



IMCA: TRAINING SEMINAR

Empty Hand, Stick and Knife

Date: February 20, 2010 10am to 4pm

**Location: Jacksonville State University
Jacksonville, AL**

Cost: FREE

Must be 18 years of age or older to participate

Martial Arts USA is sponsoring a Martial Arts Clinic Saturday February 20, 2010 10-4PM. The seminar will be presented by Mr. Kenneth Lones. A variety of topics are anticipated for discussion to include but not limited to:

- Empty Hand Self Defense Methods
- Single and Double Stick Techniques and Drills
- Knife Defense Drills
- Knife on Knife

Please bring training equipment such as escrima sticks and training blades with you if you have them. A limited number of training equipment will be available for use.

The IMC: Defense Program is based on both traditional and modern approaches to the Martial Arts. It includes aspects from traditional karate and jujutsu as well as Jeet Kune Do, Filipino Martial Arts, and modern combative training such as Krav Maga and Defendo. Those that are interested in certification and/or beginning an IMC training group at their school should contact Mr. Lones. Training hours will count toward Continued Training Credits as well as certification, if approved



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SEMINAR PARTICIPANT REGISTRATION

Date: February 20, 2010 Jacksonville, AL

[Please Print]

Participant _____

Agency/Dept (if applicable*) _____

Address _____

City

State

Zip

Sex: Male Female Date of Birth _____

Email Address (Optional)

I, We, or parent(s) of, the above named person(s), who is/are participating in the above named Program, hereby give my/our approval to his/her participation in any and all activities of the Program. I understand that there are certain risks of injury inherent in the practice of the Program and other related activities incidental to my/their participation, and I/We am/are willing to assume these risks on behalf of myself. I hereby certify that the above named person(s) is/are fully capable of participating in the designated Program, and that the participant(s) is/are healthy and has/have no physical or mental disabilities or infirmities that would restrict full participation in these activities, except as listed below. In addition to giving my full consent for the above named person(s) participation, I do hereby release, absolve, indemnify, and hold harmless Martial Arts USA, IMCA, Seminar instructors, sponsors, supervisors, agents and employees, any or all of them. In case of injury, I/We hereby waive all claims against instructors, organizers, sponsors, or any of the supervisors appointed to them. Furthermore, I hereby release and authorize the use of any pictures, movies, media coverage, etc... utilized by those associated with this event at any time and waive any claim to any compensation of any nature for the use of the same.

Participant(s) Signature Date

*This information is used to register training credits for Law Enforcement and similar professions for record.