

AUSTIN MARTIAL ARTS ACADEMY

60-Day Challenge Registration Form

Thank you for your interest in our Satori Method 60-Day Fitness Challenge. Please complete the registration process by filling out these two forms and returning them as soon as possible to reserve your place in Challenge. Please fill out separate Registration & Release Forms if you are joining with a friend or family member.

STUDENT'S NAME: _____

Session Start Date: _____ Please Circle Your Preferred Class Times

M-W-F 6:30am M-W 8:15am/Sa 9:00am M-W 7:00pm/Sa 9:00am M-W 8:30pm/Sa 9:00am

Occupation: _____ Date of Birth: _____

Medical Limitations: _____

Address: _____

City: _____ State: _____ Zip: _____

Emergency Contact: _____

Home # _____ Cell # _____ Work # _____

Preferred E-Mail Address: _____

How did you hear about the Challenge? Website Other: _____
 Referral – Friends Name: _____

METHOD OF PAYMENT

* Please check off your choices – payments are made by the month, not by the Fitness Challenge.

Number of Sessions: (1) 60-Day Challenge 2 x \$159 | (3) 60-Day Challenges 6 x \$139

Initiation/Reg Fee: Gear Bag, Boxing Gloves, Satori Manual, School Shirt, Workout Pants - \$139

Electronic Check or Check payable to Austin Martial Arts Academy

For Electronic Check: Name on Account _____

Routing Number _____ Account Number _____

Credit Card (+ 2% admin fee)

Card Number (Visa or MC only) _____ Exp. Date _____

Name on Card _____

Billing Address: _____ City _____ ST _____ Zip _____

I authorize AMAA/Satori Method to automatically charge/deduct the following amount from my account and understand that I am responsible for payment to AMAA/Satori Method of those charges. Failure to attend does not constitute a refund or cancellation and returned transactions are subject to a \$25.00 returned transaction fee. I understand and agree to the conditions set forth in the AMAA/Satori Method Policies and Procedures.

Signature: _____ **Date:** _____

**Please fax, mail or drop off the registration form, release form and payment to:
Austin Martial Arts Academy 5000 Bee Caves Rd, Suite #210 Austin, TX 78746
FAX # 512-233-5251**

RELEASE OF LIABILITY

This agreement is between (student's name) _____; Austin Martial Arts Academy; Empty Hands Incorporated; All Ways Zen, LLC – dba Satori Method; its instructors; its volunteers; its independent contractors; all other employees; and affiliated members hereinafter collectively referred to as AMAA.

In consideration for enrollment in AMAA programs, the above named student makes the following statements and promises:

1. I acknowledge before signing this agreement, that many of the techniques taught in AMAA programs are intended strictly for physical fitness and sometimes self-defense purposes, and that these techniques are not to be used in a negative or aggressive manner against any person or property. I understand that I may be expelled at any time from participation in a program or event if the instructors learn that I used these techniques in a negative or aggressive manner against anyone or anything.
2. I agree that this agreement shall be binding upon my heirs, next of kin, representatives, and assigns and that they: (a) will not make a claim against AMAA for any injury, death, or property damage resulting directly or indirectly from my participation in an AMAA program or event; and (b) will release and discharge AMAA from any claims or demands arising from injury, death, or property damage caused by my participation in an AMAA program or event.
3. I am aware that participation in AMAA programs can involve strenuous physical activity and when in question agree to consult with my primary health care practitioner before engaging in such challenging fitness activities.
4. I understand that training will include punching and kicking contact against training equipment. I understand that I have the option of participating in contact drills with other students and instructors. With this knowledge, I voluntarily assume the full risk and responsibility for any and all psychological and/or bodily injury, death, or property damage arising from the actions or conduct of AMAA, its instructors, or other students; from my actions or conduct during an AMAA event; or from my actions or conduct as an AMAA student however caused and whether caused in whole or in part by the negligence of the Releasees named above.
5. I promise to defend, indemnify, and hold harmless AMAA from any claims made by third parties alleging injury or damage resulting from my conduct and activities while on AMAA premises or during an AMAA sponsored event, from my conduct as an AMAA student, and from my use of any techniques learned in an AMAA program.
6. I agree to allow AMAA to use my still or moving picture and audio content for any promotion and/or publicity relating to AMAA. I understand that I will not receive any compensation for such use.
7. I have not requested nor received any warranties as to the effectiveness of any AMAA programs.
8. I agree that there have been no oral representations, statements, or inducements made apart from this written agreement.
9. I understand that this release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the state of Texas and that if any portion thereof is held invalid, I agree that the balance shall, notwithstanding, continue in full force and legal effect.
10. In the event of an injury, condition, or death that surpasses the capabilities of AMAA instructors, I hereby give permission to obtain qualified emergency medical assistance and do not hold Austin Martial Arts Academy; Empty Hands Incorporated; All Ways Zen, LLC – dba Satori Method; its instructors; its volunteers; its independent contractors; affiliated members and all other employees liable for such occurrence. I also understand that injuries received may be compounded or increased by negligent rescue operations or procedures of the Releasees.
11. I have carefully read this agreement and fully understand its contents. I am aware that this agreement is a release of liability and responsibility between myself and Austin Martial Arts Academy; Empty Hands Incorporated; All Ways Zen, LLC – dba Satori Method; its instructors; its volunteers; its independent contractors; and affiliated members. I voluntarily agree to each of the terms and provisions thereof and sign this agreement on my own free will.

Signature: _____ **Today's Date:** _____

AMAA POLICIES AND PROCEDURES

(Please Read & Keep a Copy of this Information)

Cancellations and Refunds:

A non-refundable processing fee of \$25 is included in the price of the Challenge tuition. If you cancel less than 2 weeks prior to the start date of the Challenge, you will only receive a refund less the \$25 processing fee IF we are able to fill your spot. There is no prorating of fees for missed classes or for late enrollments. Failure to attend does not constitute a refund or cancellation and returned transactions are subject to a \$25.00 returned transaction fee.

Arrival Time:

Arrive no later than 5 minutes before your class begins to prepare and get ready for Seiza (meditation time). Be careful to not disturb a class once the meditation period has begun. (Place your things down quietly). If you enter class late you should warm-up off to the side before joining the class.

The Meaning of a Dojo:

The character 'Do' (sometimes written as Dao or Tao) means The Natural Way or The Higher Path. Therefore a Dojo is often considered a place to practice the Natural Way or Higher Path, ultimately leading to enlightenment. In this light a Dojo is so much more than just a training studio; it is a place for deep personal transformation.

In ancient times a Dojo was equivalent to a temple and acceptance was considered a great privilege. To be accepted you needed your parent's consent, good references and the willingness to undergo intense and dedicated training. Food for thought 😊

Removing Your Shoes:

There are several gestures to become familiar with that represent the ancient etiquette followed once inside a Dojo. For example, removing your shoes upon entering the Dojo is considered a symbolic gesture of leaving the world (and your ego) behind as you enter. For practical purposes you remove your shoes so as not to bring dirt on the floors where you train. (You may wear special martial arts sneakers designed to be worn on our mats - these shoes are special ordered to fit).

The Purpose of Bowing:

Bowing before entering the Dojo is another symbolic gesture that students of The Way practice to help raise their awareness. Before stepping onto the mats we all do a slow bow as a way of reminding ourselves that we are entering the Dojo to leave our ego behind and transform ourselves. Bowing once upon entering and leaving the Dojo is customary.

Seiza & Meditation:

The sitting period (Seiza) at the beginning and ending of class is a time for practicing meditation. Meditation is a way for you to clear and focus your mind. Additionally Seiza is a time to set an intention or goal for the training that is about to commence. Again, please be very quiet during this time.

Workout Attire:

We ask that you please wear you Satori Method attire to all classes. This is for two main reasons: The first is you will be a part of an authentic martial arts practice; all martial arts disciplines have a school uniform. The uniform helps create a sense of community; think of it as being part of a team. The second reason is that our martial arts attire allow for proper movement. We also offer yoga pants and tank tops, to help you to see your body clearly as you develop your form in the mirror. On a practical please note make sure your training attire is clean and if you perspire very heavily we recommend that you bring a towel and possibly two shirts. Also please do not wear 'heavy' perfumes or colognes.