



## 3-Year Full-Time Program Application

Program collaboration between  
the YMAA Retreat Center and the Ku Foundation

*For Enrollment From September 2018 - June 2021*

### INTRODUCTION

This 3-Year Full-Time Program is for students wishing to engage themselves in an intensive training regime in Taijiquan & Qigong. Time-permitting, motivated students may also train in Shaolin, but the required curriculum and primary focus will be in Taijiquan & Qigong only. This will include training in barehand, weapons, and applications. As with the previous full-time programs, this program will consist of training 9 months every year, 6 days per week.

We are seeking the most dedicated students who are ready to push the limits of their physical and mental capabilities. Not every student who enrolls in this program will stay until the end. We will do our utmost in trying to determine whether this program is right for you. All applicants must come to the center for a required interview period (minimum of 2 weeks). We look forward to getting acquainted with you during this time, and we also look forward to helping you better know about us, our programs, and our mission.

Please do not hesitate to ask us about our experiences and daily operations at the center. Email us at [info@ymaaretreatcenter.org](mailto:info@ymaaretreatcenter.org) or call +1 (707) 502-8739. We also encourage you to get in touch with past students, visitors, other YMAA students, instructors, friends, and masters worldwide. At your request, we can try to connect you with them if possible.

Good luck with the application!

**Application Deadline: May 31, 2018**

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

### REQUIREMENTS AND ELIGIBILITY

Before you begin, please check that you meet all of the requirements to apply. If you have any doubts, please contact us and we will be more than happy to discuss any issues with you.

- You must be able to pay the application fee of US\$100.
- You must be able to pay the annual tuition (between US\$11,000 - US\$13,000 per year).
- You must have your own health insurance.
- Non-U.S. citizens must be eligible to obtain a visa that allows for you to stay for entire semesters. A normal tourist visa will suffice for short visits, such as your interview period. Accepted students will be issued an I-20 form which they can use to apply for an M-1 student visa at their local U.S. embassy. See next page for more information.

### REQUIRED APPLICATION ITEMS

- Completed Application Form, which includes: 1) Questionnaire, 2) Essay on "My Future Goals" and 3) Essay on "About Me"
- Application Fee of US\$100
  - 1) Check payable to: YMAA Retreat Center or 2) PayPal: info@ymaaretreatcenter.org
- Signed Liability Release, Model Release, and Agreement forms
- Two reference letters
- 5 photos of yourself; can be photos from training and/or personal photos

### TUITION COSTS

Tuition ranges between US\$11,000 and US\$13,000 per year for each student. It consists of a fixed base cost plus the cost of lodging. The fixed cost covers food, gas, propane, Internet, property insurance, facility maintenance, garbage disposal, recycling, equipment, supplies, etc. Lodging options, in increasing order of cost, are: Cabin Floor, Cabin Room, Shed, Guest Room. All rooms are shared. Students of older age will have priority in the Guest Room and Cabin Room.

**OPTION #1: Cabin Floor (Total Annual Tuition Cost: US\$11,000)**

Large room in the auxiliary building with cots, to be shared by 6 students.

**OPTION #2: Cabin Room (Total Annual Tuition Cost: US\$12,000)**

Cabin Room: Small bedroom in the auxiliary building with 2 beds, to be shared by 2 students.

**OPTION #3: Shed (Total Annual Tuition Cost: US\$12,500)**

Individual shed with no electricity or water, for 1 student.

**OPTION #4: Guest Room (Total Annual Tuition Cost: US\$13,000)**

Medium-sized bedroom in the main building with 2 beds, to be shared by 2 students.

### FOREIGN STUDENTS

Foreign students who are accepted into the program will be issued an I-20 form and admission letter from the center. You should use these documents to apply for an M-1 student visa, which would allow you to stay at the center for entire semesters. The American consular officer will also require you to provide documentation proving your financial ability (i.e. bank statements) to support yourself while pursuing a full course of study at the center.

## WEEKLY SCHEDULE

| Time        | Monday                              | Tuesday  | Wednesday                           | Thursday   | Friday                              | Saturday   |
|-------------|-------------------------------------|--|-------------------------------------|--|-------------------------------------|--|
| 6:00-6:30   | Meditation                          | Meditation   | Meditation                          | Meditation   | Meditation                          | Meditation   |
| 6:30-7:00   |                                     |  |                                     |  |                                     |  |
| 7:00-7:30   | Speed / Squats                      | Speed  | Speed                               | Speed  | Speed / Squats                      | Speed  |
| 7:30-8:00   | Qigong                              | Tumbling   | Qigong                              | Tumbling   | Qigong                              | Taijiquan Forms  |
| 8:00-8:30   | Breakfast                           | Breakfast  | Breakfast                           | Breakfast  | Breakfast                           | Breakfast  |
| 8:30-9:00   |                                     |  |                                     |  |                                     |  |
| 9:00-9:30   | Taijiquan Weapons                   | Taijiquan Applications   | Taijiquan Barehand                  | Taijiquan Applications   | Taijiquan Weapons                   | All Topics - Open Practice   |
| 9:30-10:00  |                                     |  |                                     |  |                                     |  |
| 10:00-10:30 | Taijiquan Barehand Partner Training | Taijiquan Barehand Partner Training                                    | Taijiquan Barehand Partner Training | Taijiquan Barehand Partner Training                                    | Taijiquan Barehand Partner Training |  |
| 10:30-11:00 |                                     |  |                                     |  |                                     |  |
| 11:00-11:30 | Chinese                             | Chinese  | Chinese                             | Chinese  | Chinese                             | Chinese  |
| 11:30-12:00 | Lunch Break                         | Lunch Break  | Lunch Break                         | Lunch Break  | Lunch Break                         | Lunch Break  |
| 12:00-12:30 |                                     |  |                                     |  |                                     |  |
| 12:30-13:00 |                                     |  |                                     |  |                                     |  |
| 13:00-13:30 |                                     |  |                                     |  |                                     |  |
| 13:30-14:00 | Shaolin Group Training and Forms    | Shaolin Group Training and Forms                                       | Shaolin Group Training and Forms    | Shaolin Group Training and Forms                                       | Shaolin Group Training and Forms    | Garden Work<br>Yard Work<br>Building/Gym Cleanup<br>Generator Tuneup<br>Repairs<br>Garbage Disposal<br>Other Maintenance |
| 14:00-14:30 |                                     |  |                                     |  |                                     |  |
| 14:30-15:00 | All Topics – Additional Instruction | All Topics – Additional Instruction                                    | All Topics – Additional Instruction | All Topics – Additional Instruction                                    | All Topics – Additional Instruction |  |
| 15:00-15:30 |                                     |  |                                     |  |                                     |  |
| 15:30-16:00 | All Topics – Additional Instruction | All Topics – Additional Instruction                                    | All Topics – Additional Instruction | All Topics – Additional Instruction                                    | All Topics – Additional Instruction |  |
| 16:00-16:30 |                                     |  |                                     |  |                                     |  |
| 16:30-17:00 | Break                               | Break  | Break                               | Break  | Break                               | All Topics - Open Practice   |
| 17:00-17:30 | All Topics - Open Practice          | Media Video Production<br>Articles/Blogs<br>Music/Art<br>Miscellaneous | All Topics - Open Practice          | Media Video Production<br>Articles/Blogs<br>Music/Art<br>Miscellaneous | All Topics - Open Practice          |  |
| 17:30-18:00 |                                     |  |                                     |  |                                     |  |
| 18:00-18:30 | All Topics – Q & A                  | All Topics – Q & A   | All Topics – Q & A                  | Media, Articles/Blogs  | All Topics - Open Practice          |  |
| 18:30-19:00 |                                     |  |                                     |  |                                     |  |
| 19:00-19:30 | Dinner and Rest                     | Dinner and Rest  | Dinner and Rest                     | Dinner and Rest  | Dinner and Rest                     | Dinner and Rest  |
| 19:30-20:00 |                                     |  |                                     |  |                                     |  |



There are over 45 hours of scheduled training and work every week. Saturday afternoon includes required group work time to maintain the center. Sunday is a rest day unless you are on duty for chores. Open Practice times include self-study of books and DVDs. The 3-year program will begin on September 1, 2018 and finish on June 30, 2021. 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*

### PROGRAM GOALS

- To complete the full YMAA Taijiquan curriculum, which includes: Yang-Style Long Form, Pushing Hands (Single, Double, Peng Lü Ji An, Cai Lie Zhou Kao, Moving, Stationary, Freestyle), Taiji Sword, Taiji Saber, Taiji Staff/Spear, Taiji Fighting Set, and Martial Applications.
- To complete the full YMAA Qigong curriculum, which includes: Qigong Theory, Eight Pieces of Brocade, Four Seasons Medical Qigong, Five Animal Sports Qigong, Taiji Qigong, Taiji Ball Qigong, White Crane Qigong, Hard/Soft Qigong, Small/Grand Circulation, General Qigong Massage, Muscle/Tendon Changing and Brain/Marrow Washing.
- To develop a satisfactory ability in all material trained. At the end of the program, students should be confident in passing official YMAA qualifying exams for Taijiquan and Qigong.
- To acquire some level, understanding, and competency in self-defense. The actual level will vary from student to student.
- To achieve, comprehend, and appreciate martial morality.

### 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 likeminded 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.

### OVERVIEW

The rules are designed to maintain order, a positive training atmosphere, and a healthy environment for all students, instructors, and visitors of the center. Any violation of these rules or any behavior otherwise deemed inappropriate by the faculty can be grounds for disciplinary measures, expulsion, or legal action.

### GENERAL RULES

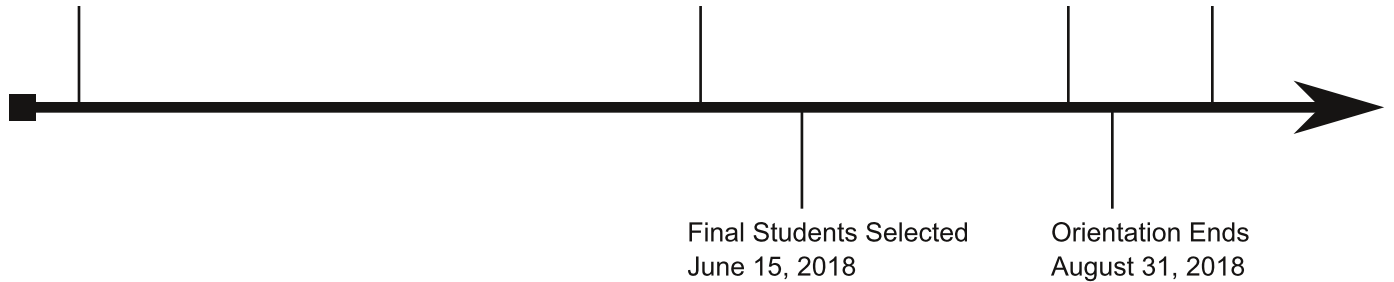
- No alcohol on weekdays unless explicitly permitted by Dr. Yang
- Treat everybody with mutual respect and care
- Be on time to training and work sessions
- Properly handle and maintain all weapons, tools, and utensils
- Return training weapons, tools, and utensils to their original place after use
- Keep personal workspace and public areas clean and tidy
- Keep clothing, uniform, and training gear clean
- Do assigned chores and cooperate with others

### STRICT RULES

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

## Timeline & Submission Information

|  |   |  |   |
|--|---|--|---|
| Application Process Begins<br>Interview Period Begins<br>October 1, 2017 | Application Deadline<br>Interview Period Ends<br>May 31, 2018 | Orientation<br>Begins<br>August 30, 2018 | 3-Year Program<br>Begins<br>September 1, 2018 |
|--|---|--|---|



### 1. IMPORTANT DATES

**October 1, 2017 - May 31, 2018**  
**Interview Period**

All applicants must visit the center during this period for a minimum duration of 2 weeks. This visit is a required part of your application. You will still be responsible for cost of airfare, training, meals, and lodging.

**May 31, 2018**  
**Written Application Deadline**

No applications received after this date will be accepted.

**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**  
**3-Year Program Begins**  
First day of training.

### 2. GRADUATION & CERTIFICATION

Graduation will take place on June 30, 2021. To be certified under the YMAA International system, you must successfully complete all program requirements, tests, and skills under the YMAA Retreat Center standards.

### 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

Please write question explanations on a separate sheet of paper. Limit 150 words maximum per question.

- |  |  |
|--|--|
| <p>1. Will you embrace the 3 years of training entirely with sincerity? Will you embrace constant nonstop critique of you and your actions? Please explain.</p> <p><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> Unsure</p>                            | <p>6. Do you have confidence in yourself, how you will perform, and how you will fit in with the group? Please explain.</p> <p><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> Unsure</p>                                |
| <p>2. Will you try your best and dedicate yourself completely to the training? Please explain.</p> <p><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> Unsure</p>   | <p>7. There are many rules and policies at the center, some of which were mentioned earlier. Will you remember and follow all of them? Please explain.</p> <p><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> Unsure</p> |
| <p>3. Will you reduce contact with outsiders, including family and friends? Please explain.</p> <p><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> Unsure</p>  | <p>8. Will you accept punishment and discipline whenever you make a mistake? Please explain.</p> <p><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> Unsure</p>   |
| <p>4. Do you have patience and perseverance? If yes, give some examples from your life. If no, please explain how you will remedy this situation. If unsure, please explain.</p> <p><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> Unsure</p>           | <p>9. Will you continue your training, teach what you learn, and propagate the arts after you complete the program? Please explain.</p> <p><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> Unsure</p>                    |
| <p>5. There can over 9 hours of training and lessons on a single day. Do you believe you will be physically and mentally fit enough to endure the inflexible schedule? Please explain.</p> <p><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> Unsure</p> | <p>10. Do you believe you will complete all 3 years of the program? Please explain.</p> <p><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> Unsure</p>  |



### QUESTIONNAIRE - Continued

Please write question explanations (when required) on a separate sheet of paper. Limit 150 words maximum per question.

11. Have you ever smoked a cigarette before?

Yes  No

If yes, do you smoke now?

Yes, for \_\_\_\_\_ year(s)  No

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

Yes  No

If yes, are you still now?

Yes, for \_\_\_\_\_ year(s)  No

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

Yes  No

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

Yes  No

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

Yes  No

16. Have you trained before? If yes, what style(s), where, and when?

Yes  No

17. Have you ever committed any crimes, been arrested, or been convicted? If yes, please explain.

Yes  No

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

Yes  No

Are you depressed now? If yes, explain.

Yes  No

19. Have you ever had anger problems? If yes, please explain.

Yes  No

Do you now? If yes, please explain.

Yes  No

20. Do you have any special medical conditions or prescription medications? If yes, please explain.

Yes  No

21. Are you a social person? Please explain. Describe the last social conflict you had and how you resolved it.

Yes  No



## **QUESTIONNAIRE - Continued**

Please write the following answers on a separate sheet of paper. Limit 150 words maximum per question.

22. Why do you want to participate in this 3-year program? Why not do something else?
23. 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?
24. 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.
25. What are your expectations for the program? What do you hope to get out of it?
26. What qualities do you possess that will help you endure the intensity, isolation, and monotony of this training? Please elaborate.
27. How much confidence do you have in completing the full 3 years of training? Explain.
28. Explain your doubts about the program.
29. Describe a time when you were injured and how that affected you. How do you plan on dealing with injuries at the center?
30. Are you independent? Explain. Give examples of accomplishments you have achieved on your own.
31. How will you respond to learning slower or faster than others? How will you respond to exercises/techniques you feel incapable of?
32. What do you do when you are stressed, under high pressure, or frustrated?
33. In what ways do you expect to pass on and develop Taijiquan and Qigong?

**- END OF QUESTIONNAIRE -**

**Please proceed to pages 4 - 7 of the application.**

**PERSONAL INFORMATION**

Legal Name \_\_\_\_\_  
Last/Family/Surname          First          Middle          Suffix

Date of Birth \_\_\_\_\_ Country of Citizenship \_\_\_\_\_  
MM/DD/YYYY

Social Security Number (U.S. Citizens & Permanent Residents) \_\_\_\_\_  
XXX-XX-XXXX

Home Address \_\_\_\_\_  
Number and Street          Apt. #

City/Town          County          State/Province          Country          Postal Code

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
Country    Area Code    Number          Country    Area Code    Number

Email Address \_\_\_\_\_

**EMERGENCY CONTACTS**

|  |  |
|--|--|
| <p>Name _____<br/>Last/Family/Surname    First          M.I.</p> <p>Country of Citizenship _____</p> <p>Home Address _____<br/>_____</p> <p>Home Phone _____<br/>Country    Area Code    Number</p> <p>Cell Phone _____<br/>Country    Area Code    Number</p> <p>Email _____</p> <p>Relationship to Applicant _____</p> | <p>Name _____<br/>Last/Family/Surname    First          M.I.</p> <p>Country of Citizenship _____</p> <p>Home Address _____<br/>_____</p> <p>Home Phone _____<br/>Country    Area Code    Number</p> <p>Cell Phone _____<br/>Country    Area Code    Number</p> <p>Email _____</p> <p>Relationship to Applicant _____</p> |
|--|--|

Form Rev: 09/17

**EDUCATION**

**Secondary Schools**

| School Name | Location | Dates Attended |
|-------------|----------|----------------|
| _____       | _____    | _____          |
| _____       | _____    | _____          |
| _____       | _____    | _____          |
| _____       | _____    | _____          |

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

| School Name | Location | Dates Attended | Degree |
|-------------|----------|----------------|--------|
| _____       | _____    | _____          | _____  |
| _____       | _____    | _____          | _____  |
| _____       | _____    | _____          | _____  |
| _____       | _____    | _____          | _____  |

**EXTRACURRICULAR ACTIVITIES & WORK EXPERIENCE**

| Activity or Employer | Responsibilities, Honors, Awards, etc. | Dates |
|----------------------|--|-------|
| _____                | _____                                  | _____ |
| _____                | _____                                  | _____ |
| _____                | _____                                  | _____ |
| _____                | _____                                  | _____ |
| _____                | _____                                  | _____ |
| _____                | _____                                  | _____ |
| _____                | _____                                  | _____ |
| _____                | _____                                  | _____ |
| _____                | _____                                  | _____ |

Form Rev: 09/17

## ESSAYS

This section of the application is where you can really tell us about yourself. Explain why 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 two topics:

1. "My Future Goals" (500 words maximum)

Describe where you see yourself in the future and some of the dreams you hope to achieve in your lifetime. Include goals that are not related to martial arts.

2. "About Me" (500 words maximum)

Tell us about yourself. Include your background, hobbies, and interests that are not related to martial arts.

## LODGING OPTION

Please let us know your desired lodging option(s), beginning with the most preferred to least preferred. If you are unable to take any specific lodging option(s), please do not write them and leave the space(s) blank.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**OPTION #1: Cabin Floor (Total Annual Tuition Cost: US\$11,000)**

Large room in the auxiliary building with sleeping bags and floor mats, to be shared by 6 students.

**OPTION #2: Cabin Room (Total Annual Tuition Cost: US\$12,000)**

Small bedroom in the auxiliary building with 2 beds, to be shared by 2 students.

**OPTION #3: Shed (Total Annual Tuition Cost: US\$12,500)**

Individual shed with no electricity or water, for 1 student.

**OPTION #4: Guest Room (Total Annual Tuition Cost: US\$13,000)**

Medium-sized bedroom in the main building with 2 beds, to be shared by 2 students.

**ADDITIONAL ITEMS (OPTIONAL)**

Please do not hesitate to include any additional items you would like to submit. These could be anything that better showcases your unique talents, skills, abilities, and background. Note that this section is optional, and submitted items will only be used as supplementary material in the application. We ask that you keep a reasonable length, size, and number to any additional items submitted. Examples include:

- Resume and/or Curriculum Vitae
- Any publications by you, or publications that mention you
- Short videos or highlight reels of yourself in training, sports, music, art, presentations, etc. (5 minutes maximum)
- Additional essays or articles you would like to write (500 words maximum)

**SIGNATURE**

I, \_\_\_\_\_, the Applicant, 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 can result in expulsion and forfeiture of any money and contributions I have made to the center. I understand that all materials submitted will not be returned to me and will become the property of the YMAA Retreat Center.

If Applicant is under 18: I, \_\_\_\_\_, the parent/legal guardian of the Applicant, have read this Applicant Agreement and approve on behalf of the Applicant, as indicated by my signature below.

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

**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 yearly tuition cost and my own health insurance for all 3 years of the program. I understand that if I do not complete the entire 3 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 the center's expenses at the time of payment. I understand the extent of discipline required to complete this program and will accept responsibility for all of my actions or inactions. I agree that any violation of policy or failure to fulfill assigned duties can be reason for disciplinary measures or expulsion. I respect the judgment, actions, and decisions of Dr. Yang and my peers. I will not hold the YMAA Retreat Center, YMAA, or any of its personnel liable for any dissatisfaction, personal harm, or conflicts that occur as a direct or indirect result of the program.

If Applicant is under 18: I, \_\_\_\_\_, the parent/legal guardian of the Applicant, have read this Applicant Agreement and approve on behalf of the Applicant, as indicated by my signature below.

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



## 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 \_\_\_\_\_





## 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, as indicated by my signature below.

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

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

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