



Kids Kendo Registration Form

**Indicates Required Fields*

Personal Information	
*Name (Please Print):	
* Class (Please check one)	A (5-7yrs) <input type="checkbox"/> B (8-11yrs) <input type="checkbox"/>
*Date of Birth:	YYYY/MM/DD

Contact Information – Participant or Guardian if Applicable			
*Primary Phone Number:		Alternative Phone Number:	
*E-mail Address:			

E-mail is essential for formal communications pertaining to practice, notice of cancellations, rescheduling or other major events and news.

Emergency Contact			
*Name:		*Relationship:	
*Primary Phone Number:		Alternative Phone Number	

Medical Information – Participants	
*Medical or Physical Limitations or Conditions Affecting Participation or Requiring a Medical Technician:	
*Allergies (Medication or otherwise)	
Other:	

All medical, personal, and contact information will be protected and remain **CONFIDENTIAL**, this information will not be published, distributed or disclosed. The use of e-mail and phone will only be to provide notification of events and scheduling of practice or changes to. Having numbers on file are also required considering public health requirements regarding COVID-19 for contact tracing.



Questionnaire – Optional

Have you ever practiced kendo before? If not, how much do you know about kendo?

Do you have experience in martial arts, kendo or otherwise (please specify)?

Why would you like to learn kendo?

Kendo Kids - Winter Series

CLASS DATES

January	-	22nd (Start)	29th	-
February	5th	12th	19th	26th
March	5th	12th	19th	26th
April	2nd	16th	23rd	30th
May	7th	14th	21st (END)	-

Total Sessions: 17

Notes: No session January 14th (instructor absent due to travel) or Easter Weekend (April 9th).

Class Length: 40 min

Class A

Ages: 5-7

Time: 12:30PM - 1:10PM

Class limit: 20 students max

Class B

Ages: 8-11

Time: 1:15PM - 1:55PM

Class limit: 20 students max

ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

I, the undersigned, hereby acknowledge that participation in KENDO requires vigorous exercise and physical contact, and as such involves some risk of injury or even loss of life. I acknowledge that this activity may involve a test of a person's physical and mental limits. I certify that I am physically able, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity. I certify that I will follow the instructions provided by the instructors of THE ROCK KENDO & IAIDO CLUB regarding personal safety, and I acknowledge that it is my responsibility to maintain my own Kendo equipment or any Kendo equipment loaned or rented to me by THE ROCK KENDO & IAIDO CLUB in a safe condition to prevent injuries to myself and others. I acknowledge that it is my own responsibility to ensure I am in such physical condition as to not present any undue health or injury risk to myself or others while taking part in Kendo.

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH THE ROCK KENDO & IAIDO CLUB, including by way of example and not limitation, any risks that may arise from, potential exposure to pathogens or infectious vectors, negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault. I acknowledge that THE ROCK KENDO & IAIDO CLUB and their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration, and actions of other people including, but not limited to, participants, volunteers, monitors, and/or producers of the activity. These risks are not only inherent to participants but are also present for volunteers.

IN CASE OF INJURY OR MEDICAL EMERGENCY, SHOULD I BE UNABLE TO RESPOND, a Club representative has my permission to provide immediate medical assistance and to determine if further medical assistance and/or transportation for medical treatment is required. I understand and agree that I am responsible for any associated costs for this action.

I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity. In consideration of my application and permitting me to participate in this activity, I hereby act for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, infection, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: THE ROCK

KENDO & IAIDO CLUB and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;

(B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise.

I understand while participating in this activity, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns.

The Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.

The above being fully acknowledged, I hereby release THE ROCK KENDO & IAIDO CLUB and its affiliates, their officers, instructors, members, and agents as well as the NLESD, their officers, instructors, members, and agents from any and all claims, damages and expenses upon my death, bodily or mental injury, or loss or damage to my property or that property entrusted to my care, or to that of any property or venue at which activities take place, that is a result of my participation in Kendo.

I, the undersigned do hereby voluntarily submit my application for attendance and participation in the training of THE ROCK KENDO & IAIDO CLUB. For regular members above the age of elementary (+12), I understand that fees are due and payable upon beginning of the first class or club practice. Thereafter dues will fall due on the first of the month.

***I have read and understood the terms and conditions as provided by The Rock Kendo Club and I agree to all the terms. I also verify that all information given is accurate and precise.**

Participant Name & Signature: _____

Date: YYYY / MM / DD _____

Parent/Guardian Name & Signature (If Member is under 18): _____

Date: YYYY / MM / DD _____

Code of Conduct

The Rock Kendo & Iaido Club (TRKIC) is committed to providing a healthy community environment through promoting respect, active living, cultural understanding, and volunteerism. A positive environment exists when all members of the TRKIC community feel safe, included, and accepted, and actively promote positive behaviours and interactions. This Program Code of Conduct applies to all programs and courses offered at with TRKIC. The standards of behaviour outlined in the Code of Conduct shall apply to all instructors, participants, and observers during program activities, and all sites of training.

Conduct:

- 1.** Instructors and participants are deemed to be representatives of TRKIC and as such any statement made or task performed reflects on TRKIC and the program offering. Therefore, every instructor and participant shall abide by the Code of Conduct as well as the Policies and Procedures of TRKIC. As well, instructors and people in positions of authority shall treat every participant equally and fairly without bias or prejudice.
- 2.** In the event that a program is a martial, sport or game activity, all instructors/coaches, participants and observers shall abide by the general rules of “Fair Play”:
 - a. Respecting the rules of the game,
 - b. Respecting officials and accepting their decisions,
 - c. Respecting the opponent and other participants,
 - d. Providing all participants with equal opportunities,
 - e. Maintaining dignity under all circumstances and demonstrating good sportsmanship.
- 3.** Respect and discipline are key elements of martial arts training and the understanding of their importance is a goal. We expect all participants and observers to practice:
 - a. Respect for the instructors, judges and referee,
 - b. Respect for the other participants,
 - c. Respect for the NLESD premises, St. Andrew’s Elementary, and any venue in which a program is being conducted,
 - d. With regards to martial arts programs, respect for the rules, proceedings and values of the dojo and keiko (practice), and the rules of competition,
 - e. Participants and observers accept that reasonable forms of discipline will be employed to ensure respect for the aforementioned and to reinforce martial art teachings.
- 4.** Bullying or harassment by participants, instructors or observers will not be tolerated. Participants are encouraged to alert the instructor and/or senior members of TRKIC if they feel they have observed bullying or they feel they were bullied or placed in a position of potential threat.

5. Offensive, abusive or insulting language (swearing) is strictly prohibited in dojos, change rooms, classrooms and during any activity within a TRKIC program.
6. Failure to comply with the Code of Conduct may result in consequences for any instructor, participant, or observer of TRKIC programs, including but not limited to suspension and expulsion from any programs or activities with TRKIC at and abroad of the NL Sports Centre, and a revocation of membership. Fees or remuneration will not be reimbursed on the violation of the code of conduct.

*I have read and understood the terms and conditions as provided by The Rock Kendo Club for its Program Code of Conduct and I agree to all of the terms.

Program Name: **KIDS KENDO**

Participant Name:

Participant or Parent/Guardian Signature:

Date: YYYY / MM / DD

The Rock Kendo & Iaido Club

Registered home office:

15 Windfall, Conception Bay South, Newfoundland
(Cell): 709 728 8304

kendoka@therockkendo.com

www.therockkendo.com



Preparing for Your First Kendo Lesson

Kendo is a lot of fun and a great challenge; it also requires relatively little to get started and pursue. Though students should be aware of some things before coming to practice which will help them acclimate and navigate their first class.

1. For parents, bring the completed registration / waiver form to class if it has not yet been submitted. Electronic submissions are fine, if unable to fill/sign these forms then please write an e-mail with the required information and a statement confirming you agree to the above conditions, attach this form as proof of having read the terms. Direct to kendoka@therockkendo.com
2. This program will follow a basic curriculum, it is recommended students attend all sessions.
3. Have your children dress in loose, comfortable clothes for moving around in, unless you have an appropriate uniform. Students do not need a uniform (do-gi and hakama), their clothes which they use for gym at school is fine.
4. Kendo is done barefoot, if hygiene is a concern for you, I would recommend obtaining a pair of aqua shoes/slippers (or something with a thin flexible sole which allows traction and sensation in the foot and does not isolate it, even a traditional tabi with leather sole).



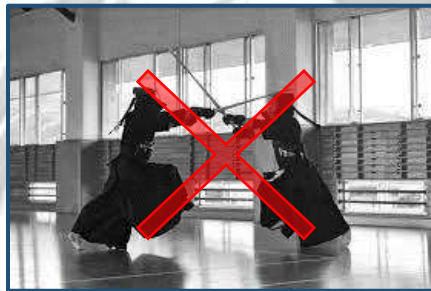
5. We perform kakegoe/kiai or shouting as part of training. This is part of building confidence and commitment, to 'rally the spirit' so to speak. Correct kiai is also needed to build a stable breathing pattern and help with endurance.



6. Kendo uses a shinai (bamboo training sword); four (4) bamboo slats bound with string and leather. These shinai will be provided by our club for free for student use. Always carry your shinai in the left hand (the side where the sword normally rests). Never lean on the shinai, place to the side wall tip up when not in use.



7. During these classes students will not be performing strikes directly on partners, only instructors, or on shinai, thus bogu (armour/protective gear) is not required.



8. Before entering the gym, remove footwear and leave outside the gym/dojo area, all training is done in bare feet.
9. Bow when you step into the dojo and bow when leaving (face into the dojo when you do either).



10. When the class starts, we will perform soji (cleaning of the dojo) this teaches us we are all equal in the dojo, no practitioner is above another, even sensei helps! It is also to show consideration for the space we train in.





11. Following this taiso will be announced and everyone does the warm-up together. Follow as best as possible and do not worry about making mistakes during the exercise.
12. Suburi, warm up or practice cuts with the shinai.
13. Seiretsu is called, line up facing the sensei with the rest of the members. As a new junior member, you should go straight to end of the line. The most senior is on the right & most junior on the left. Be mindful of adequate spacing, and straight alignment with person on right.
14. Chakusa/Seiza (sit/kneel), place shinai on the floor on your left side, place hands on your lap.
15. Mokuso, mediate in silence with the group, hands at hokkai-join (make a circle with them, left hand inside of your right hand, palms up. Put the tips of your thumbs together forming an oval shape).
16. Shomen ni rei, bow to front of dojo, sensei ni rei, bow to the sensei.
17. Class starts.
18. When the training is ending, steps 9 to 12 are done again, and an additional bow included, otagai ni rei, bow to the person on either side of you.
19. Class is dismissed.

Kendo is conducted using as much Japanese language wherever possible, aside from the above-mentioned terms some Japanese Words You Should Learn are:

- a. Counting: The following is a list of the English numbers one through ten in their equivalent Japanese.

(1) One : Ichi (sounds like itchy)	(6) Six : Roku (row-ku)
(2) Two : Ni (sounds like knee)	(7) Seven : Shichi (like sitch in situation)
(3) Three : San	(8) Eight : Hachi (like hatchet without the last t)
(4) Four : Shi (she)	(9) Nine : Kyuu (like queue)
(5) Five : Go	(10) Ten : Juu (like ju in juice)



- b. Hajime: Start
- c. Yame: Stop
- d. Hai: Yes – said in response to commands or instructions and with vigor

When in doubt for etiquette bow, it never hurts. Please feel free to ask senior members any questions you may have but be mindful of the situation.

