



# Intermountain Hapkido Alliance

합기도

## Student Disclosure

Hapkido is a Korean martial art of tactical self defense and combat. The focus is on efficiently and effectively using your opponent's aggression to your advantage. Students develop self confidence, self control and preservation for self and others. Instruction will increase fitness, strength, flexibility, balance, agility, coordination and respect for self and others. Elements of instructional development include: evasive movements, blocking, trapping, deflecting, kicking, striking, break-falls & rolls, joint-locks, throwing, grappling, pressure point and vital point anatomy. Hapkido is a true martial art NOT a competitive sport or tournament style karate.

The Intermountain Hapkido Alliance, LC does not require contracts that bind students to specified terms of time and payment, however, persons training in Hapkido recognize and accept that body, mind and spirit conditioning is a way of life and a lifelong endeavor. Consequently, students enrolling commit to the dedication and discipline of training both inside and outside the dojang (training hall) and seek to adapt and assimilate their training into every aspect of their life; physical, mental, spiritual. If the student cannot commit and adhere to all terms disclosed herein they are advised to seek training elsewhere.

## Terms of Disclosure

### **Student Registration**

1. All new students desiring to train in Hapkido must complete the following:
  - A registration form for membership in the Intermountain Hapkido Alliance, LC
  - A signed Informed Consent / Liability Waiver and Personal Health Medical Statement
  - An Instructor / participant interview and accompanying signed disclosure statement
  - Submit a \$25 Intermountain Hapkido Alliance, LC registration fee
2. Applicants should study all material provided in the application packet and come prepared with any questions to the instructor / participant interview.
3. Only Master Summers and the instructor(s) will accept or reject applications for training.

### **Tuition**

4. Monthly tuition fees are \$65. Additional family members (immediate family members living in the same household) active military, and law enforcement (POST certified/sworn) may enroll at a reduced monthly rate – see instructor for details regarding available discounts. (Tuition fees are subject to change).
5. Monthly tuition is due the first week of each month unless other arrangements have been made with the instructor. Monthly tuition is due regardless of the student's attendance. Tuition will not be pro-rated or waived for classes not attended or for unexcused periods of absence. Attendance is the student's responsibility. Any student more than one month delinquent will be expelled until the delinquency is satisfied. Student's experiencing financial hardships should consult with the instructor regarding a temporary alternative to payment or an alternate payment schedule.

### **Class Schedules & Attendance**

6. Students are to attend two class sessions per week. Students should attend classes even in the event of injury or illness (unless the illness is contagious) to learn through observation as well as to give and receive the support of fellow students. Any student who can not regularly attend the required two class sessions per week due to work, school or some other legitimate scheduling conflict must consult with the instructor. Parent/legal guardians of minor students are responsible for their safety and well being outside of the training hall (i.e. drop off/pick-up, emergency bathroom breaks, etc.)
7. Training in Hapkido is not a seasonal or part-time activity. Classes are held year-round except on the following: Memorial Day, Independence Day, Labor Day, Thanksgiving Day and the week between Christmas Eve and New Years Day. Attendance is expected unless otherwise cleared with the instructor.

8. In the event of an absence the student must notify the instructor beforehand when possible or as soon afterward as is practical. Instructors are best contacted by telephone, text, or email. Students who miss three or more classes without notification to the instructor may be expelled from the program.

### **Dojang Rules of Discipline, Respect & Etiquette**

9. Students are expected to be on time for class. Tardiness shows disrespect and is disruptive to the class. If late, the student will do 25 push-ups and wait until the instructor acknowledges their presence and places them in line.

10. Upon entering and leaving the training area all students shall show proper respect and discipline by saluting (bowing) toward the national flags (US / Korean). We call this "bowing in" and "bowing out" of class.

11. Male masters or instructors shall be addressed as "sir", female masters or instructors as "ma'am". Also as "Mr. / Mrs. / Miss; followed by their last name. This must be followed both in and outside of the dojang.

12. Students shall wear a clean and complete Hapkido uniform to class. The Hapkido uniform is a black dobok (gi) or black judo/jujitsu gi. A complete uniform consists of a top (with Hapkido & Alliance patches), pant, belt (and undershirt or sports bra for females). Failing to wear a complete uniform to class may result in extra calisthenics. Uniforms can be purchased from your instructor. NOTE: It is more important that you come to class if you are going to be late or if you find you don't have your uniform than that you miss class, i.e. don't miss class just because you don't have a clean or complete uniform.

13. Students are also expected to come to class exercising good personal hygiene. Finger and toenails should be kept clean and trimmed.

14. No food or drink (other than water) is to be consumed in the training area. Gum chewing during class and in the training area is also prohibited.

15. Students shall remove all jewelry (watches, necklaces, rings, etc.) before class participation.

16. Bathroom and water breaks are to be taken before and after class. Exceptions will only be made if there is an emergency or medical condition. Medical conditions shall be privately disclosed to the instructor.

17. Talking is not permitted during class unless you are asked or asking a question of the instructor. Profanity or vulgarity of any kind will not be permitted.

18. Master(s), instructor(s), parents, fellow students, and others shall always be treated with courtesy and respect. Disrespect, backtalk, teasing, bullying and/or making fun of others, inside or outside the class, will not be tolerated and may result in expulsion.

19. Students are expected to always give 100% of their best effort in class. Laziness, failure to pay attention and horseplay during class will not be tolerated and will result in discipline and/or suspension.

20. Students should exercise humility and open mindedness when receiving praise or instructive correction. We are all here to learn and improve.

21. Students are to treat the training facility and equipment with respect and care. Students are expected to take an active part in keeping the facility and equipment clean and safe for others.

### **Personal Practice**

22. Daily personal practice is required. All students are expected to practice a minimum of one hour a day, six days per week even while on vacation or holiday (There are many ways to practice). Classes attended count for that day's practice. The student is encouraged to make their personal daily practice fun and challenging. Lack of daily practice is very evident to the instructor and greatly delays the progress and development of the student. Students should keep a notebook to record notes on instruction, technique and progress thus building their own student manual. The student's notebook may be reviewed in connection with the student's testing for rank advancement.

### **Rank Advancement – Promotion Testing**

23. Promotion tests are conducted, judged and certified under the authority and direction of the Intermountain Hapkido Alliance, LC, Masters Gordon and Nathan Summers.

24. All students accepted for training in Hapkido are required to test for rank advancement as they progress as determined by the master(s) and instructor(s). Neither the student (nor parent) should ask if the student can test, to do so is disrespectful and shows a lack of humility. The Master or instructor will call the student's name for testing when they have determined the student is ready.

25. Students and parents should rest assured that no instructor will set a student up for failure. Instructors will only call the names of those students who they know are prepared to test and will be successful. Students who miss two consecutive tests after their name has been called will be suspended from the program. Students who miss due to emergency, injury or illness will be rescheduled.

26. Promotion tests are typically conducted every two months (January, March, May, July, September, November). Students, however, usually test every four to six months for white through blue belt ranks and every four to eight months for their red through first degree black belt ranks. A testing fee is assessed by the Intermountain Hapkido Alliance, LC for each rank as follows: (testing fees may be subject to change)

Yellow Belt	\$50
Green Belt	\$75
Blue Belt	\$100
Red Belt	\$125
Red /Black Belt	\$150
Junior Black Belt (<12)	\$200
1 <sup>st</sup> Dan Black Belt	\$300

27. Student advancement is a vital and required part of the training program. All students (and parents) are advised to make a priority of the student's martial art training and to plan and budget for promotion tests every four to six months. Students who have worked hard deserve the opportunity, recognition and reward.

28. Students, who work hard, attend classes regularly, exhibit a good attitude and learn and progress in technique can generally expect to earn a first degree black belt in about three to three and a half years. Hapkido black belts enjoy lower monthly tuition fees but are required to raise their level of performance, attendance and dedication. Hapkido black belts are also expected to be exemplary in their conduct and to assist, when directed by the instructor, with the teaching and training of junior students in the dojang.

#### **Personal Conduct**

29. Hapkido is a combat, self defense art only! It is not a competitive sport or tournament style martial art. Hapkido techniques are very effective and can be extremely dangerous. Therefore, development of good mental discipline and judgment is essential. Students who flaunt, bully or otherwise misuse their martial art skill or who can not control their temper or display cocky, arrogant behavior, will be expelled from the class without further instruction. Students are expected to do their best in all aspects of their life and to be humble, kind, respectful and involved in doing good to others.

#### **Use of Image(s)**

30. The Intermountain Hapkido Alliance may use image(s) (videos, pictures, etc.) that are submitted, taken during class, practice, events, testing or other occasions. The consent for the use of image is implied. If students or parents/legal guardians do not want a specific image used they are to notify the gym instructor.

#### **Informed Consent Agreement**

I, the undersigned, hereby acknowledge that certain RISKS OF INJURY are inherent to participation in martial arts. These types of injuries may be minor or serious and may result from one's own actions, or the actions or inactions of others, or a combination of both. I also understand it is my responsibility to become knowledgeable about how to minimize or prevent the risks associated with participation in HAPKIDO.

I, the undersigned, understand that participation in HAPKIDO requires a certain LEVEL OF FITNESS AND HEALTH (physical, mental and emotional) and that each person has a different capacity for participating in this activity.

I hereby warrant being physically fit and possessing adequate health to participate in HAPKIDO, and understand that the choice to participate brings with it the ASSUMPTION OF THOSE RISKS AND RESULTS which are of this activity. I also understand that it is my responsibility to obtain medical clearance if there is any doubt in my mind as to my health and fitness status.

I agree that the INTERMOUNTAIN HAPKIDO ALLIANCE, LC, its instructors, contractors, employees/agents, volunteers, facilities used, and facility owners/employees shall not be liable for any injury to my person or loss or damage to my personal property arising from, or in any way resulting from, participation in this activity.