

Confidence, Courage, Respect, Integrity, Perseverance, Leadership



Taekwondo will help your child develop all these qualities and more! It is a **FUN** and **REWARDING** activity for **any** child--**right here at Trinity Lutheran School**--for less than the cost of many other activities! PLUS, at the end of each 10-week session, your child will gain a **sense of accomplishment** when they test for their next belt! **Our next session starts September 16 so join now!**

Ages: 3-5 (age 3 by Sept 1, 2021)

Day/Time: Thursdays at 9:00am at Trinity Lutheran School

Instructor: Laura Kapala
ATA Black Belt Academy
630-215-3307 or lkapala94@yahoo.com

Sessions: Each session is 10 weeks
Session 1: Sept 16, 2021 – Nov 18, 2021
Session 2: Dec 2, 2021 – February 17, 2021
Session 3: March 4 – May 13, 2020

Cost: \$170 per 10-week session (Cost includes rank testing for next belt!)
Pay via Paypal (lkapala94@yahoo.com), Venmo (@Laura-Kapala), Zelle (6302153307), cash or check (payable to Laura Kapala)

**Your child can try the first class for FREE!
No obligation.**



About the Instructor

Mrs. Laura Kapala is a 5th Degree Black Belt, Certified Instructor and Child Safety Specialist. She is the Program Director at Sr Master Nakane's ATA Black Belt Academy in Lombard and she also teaches the Tiger (ages 4-7) and Karate for Kids (ages 8+) classes at the Academy. Mrs. Kapala is passionate about teaching children to be safe, confident and self-aware individuals. She lives in Lombard with her husband and two children.

About ATA

The **American Taekwondo Association** is the world's largest martial arts organization. For more information about the ATA Tiger program, as well as games and activities, please visit our website at www.atatigers.com.



ATA Tiger Taekwondo at Trinity Lutheran School

HOLD HARMLESS AND LIABILITY RELEASE AND WAIVER AGREEMENT

I, _____, have voluntarily submitted my application for registration as a student in Senior Master Nakane's Black Belt Academy ATA Taekwondo Program. By submitting the application for membership, I certify that I am fully aware of and understand the inherent dangers in participating in activities involving Taekwondo and other martial arts, and basic safety rules and procedures, including, but not limited to, promotional rank testing, summer camps, seminars, and tournaments which I might attend.

I understand and agree that the operators of the club/center, the American Taekwondo Association, its owner, the instructors, or any other student, will not be responsible for my safety, nor will any other of these parties or individuals serve as a guardian of my safety.

I understand and agree that neither the operator of the club/center, the American Taekwondo Association, its owner, the instructor, or any other student, their agents or assigns, or any other individual or entity associated with the American Taekwondo Association, may be held liable in any way for any occurrence or event in connection with my membership or participation in tournaments or camps which may result in injury, death, or any and all damages to me or to my family, descendants, heirs or assigns.

I understand and agree that in consideration of being allowed to be a student in this program, including tournaments or camps, I hereby personally assume any and all risk involved in connection with same; and furthermore, I release the aforementioned individuals and entities and any other individual or entity associated with this program, for any harm, injury or damage that may occur to me or befall me while I am a student in this program: including any and all risks connected therewith, whether foreseen or unforeseen, including and risks created and/or harm caused by any negligent act (excluding gross negligence or reckless behavior) or acts of any or all of the above-mentioned parties. Furthermore, I will hold harmless the above-mentioned parties from any claim by me, my family, my estate my heirs, my personal representative, or their assigns, arising out of my participation in the program, tournaments or camps.

I further state that I am of lawful age and legal age and legally competent to sign this agreement, and that my signing this agreement is my own free act (unless this is signed by a parent or legal guardian). I understand and agree that the terms herein are contractual, and they are not a mere recital or simply for information purposes.

I have read, understood, and fully informed myself of the contents of this agreement. I assume my own responsibility for my physical condition and capability to perform under the program, tournaments, seminars or camps in which I participate.

Signed: _____ Date: _____

By: _____ (Parent or legal guardian if appropriate)

Witness: _____

To be signed if above is executed by parent or legal guardian.

In consideration of the aforementioned activities, and as parent or legal guardian of the minor named above, I, on behalf of said minor, agree to identify and save harmless the American Taekwondo Association, the organization of the program, the instructors, tournament officials, camp directors, other contestants in the programs or tournaments, or their agents or assigns, against any claim for damages, compensation or otherwise on the part of said minor or his or her heirs, executors or administrators and to reimburse or make good any loss or damages or costs that any of the above parties may have to pay if any litigation arises of any claims made by said minor or anyone in his/her behalf. Further, I release any claim or cause of action that I may personally have as parent, or legal guardian resulting from any such injury or death to said minor.

Signed: _____ Date: _____

Witness: _____