

HUDSON JUDO PRESENTS

**REGIONAL TRAINING NITE
FOR THE HUDSON ATHLETES FUND
AT THE INTERNATIONAL TRAINING
CENTER OF NY
FRIDAY JULY 16, 2010 @ 8: 00 PM**

THIS IS A MINI CLINIC AND MAXIMUM WORKOUT FOR JUDOKA 13YRS. AND OLDER OF ALL LEVELS THAT BRINGS TOGETHER MANY OF THE BEST PLAYERS AND COACHES IN THE AREA TO SHARE KNOWLEDGE AND HAVE NEWAZA AND RANDORI GUARANTEED TO CHALLENGE EVERYONE. NOTE: ALL PROCEEDS FROM THIS EVENT WILL GO TO THE HUDSON JUDO YUDANSHAKAI COMPETITORS FUND FOR THE SOLE PURPOSE OF SPONSORING AREA JUDOKA.

**Sanctioned by the United States Judo Federation: Sanction #10-07-04
WORKOUT DIRECTOR: BILLY MARTIN**

**LOCATION: INTERNATIONAL TRAINING CENTER OF NY
46-13 27TH STREET
LONG ISLAND CITY, NY 11101
718-706-6247
www.itcny.org**

FEE: 20.00 PREREGISTERED; 30.00 DAY OF WORKOUT

**ELIGIBILITY: MUST PRESENT VALID USJF, USA JUDO, OR USJA CARD
WORKOUT OUTLINE ON BACK OF PAGE**

**FILL OUT ENTRY FORM AND WAIVER AND MAIL TO BILLY MARTIN
FOR FURTHER INFORMATION CONTACT BILLY MARTIN at 516-242-7705 or
godan6161@aol.com**

Please send the attached application and waiver and mat fee to:

Billy Martin, 2 Joel Court, Huntington Station, NY 11746

WORKOUT SCHEDULE

**8:00 PM BOW IN AND INTRODUCTION
WARMUPS**

JUDO SPECIFIC DRILL TRAINING

**15 MINUTE MAT TECHNIQUE INSTRUCTIONS
NEWAZA RANDORI**

**15 MINUTE TACHI WAZA INSTRUCTIONS
RANDORI UNTIL THE LAST MAN STANDING**

A NOTE TO ALL JUDOKA:

EVERYONE PUTTING THIS EVENT TOGETHER IS DOING IT ON A VOLUNTEER BASIS TO HELP ELEVATE THE LEVEL OF AREA JUDO. TECH JUDO IS DONATING ITS' FACILITY AND MATS. WE ARE CHALLENGING YOU TO DO YOUR PART AND SHOW UP AND PARTICIPATE BECAUSE YOU ARE THE FUTURE OF AREA JUDO! BRING IT!

BILLY MARTIN WILL PERIODICALLY UPDATE THE LIST OF ELITE PLAYERS AND COACHES WHO WILL BE ATTENDING

REGIONAL TRAINING NITE

Please Mail the \$20:00 Mat Fee, Payable to Hudson Judo Yudanshakai, along with this application and Waiver to:
Billy Martin, 2 Joel Court, Huntington Station, NY 11746
ATTN: Friday Night Workout

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

E-MAIL ADDRESS: _____

JUDO CLUB: _____

USJF # _____ USJI # _____

USJA # _____

MEMBERSHIP EXPIRATION DATE: _____

JUDO RANK: _____

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WARNING!
WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

In consideration of being permitted to participate in any way, including travel to and from in any Judo tournament, practice, clinic, and related events and activities (“Activity”) of the **United States Judo Federation, Inc., USA Judo/United States Judo, Inc., United States Judo Association, Inc., Hudson Judo Yudanshakai, Inc., and ITCNY**, I agree:

1. I understand the nature of Judo activities and believe I am qualified to participate in such Activity. I also understand the rules governing the sport of Judo.

2. I further acknowledge that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.

3. I acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, illness or disease, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.

4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability, or death.

5. I hereby release, waive, discharge and covenant not to sue the **United States Judo Federation, Inc., USA Judo/United States Judo, Inc., United States Judo Association, Inc., Hudson Judo Yudanshakai, Inc., and ITCNY**, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all litigation expenses, attorney fees, loss, liability, damage or costs on account of injury, illness, disease, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligent acts or omissions of the Releasees or otherwise to the fullest extent permitted by law.

I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/LEGAL GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW. I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT.

Participant

Participant's Signature

Date

**FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation including litigation expenses, attorney fees, loss, liability, damage or costs which may incur as the result of the minor child's participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Parent/Legal Guardian

Parent/Legal Guardian's Signature

Date

directions:

BY BUS: Q67, Q39, B61, B60

BY TRAIN (check the map for numbers):

- [1] Hunters Point Avenue, train 7
- [2] Court Qg - Long Island City, train G
- [3] 23rd street - Ely ave, trains E, V

