



Participation, Training & Media Waiver

ASSUMPTION OF RISK

I acknowledge participation involves inherent risks including injury, illness, or death. I voluntarily assume all such risks.

HEALTH & RESPONSIBILITY

I confirm I am physically capable of participating and will act within my limits. Instruction is educational and not medical advice.

RELEASE OF LIABILITY

To the fullest extent permitted by law, I release, waive, and discharge IronCoreStyle, Dojo Dad, and Neal Borowsky from any liability arising from participation.

ONLINE TRAINING

I am responsible for ensuring a safe training environment. I understand the instructor cannot physically assist or correct me and I assume all related risks.

IN-PERSON TRAINING

I accept risks associated with physical training, shared spaces, and equipment and agree to follow safety instructions.

DIGITAL CONTENT

All materials are for educational purposes only. I assume all risks from their use.

MEDIA RELEASE

I grant permission for media use unless I opt out below.

I DO NOT grant permission for media use

AGREEMENT

I have read, understood, and voluntarily agree to all terms.

Name:

Signature:

Date: