member of the Canadian Kendo Federation, Toronto, Canada  
Member World Matsubayashi-Ryu (Shorin-Ryu) Karate-Do Association, Naha City, Okinawa, Japan