

# COMBINED PARTICIPATION RELEASE, ASSUMPTION OF RISK, AND MEDICAL ACKNOWLEDGMENT — TRAIN MY HANDS FOR WAR AND 3 EMBERS GRAPPLING ACADEMY

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Version 2026-08-v2 · Christian Jiu-Jitsu Connect Group, hosted at 3 Embers Grappling Academy, 320 Industrial Blvd., Suite 206, McKinney, Texas 75069 ·  
trainmyhandsforwar.com

Read this document in full. It is a release of legal rights covering both Train My Hands for War and the host academy, 3 Embers Grappling Academy, and it applies to every session in the series - sign it once. Complete it online during your reservation (a signed copy is emailed to you) or print, sign, and bring this copy. A parent or legal guardian must sign for any participant aged 13 to 17.

## Participant information

Participant full name

Date of birth

Age

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Email

Mobile

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Emergency contact name

Emergency contact phone

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Session date attending

Allergies, injuries, or conditions

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## Terms of participation

1. Parties and scope. This agreement is made by the participant (or the participant's parent or legal guardian) with Train My Hands for War, its organizers and volunteers, Elevate Life Church, and 3 Embers Grappling Academy, the host academy, including its owners, instructors, coaches, staff, contractors, landlords, and premises. It applies to every Train My Hands for War gathering, class, open training, seminar, and related activity at the host academy, and it remains in effect for all future sessions until I revoke it in writing to the organizers.

2. Assumption of risk. Brazilian Jiu-Jitsu is a close-contact grappling activity. I understand that training involves inherent risks including bruises, sprains, strains, joint or muscle injury, cuts, skin or illness transmission by contact, concussion, broken bones, and in rare cases serious, permanent, or catastrophic injury or death. I also accept ordinary risks of the facility: mats, walls, equipment, other participants, and slips or falls. I choose to participate with full knowledge of

these risks, and I accept them for myself and for the participant I sign for.

3. Medical fitness and emergency care. I confirm the participant is physically able to train, is not under medical instruction to avoid strenuous exercise or contact activity, and that I will disclose any condition, injury, pregnancy, allergy, or medication affecting mat safety to an organizer or instructor before training. If the participant is injured and cannot consent, I authorize Train My Hands for War organizers and 3 Embers Grappling Academy staff to arrange first aid and emergency medical transport, and I accept responsibility for the resulting medical costs.

4. Rules, conduct, and facility policies. I agree to follow the safety rules and instructions of the organizers and host academy instructors, and the academy's own facility and hygiene policies: no unsafe technique, no injuring a training partner, immediate release on a tap, no strikes, clean gi or rash guard, trimmed nails, no jewelry, no drugs or alcohol before training, and no training with a fever, rash, ringworm, or open or draining wound. I understand organizers or academy staff may end my participation at any time for safety.

5. Release, waiver, and indemnity. To the fullest extent permitted by Texas law, I release, waive, discharge, and agree not to sue Train My Hands for War, its organizers, leaders, and volunteers, Elevate Life Church, and 3 Embers Grappling Academy and its owners, instructors, staff, and property owners (together, the "released parties") from any and all claims, demands, or causes of action for injury, illness, death, or loss of or damage to property arising from or related to my participation, whether caused in whole or part by the ordinary negligence of a released party, except for claims arising from gross negligence or willful misconduct. I agree to indemnify the released parties for claims brought by me or on my behalf arising from my own conduct.

6. Personal property. I am responsible for my own gi, gear, phone, and valuables. Neither Train My Hands for War nor 3 Embers Grappling Academy is responsible for lost, damaged, or stolen property.

7. Minors. If the participant is 13 to 17 years old, I certify that I am the parent or legal guardian with authority to sign, I sign on the participant's behalf and on my own, and I will remain on site for the entire session. There are no drop-offs.

8. Electronic signature. I agree that typing my full legal name below is my electronic signature under the Texas Uniform Electronic Transactions Act and the federal E-SIGN Act, that it is legally equivalent to a handwritten signature, and that the date and time of signing, this exact document text, and its version are recorded with it. I will receive a copy of this signed agreement by email, and I may download a PDF copy at any time.

9. Voluntary agreement and severability. I have read this entire document, I understand it releases legal rights on behalf of myself and any minor I sign for, and I sign it freely. If any part is held unenforceable, the rest remains in force. This agreement is governed by the laws of the State of Texas, with venue in Collin County.

## Signatures

By signing below I confirm that I have read and understood this release and that I sign it freely.

Participant signature

Printed name

Date

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Parent or legal guardian signature  
(required if under 18)

Printed name

Date

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One signed release covers Train My Hands for War and 3 Embers Grappling Academy for all sessions in the series.  
Signing online during your reservation records your electronic signature with a timestamp and emails you a copy.  
Questions: [mail@trainmyhandsforwar.com](mailto:mail@trainmyhandsforwar.com)

Strong hands. Humble hearts.