

## Student Waiver Form

Student Name: \_\_\_\_\_  
Approval for First Aid Treatment: Yes No  
Parent Name: \_\_\_\_\_  
Current Address: \_\_\_\_\_  
Email \_\_\_\_\_  
Telephone Number: \_\_\_\_\_ Allergies: \_\_\_\_\_  
Weight \_\_\_\_ Height \_\_\_\_ Date of Birth: \_\_\_\_ Age: \_\_\_\_  
Emergency Contact name: \_\_\_\_\_  
Emergency Contact number: \_\_\_\_\_

### Personal Assumption of Risk of Injury and Responsibility & Release of Liability (A parent or legal guardian must also sign)

I understand that participating in a program of training in self-defense under the instruction of Pip Start Ministries - Galatia is physical in nature and involves the risk of injury. I hereby acknowledge that I am physically capable of performing the exercise required in this program. I also affirm that I am covered by health insurance and/or other insurance, which will cover any costs of personal injury on or off the premises of instruction that I might receive while participating in self-defense training & instruction from Galatia, or that I have the financial capability to personally cover any such costs. I will not hold Agape Family of Churches, Galatia Self-Defense, Pip Start Ministries, Ronald Bell, the instructors, their families, agents, employers, or insurance companies liable or responsible for any injury received in or related to self-defense training that I receive under the instruction of Galatia. I will not hold Galatia Self-Defense responsible for my behavior or activity whether in class or elsewhere. Galatia strongly advises all participants to consult with a doctor before beginning this program or any other program of physical activity. On occasion, photos may be taken during class or demonstrations. Pip Start Ministries reserves the right to use images from photos, etc. in the newsletter and/or website for use of publicity advertising and promotions of the ministry.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
Student

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
Parent

## Galatia Martial Arts

### History:

Dr. Bell earned a 2nd degree black belt in 1995, has over 23 years of experience in martial arts, and 10 years as a Karate Instructor (YWCA, YMCA, Motorola, Univ. of S. FL, Univ. of MO 1990-1997, 2004-2005). Dr. Bell combines his training in martial arts and his gifts to serve and teach youth through self-defense.

### Philosophy:

To prepare youth for a life of integrity, physical fitness and knowledge of self-defense; to be used in understanding and wisdom in serving society.

### Benefits:

Coordination, Self Discipline, Physical Fitness, Self Esteem, Self Confidence, self-defense, flexibility, having fun

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Growing and Serving Youth for Leadership



## For Public School Students

### MISSION

To prepare youth for a life of integrity, physical fitness and a knowledge of self-defense.



[pipstart.org/galatia.htm](http://pipstart.org/galatia.htm)



## Classes

**Girl Scouts**

**After-School Programs**

## GALATIA

### What do we do?

Self-defense classes for grades 1-3, 4-8 and 9-12.

### What can I expect?

The *Galatia Self Defense Program* trains students in the following techniques: Personal reading, writing and research, kicking, punching, locks and bars, releases, falls and rolls, counterattacks, basics, physical conditioning, and; character and leadership development.

### Goal

- Set a foundation of physical fitness, self-defense and integrity

### Highlights

- Teaching in after-school public school programs since 2005

### Sample Class Format

- Exercise
- Basic techniques
- Application of self-defense techniques
- Character Lessons

Dress code enforced

Safety valued

Parent release forms must be completed

### Training & Style

- Style is combined with GoJu Ryu, Akido and Sho-Rin-Ryu.



**Galatia Martial Arts is a subsidiary of Pip Start – a 501c(3) tax exempt organization**

**Donations and Volunteers are Welcomed**