



## Five-Year Training Program Application

(Shaolin Long Fist/White Crane, Taijiquan, Qigong)

Program collaboration between  
the YMAA Retreat Center and the Ku Foundation

*For Enrollment From September 2018 - June 2023*

### **IMPORTANT!**

Before you begin this application, read it thoroughly to ensure that you fully understand what the YMAA Retreat Center is about, what the training involves, what the expectations are, and how you may or may not fit into the program.

We will only consider applicants who meet all the requirements. If you have any questions or doubts, please contact us.

If you decide to apply, submit your application as soon as possible. Read and follow the instructions of the application carefully! Your ability to read and follow directions will be factored into the judgment of your overall application.

**Application Deadline: May 31, 2018**

**Trial Training & Interview Period: October 1, 2017 - May 31, 2018**

### **REQUIREMENTS AND ELIGIBILITY**

- You should be between 17-30 years old by May 31, 2018. This requirement is necessary due to the extremely demanding nature of the physical training involved.
- You should have graduated high school or have a high school equivalent diploma. If you do not meet this requirement and still want to apply, please see below.
- You or your sponsor(s) must be able to pay the application fee of US\$100.
- You or your sponsor(s) must be able to pay the annual tuition cost of US\$11,000/year.
- You must have your own health insurance coverage.
- You must have parental (or legal guardian's) support and permission.
- Non-U.S. citizens must be able to obtain a visa that is valid for the duration of each semester. If accepted into the program, we will issue an I-20 form and an admission letter which you can use to apply for a student M-1 visa. Note that a normal tourist visa will suffice for short visits, such as during the Trial Training & Interview Period. The I-20 form and admission letter will not be issued unless you are accepted into the program.

**If you believe you should be exempt from one or more of these requirements, you will need to exhibit strong, supporting evidence to prove and explain why. Please submit your case so that we can further discuss with you. The ultimate decision for acceptance will be made by Dr. Yang and the admissions committee.**

## A Letter To All Applicants

Dear Applicant:

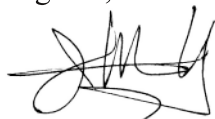
Congratulations on deciding to embark on this long and arduous journey in traditional martial arts training. The goals you aspire to reach are extremely difficult, with constant physical, mental, and emotional challenges, hardships, and obstacles. You will need courage and determination. At times you may feel that the lifestyle, training, and program are impossible to maintain. You will face unexpected struggles, pushing the limits of your mind, body, and discipline. Only the most loyal, trustworthy students with the highest dedication, patience, modesty, and respect will graduate in the end. You can have no "mask," no ego and no dignity. We do not expect that everybody will make it. Although the center was established to foster an environment that will help students reach these ambitious goals, remember that in the end, it will ultimately still be every student's true inner character that decides the final outcome.

This application is designed to help us get to know you as best as we can. We are searching for students with a high level of morality and righteousness. From the first moment we make contact with you, know that we will be testing and evaluating you to see exactly how sincere you are, how committed you are to the center's mission, how much you understand what the training program entails, and how realistic it is for you to complete the entire program. Remove any doubts we may have about you. The Trial Training & Interview Period, if you are selected to be a Candidate, would supplement this.

All potential students are welcome to contact myself and current students to ask about our experiences at the center. Email us at [info@ymaaretreatcenter.org](mailto:info@ymaaretreatcenter.org) or call +1 (707) 502-8739. You may also talk to past students and visitors of the center in addition to YMAA students, instructors, and friends worldwide. If you would like us to, we will try our best to connect you with them. We want to make sure that you are very clear about the demanding nature of the program and that you are up to the task. Be true to yourself and to us. The program is not for everybody, and we want to make sure that it is right for you. Don't disappoint or mislead us, or yourself. I encourage you to talk to as many people as you can, both YMAA and non-YMAA, to hear many different opinions about the program. This year, the admissions committee will include all current students at the center. This is to ensure that all newly accepted students fit into the environment and do not negatively affect the group chemistry.

Good luck with the application process, and do not be discouraged. Stay focused and true to yourself. Where there is a will, there can be a way. I look forward to meeting and hearing from you.

Regards,



Dr. Yang, Jwing-Ming  
Director, YMAA California Retreat Center

## Application Process & Requirements

### 1. CANDIDACY AND ACCEPTANCE

Applicants will be chosen as Candidates and invited to the center for a required period of evaluation (minimum 2 weeks). Within this Trial Training & Interview Period, Candidates will participate in the daily routine to experience life at the center. We want to get acquainted with each Candidate's training potential, habits, personality, sincerity, dedication, and intentions. Candidates will be treated the same as the current students, sharing chores, duties, and other responsibilities.

After the trial period, select Candidates will be chosen for acceptance into the program.

**Candidates must stay at the center for no less than 2 weeks for their Trial Training & Interview Period.**

### 2. REQUIRED APPLICATION ITEMS

- Completed Application Form, including the Questionnaire and three required essays: "My Purpose In Training," "My Future Goals In Life," and "About Me"
- Application Fee of US\$100
  - 1) Check payable to: YMAA Retreat Center or
  - 2) PayPal: [info@ymaaretreatcenter.org](mailto:info@ymaaretreatcenter.org)
- Signed Liability Release, Model Release, and notarized Agreement
- Two reference letters
- At least 5 photos of yourself: personal photos, and photos from training (if any)
- Copy of high school diploma (or equivalent) and transcript; include college, if applicable

### 3. FINANCIAL REQUIREMENTS

- All applicants must pay the minimum tuition cost of US\$11,000 every year. The cost is roughly divided as follows: \$3000 for food, \$3000 for utilities (i.e. propane, fire insurance, internet, phone, etc.), \$3000 for maintenance of the property (i.e. landscaping, gardening, gravel for the road, garbage disposal, building expenses, etc.), and \$2000 for other costs (i.e. car maintenance, gas, travel, office supplies, training equipment, books and other learning tools, student allowance, other shared expenses, etc.).
- Applicants must have their own health insurance to cover any possibly sustained injuries or sicknesses while at the center.

### 4. FOREIGN STUDENTS

Candidates accepted into the program who are not U.S. citizens will be issued an I-20 form and admission letter from the center. Students will be able to use these documents to apply for a student visa (M-1) that will allow them to stay at the center for the required amount of time per semester.

Tourist visas should suffice for stays lasting up to 3 months, so the I-20 form and admission letter will not be issued to visitors, including Candidates who come to the center for their Trial Training & Interview Period. U.S. Permanent Residents (green card holders) should not need to apply for a visa.

## Training Schedule, Goals, & Mission

### 1. SCHEDULE

There are 10 hours of daily activities from Monday through Friday, and 5 hours on Saturday morning. Saturday afternoon consists of work to maintain the center. Sunday is a rest day unless you are on duty for chores. The complete 5-year program will begin on September 1, 2018 and finish on June 30, 2023. Every year there will be 9 months of training and 3 months of vacation.

The annual semester schedule is:

#### **First Semester**

*September 1st – December 15th*

#### **Winter Break**

*December 16th – January 15th*

#### **Second Semester**

*January 16th – June 30th*

#### **Summer Break**

*July 1st – August 31st*

### 2. TRAINING GOALS

This program extensively covers Chinese martial arts and Qigong. To preserve the arts to a deep, refined level, it is necessary to remove as many distractions as possible. Living simply and training everyday with Dr. Yang and other instructors, and fellow students will help to accelerate your progress.

The targeted goals are:

- Graduated students should have good knowledge and ability in self-defense if the situation requires it.

- Graduated students should have a high level of morality.

- Graduated students are encouraged to attain good language skills: reading, writing, speaking.

- Graduated students should have an abundant knowledge of Chinese martial arts history and Chinese culture through self-study.

### 3. YMAA MISSION STATEMENT

YMAA seeks to preserve, develop, and refine traditional Gongfu, Taijiquan, and Qigong to an exceptionally high standard through an international, mutually-supportive community and network. We openly welcome, teach, learn from, and support all who share their knowledge about any related external or internal art. Our goal is to educate the world about this piece of culture, its history, and the YMAA training philosophy. Our vision is to use Chinese culture and martial arts training to foster a global nation of like-minded people who help each other achieve their goals.

We aim to build students' confidence, physical health, mental focus, and self-discipline. YMAA provides an environment for students to succeed through a supportive yet demanding training program. Our school promotes traditional methods of practice, challenging ourselves and each other physically, mentally, and spiritually.

We encourage creativity, attention to detail, and correctness in the arts. Throughout our training, we strive to embody martial morality: humility, respect, righteousness, trust, loyalty, will, endurance, patience, perseverance, and courage.

## Rules, Policies, & Guidelines

### 1. OVERVIEW

The rules are designed to maintain order, a positive training atmosphere, and a healthy environment at all times for the students, instructors, and visitors of the center. All persons at the center are constantly evaluated on how well they follow these rules and policies, regardless of whether they are a Candidate, student, guest, or other visitor. Any violation of these rules is grounds for expulsion or punishment. Please note that the rules listed here are the student-related ones only.

### 2. UNREPEATABLE OFFENSES

There is a zero-tolerance policy for these offenses. Any violation of these rules will result in immediate expulsion. These rules are:

- No drug possession or drug use
- No smoking
- No stealing
- No intentional destruction of property
- No intentional harm to others
- No leaving the center without permission

### 3. TWO-TIME-WARNING OFFENSES

These offenses, while still considered very severe, carry a two-written-warning strike before expulsion. We want to do our best to help students rectify any previous bad habits or behavior. However, if students do not put in a genuine effort to make amends, they will be expelled.

- No alcohol allowed unless explicitly permitted by Dr. Yang

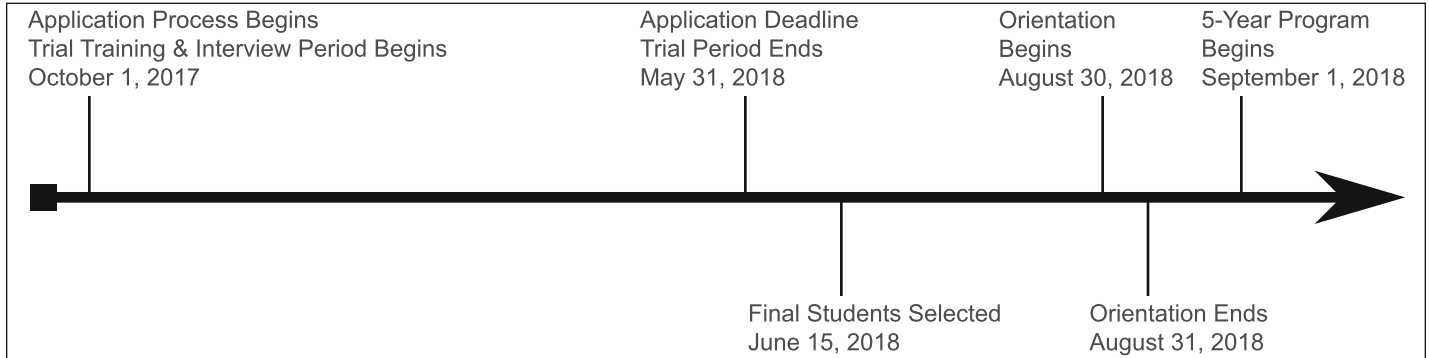
- No negative attitude, manner, or behavior
- No cheating or lying
- No poor morality
- No lack of effort in performance
- No violence
- No littering
- No disrespecting of others
- No suspicious or doubtful behavior

### 4. PUNISHABLE OFFENSES

The degree and type of punishment for these offenses will be determined by Dr. Yang. If too many punishments accumulate due to an exorbitant amount of offenses, students may face expulsion.

- Wear proper attire when training
- Wake up and get up on time
- Attend the training sessions on time
- Return training weapons and tools to their original place
- Treat weapons and tools with proper care and respect
- Take shoes off when entering dormitory
- Keep facilities clean everyday
- Keep uniform and training gear clean
- Keep belongings organized, clean, and neat
- Do assigned chores and cooperate with others

## Timeline & Submission Information



### 1. IMPORTANT DATES

#### October 1, 2017 - May 31, 2018

##### Trial Training & Interview Period

All Candidates must schedule a visit (minimum 2 weeks) to the center that takes place during this period. You will still be responsible for cost of airfare, training, meals, and lodging. If there are Candidates who do not schedule their visit in a timely manner or if a Candidate is rejected during this period, we will choose other applicants to become Candidates.

#### May 31, 2018

##### Application Deadline

No applications received after this date will be considered.

#### June 15, 2018

##### Final Students Selected

#### August 30 - August 31, 2018

##### Orientation

New students must arrive by August 29, 2018. Orientation runs between August 30th - 31st.

#### September 1, 2018

##### 5-Year Program Begins

First day of training.

### 2. GRADUATION

Upon satisfactory completion of the requirements, students of the 5-Year Program will graduate on June 30, 2018.

To be certified under the YMAA International system, you must successfully complete all program

requirements, tests, and skills under the YMAA Retreat Center standards.

Students of other concurrent training programs will graduate on different dates. No students will be formally accepted as disciples of Dr. Yang until they demonstrate exemplary levels of character, dedication, training, and teaching ability long after graduation.

### 3. SUBMISSION INSTRUCTIONS

Choose ONE option to submit all application items:

#### 1. ELECTRONICALLY -

[info@ymaaretreatcenter.org](mailto:info@ymaaretreatcenter.org)

- Save any scans as JPG files, no larger than 8.5"x11" at 150 dpi.
- Pay Application Fee (US\$100) via PayPal ([info@ymaaretreatcenter.org](mailto:info@ymaaretreatcenter.org))

#### 2. REGULAR POST -

**YMAA Retreat Center**  
ATTN: Student Application  
P.O. Box 290  
Miranda, CA 95553  
USA

- Pay Application Fee (US\$100) via check to:  
YMAA Retreat Center

**QUESTIONNAIRE**

Answer this questionnaire truthfully. Honesty is the first step towards candidacy, acceptance, and successful completion of the program.

**Questionnaire - Part 1**

This part will help both you and us determine how much you really want to be a part of this program.

**Please write the required explanations for each question on separate sheets of paper.**

1. Will you embrace the 5 years of training entirely with sincerity? Will you embrace constant nonstop criticism of you and your actions? Please explain.

Yes  No  Unsure

2. Will you try your best and dedicate yourself completely to the training? Please explain.

Yes  No  Unsure

3. Are you able to significantly reduce contact with outsiders, including family and friends? Please explain.

Yes  No  Unsure

4. Will you survive the inflexible training schedule? Please explain.

Yes  No  Unsure

5. Do you have patience and perseverance? You need both for this application, not to mention the 5 years of the program itself. If yes, give some examples from your life. If no, please explain how you will remedy this situation. If unsure, please explain.

Yes  No  Unsure

6. There can be up to 10 hours of training and lessons everyday. Do you have the confidence and courage that you will be physically and mentally fit enough for the difficult conditions of the program? Please explain.

Yes  No  Unsure

7. Do you have confidence in yourself, how you will perform, and how you will fit in with the group and program? Please explain.

Yes  No  Unsure

8. There is a long list of rules and policies at the center. Will you remember and follow all of them? Please explain.

Yes  No  Unsure

9. Will you accept punishment and discipline whenever you make a mistake or break the rules? Please explain.

Yes  No  Unsure

10. Will you continue your training, teach what you learn, and propagate the arts after you complete the program? Please explain.

Yes  No  Unsure

11. Do you believe you will complete all 5 years of the program? Please explain.

Yes  No  Unsure

12. Are you married and/or do you have children? If yes, how will you maintain your responsibilities as a husband and/or parent?

Yes  No

13. Do you have a boyfriend/girlfriend? If yes, how do you see this program affecting your relationship?

Yes  No

**Questionnaire - Part 2**

This part of the questionnaire will help us get to know who you are, where you are coming from, your history (both good and bad), and how you stand in terms of the training.

**Please write explanations for questions that require them on separate sheets of paper.**

1. Have you ever smoked a cigarette before?

Yes  No

If yes, do you smoke now?

Yes  No

How long? \_\_\_\_\_ (years)

2. Have you ever used or been involved with drugs (including marijuana)?

Yes  No

If yes, are you still now?

Yes  No

How long? \_\_\_\_\_ (years)

3. Have you ever had any health problems in the past? If yes, please explain.

Yes  No

4. Do you have any health problems now? If yes, please explain.

Yes  No

5. Do you have any chronic injuries? If yes, please explain.

Yes  No

6. Have you ever trained martial arts before? If yes, what style(s) and when? Please list the

names, phone numbers, and addresses of your teachers, and schools (if applicable).

Yes  No

7. Have you ever committed any crimes? If yes, please explain.

Yes  No

8. Have you ever been arrested or found guilty of any misdemeanor, felony, or other crime? If yes, please explain.

Yes  No

9. Have you ever suffered from depression? If yes, please explain.

Yes  No

Are you depressed now? If yes, explain.

Yes  No

10. Have you ever had any anger management or temper problems? If yes, please explain.

Yes  No

Do you now? If yes, please explain.

Yes  No

11. Are you currently on any prescription medications? If yes, please explain all of them.

Yes  No

12. Do you have other medical conditions that we should know about? If yes, please explain.

Yes  No

13. Are you a very social person? Why or why not? Please describe the last social conflict you had and how you resolved it.

Yes  No



**Questionnaire - Part 3**

Write thorough and well thought-out answers. Remember that what you write and how you write it will influence the decision of whether you are ultimately accepted. Be clear, honest, and direct.

**Please answer all of these questions on separate sheets of paper.**

1. Why do you want to participate in the 5-year training program? Why not do something else?
2. How much are you willing to sacrifice for this training? Give some examples of sacrifices you have made to accomplish specific goals. What is your goal in attending this program?
3. Are you able to accept extreme mental and physical challenges and a strict level of discipline, as the training will require? Describe other similar experiences from your life.
4. What are your expectations for the program? What do you hope to get out of it?
5. What qualities do you possess which guarantee that you will be able to endure the intensity, isolation, and monotony of this training? Please elaborate.
6. How much confidence do you have in completing the 5 years of training? Explain.
7. How do you plan on becoming financially independent after you graduate?
8. Thoughts lead to impulses, and impulses lead to actions. Applicants are expected to eventually have doubts and feelings of wanting to quit the program. How the students respond to this will determine their success. How will you respond to these thoughts/impulses when they arise? How do you typically respond to uncontrollable emotions or outbursts?
9. Explain your doubts about the program.
10. What are your plans for your life if you are NOT accepted into the program?
11. Describe a situation where you did not get what you wanted, your reaction to it, and how it affected people around you.
12. How have you changed as you grew up?
13. Describe something you had to learn in life but hated doing. How will you deal with this feeling if you encounter it at the center?
14. Describe a time when you were injured and how that affected you. How do you plan on dealing with injuries at the center?
15. Are you independent? Explain. Give examples of accomplishments you have achieved on your own, if any.
16. How will you respond to learning slower or faster than others? How will you respond to exercises/techniques you feel incapable of?
17. Is pain good or bad? How do you deal with it? Explain.
18. What do you do when you are stressed, under high pressure, or frustrated?
19. What is Gongfu? What is the value or purpose of training Gongfu?
20. Why do you want to train Gongfu? What are your goals for training it?
21. Can Gongfu defend against modern weapons? How? If not, why train at all?
22. In what ways do you expect to pass on and develop the art of Gongfu?
23. How are you going to fund the US\$11,000/year tuition cost?





# Application Form

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### EDUCATION

#### Secondary Schools

School Name	Location (City, State, Province, Postal Code, Country)	Dates Attended (MM/YYYY)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

#### Colleges, Universities, & Other Post-Secondary Education

School Name	Location (City, State, Province, Postal Code, Country)	Dates Attended (MM/YYYY)	Degree Earned
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

### EXTRACURRICULAR ACTIVITIES & WORK EXPERIENCE

Activity or Employer	Responsibilities, Honors, Awards, etc.	Dates (MM/YYYY)	Hours/ Week
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____

**Describe one of the activities/jobs listed above in more detail on a separate sheet of paper.**

Form Rev: 09/17

### **ESSAYS**

This section of the application is where we can really get to know more about you. Explain to us why you believe you would be an exceptional student for training at the center. Submit all essays on separate sheets of paper. Please write essays on the following topics:

1. "My Purpose In Training"
2. "My Future Goals In Life" - Include goals that are not related to martial arts.
3. "About Me" - Include your background, hobbies, and interests that are not related to martial arts.

### **VIDEO PRESENTATION (OPTIONAL)**

To help us get an idea of your current physical ability and body fitness, please send us a video clip of each of the following exercises. Submit the videos on DVD, flash drive, memory card, video cassette, or through an online video site. Digital video is preferred. Most point-and-shoot digital cameras offer a video function. These videos can potentially strengthen your application significantly.

**For each of these exercises, do not stop or edit the video at any point in time. It is expected that you may take a few brief breaks during some or all of the video clips. You may push each exercise to more extreme levels if you are capable, but do not exceed your natural limit. Do not injure yourself for the sake of these videos. Accurately present to us your current fitness level.**

- Do a front split and side split.
- While standing with legs straight, touch your toes.
- Do 50 push-ups.
- Do 50 sit-ups.
- Do 5 pull-ups.
- Do 30 jumps, lifting your knees as high as possible.
- Use a jump rope for 2 minutes.
- Hold Horse Stance for 5 minutes.

**ADDITIONAL ITEMS FOR SUBMISSION**

If you have any additional items that you would like to submit to improve your chances at candidacy, please do not hesitate to include them. Such items may include:

- Resume and/or Curriculum Vitae
- Videos of yourself in training, sports, music, art, presentations, etc.
- Any publications or news blurbs that mention you
- Additional essays, articles, or other media

If you pass the initial screening phase, we will also eventually need to see:

- Proof of financial capability to pay yearly tuition
- Proof of active health insurance

**SIGNATURE**

I certify that all information and materials submitted with this application are my own work and that they are truthful, representative, and sincere. If any of this content is later revealed to be false, I understand that I will face disciplinary action, which will most likely result in expulsion and forfeiture of any money and/or contributions I have made to the center. I agree that all materials submitted will not be returned to me and will become the property of the YMAA Retreat Center.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**If you have any questions or need any clarifications regarding any part of this application (requirements, eligibility, trial training, interview period, foreign student requirements, schedule, rules, timeline, questionnaire, essays, agreement form, release forms, additional materials, etc.), please do not hesitate to contact us. We would be happy to assist you in completing your application.**



# Agreement

## APPLICANT AGREEMENT

I, \_\_\_\_\_, the Applicant, have been honest in filling out this application. I certify, to the utmost best of my ability, that everything in this application is truthful. I understand that I am responsible for the US\$11,000/year tuition cost and my own health insurance for all 5 years of the program. I understand that if I do not complete the entire 5 years of the program due to any reason, any money paid by me or on my behalf will not be reimbursed because it is budgeted towards covering expenses of all people at the center at the time of payment. I also understand that this is an extremely difficult 5-year training program and discipline will be strictly enforced. I have the will and heart to complete the entire program, and I am willing to sacrifice nearly all of my free time to make it happen. If I make a mistake or violate any rules, I understand it would be considered a serious offense, and I would be willing to accept punishment, discipline, or expulsion. I respect the judgment, actions, and decisions of Dr. Yang and my peers. I will not make excuses. I understand that becoming a student of this program is an extreme privilege and opportunity. If I quit or otherwise leave the program, I will willingly forfeit any tuition monies paid, any contributions I have made, and any chance at returning to the program because of the resources I have consumed, and the opportunity I have taken away from another applicant. I understand that this is not a getaway resort and that life in the program will not be easy. I will not hold the YMAA Retreat Center, YMAA, or any of its personnel liable for any dissatisfaction, personal harm, or conflicts that occur between us. I will constantly strive to pursue both the physical and mental goals of the program as described and taught by the center. I will continue training after the program completes, and I will teach and propagate my newfound knowledge to people from all around the world.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## PARENT/LEGAL GUARDIAN AGREEMENT

I, Mr./Miss/Mrs. \_\_\_\_\_ am the father/mother/legal guardian of the Applicant. I understand that if the Applicant fails to complete the 5 year program, any monies paid cannot be reimbursed. I understand that the training is very hard and the discipline is very strict. I sincerely support the training program and the level of discipline it enforces, which I believe will make the Applicant a better human being and an overall stronger individual. I fully support and give permission to the Applicant to join this program and do not oppose it in any way. I have read the Applicant Agreement above and fully agree with the terms and conditions it says. Neither I, nor the Applicant, will hold the YMAA Retreat Center, YMAA, or any of its personnel liable for any dissatisfaction, harm, or conflicts between us and the center.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## NOTARY PUBLIC

Form Rev: 09/17



## Liability Release

I, \_\_\_\_\_, the Participant, hereby affirm that I am aware of the inherent hazards of Martial Arts, Tai Chi, Chin Na, Qigong, and other training as these practices are performed at Yang's Martial Arts Association (YMAA). I understand that these activities involve inherent risks when performed incorrectly, carelessly, or accidentally, including but not limited to: tendon/ligament/cartilage injury, broken/fractured bones, head injury, blinding, orthodontic and dental injury, sinus injury, injuries to parts of the body that can leave permanent visible damage, joint dislocation, bruising, cuts, abrasions, sprains, cardiovascular injury and/or failure, nerve and spinal injury, brain damage, heart attack, aneurysm, stroke, panic/anxiety, hyperventilation, and trauma, that can occur and require treatment at an emergency medical facility, and which can result in serious permanent injury and/or death. I understand that there are no emergency medical facilities or personnel on-site at the YMAA training facility and training sessions/classes/demonstrations that occur off-site may be remote, by either time or distance or both, from such medical facilities. I still choose to proceed with such training in spite of these risks. I understand that neither Dr. Jwing-Ming Yang, nor my instructors, nor my classmates, nor YMAA, nor Yang's Oriental Arts Association, Inc., nor any other person or facility through which I receive my YMAA training, nor any of their heirs, assigns, employees, officers, agents, parents or subsidiaries (hereinafter referred to as the "Released Parties") will be held liable or responsible in any way for any injury, death, or other damages to me or my family, heirs or assigns, that may occur as a result of my participation in YMAA training or activities, or as a result of the negligence of any party, including the Released Parties, whether passive or active. This release and express assumption of risk shall also apply in its entirety to any such injury, death, or damages suffered while performing any instruction in YMAA training or activities, inside and outside of YMAA classes and/or instructional sessions. In consideration of my participation and training at YMAA, which constitutes value to me over and above the value of my YMAA tuition payments, I hereby save and hold harmless the Released Parties, and I personally assume all risks in connection with said training, for any harm, injury or damages — including but not limited to those listed above — that may befall me as a participant in YMAA training or activities, including all risks connected therewith, whether foreseen or unforeseen. I also understand that participation in all YMAA training programs are physically strenuous activities, and that I will be exerting myself during such training, and that if I am injured as a result of, but not limited to, the injuries listed above, that I have expressly assumed the risk of said injuries and that I will not hold the Released Parties responsible for the same. I understand and acknowledge that while YMAA training programs are designed to provide me with instruction in self-defense, the Released Parties neither provide any guarantees nor warrant that the instruction I receive will affect the outcome of any self-defense situation in the desired manner, as it is highly dependent on how I train and chance circumstances. I am aware that YMAA emphasizes the necessity of avoiding physical confrontation/conflicts whenever possible as a fundamental aspect of my training.

IT IS MY INTENTION BY THIS INSTRUMENT TO EXEMPT AND RELEASE THE RELEASED PARTIES FROM ANY AND ALL LIABILITY WHATSOEVER FOR PERSONAL INJURY, PROPERTY DAMAGE, OR WRONGFUL DEATH, HOWEVER CAUSED, INCLUDING BUT NOT LIMITED TO THE NEGLIGENCE OF THE RELEASED PARTIES, WHETHER ACTIVE OR PASSIVE. TO THE BEST OF MY KNOWLEDGE, I AM NOT CURRENTLY SUFFERING FROM ANY MEDICAL CONDITION THAT WOULD BE EXACERBATED BY THIS TRAINING. I FURTHER ACKNOWLEDGE THAT SHOULD I BECOME AWARE OF ANY SUCH MEDICAL CONDITION, I WILL CONSULT A PHYSICIAN BEFORE CONTINUING TO TRAIN. I HAVE FULLY INFORMED MYSELF OF THE CONTENT OF THIS LIABILITY RELEASE AND EXPRESS ASSUMPTION OF RISK BY READING IT BEFORE I HAVE SIGNED IT ON BEHALF OF MYSELF AND MY HEIRS.

If I am not of lawful age and legally competent to sign this Liability Release, my parent or legal guardian, who is of lawful age and legally competent to sign this Liability Release, shall sign below on behalf of me, giving express consent, permission, and agreement of all of the terms and conditions set forth in this document. The terms herein are contractual and not a mere recitation, and this document is signed willingly of free will.

If Participant is under 18: I, \_\_\_\_\_, the parent/legal guardian of the Participant, have read this release and approve of its terms, as indicated by my signature below.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Form Rev: 09/17



## Model Release

I give permission to Yang's Martial Arts Association (YMAA) to use my name, photos, videos, and photographic likeness in all forms and media, including but not limited to print, the Internet, advertising, flyers, brochures, articles, galleries, newsletters, trade, and any other lawful purposes.

Print Model Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

If Model is under 18:

I, \_\_\_\_\_, am the parent/legal guardian of the individual named above. I have read this release and approve of its terms.

Print Parent/Legal Guardian's Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Contact Phone \_\_\_\_\_

Contact Email \_\_\_\_\_