

**MARCELO ALONSO BRAZILIAN JIU-JITSU**  
**Student Release of Liability and Indemnity Agreement**

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In order to participate in Jiu-Jitsu/Judo/Mixed Martial Arts (MMA) or Self-Defense training offered by Marcelo Alonso Brazilian Jiu-Jitsu, **I AGREE TO THE FOLLOWING:**

- I understand and acknowledge that the martial arts training provided by Marcelo Alonso BJJ involves strenuous physical activities and personal body contact.
- I recognize that participation may involve risk of personal injury, such as: accidental injury due to physical exertion, the actions of other students or my own actions. Injuries may include, but are not limited to: pulled muscles; dislocated joints; or hard tissue fracture.
- I am voluntarily enrolling in martial arts instruction with the knowledge of the potential danger involved, and I agree to accept any and all risk of injury.
- I agree to follow the rules of training as outlined by the Academy, and to follow the direction of my Instructors. Also, I understand that in the event that I do not follow these rules and directions, that Mr. Alonso as head Instructor may determine if I am allowed to continue training at the Academy, and if so, I will abide by his decision.
- It is understood that this Agreement and Release of Liability and Assumption of Risk covers each and every time that I participate in class or individual training.
- I personally assume all risks in connection with these activities and I hereby agree to release, hold harmless, and indemnify Marcelo Alonso Brazilian Jiu-Jitsu, it's Owner, Associates, Members, Employees and Agents and Building Owners (collectively referred to as Marcelo Alonso Brazilian Jiu-Jitsu), from any and all liability, claims and causes of action (including any claims and actions by third parties alleging injury) arising out of or in any way connected with my participation [or the participation of any minor that I am signing on behalf of] in these activities.
- I further agree that I, my heirs, legal representatives and/or assigns will not make any claim against Marcelo Alonso Brazilian Jiu-Jitsu, for any injury or damage resulting from training and will release and discharge Marcelo Alonso Brazilian Jiu-Jitsu from all claims or demands arising from injury or damage to me caused as a result of said training.
- I understand and agree that the instruction/training provided by Marcelo Alonso Brazilian Jiu-Jitsu is intended to be used solely for recreational sport, professional law enforcement or military training, or for personal self-defense purposes.
- If I have a disability or illness, I agree to advise Mr. Alonso and/or any other Instructor, along with my physician prior to participating in training.
- I have carefully read and understand this document.

\_\_\_\_\_  
*Participants Name (PRINT)*  
*I am 18 years old or over* \_\_\_\_\_  
*(Initial)*

\_\_\_\_\_  
*Participants Signature* \_\_\_\_\_ *Date*

\_\_\_\_\_  
*Parent or Authorized Guardian (PRINT)*

\_\_\_\_\_  
*Signature of Parent/Authorized Guardian*