

# PERSONAL PROFILE / RELEASE

(please print clearly)



St. Louis  
T'ai Chi Ch'uan  
Association

Name						
Address	Street					
	City		State		Zip	
Email						
Phone					Age	

## How did you hear about the St. Louis T'ai Chi Ch'uan Association?

Word of Mouth  Flyer  Internet/our Web Site  Printed Media  \_\_\_\_\_  
Other Media  \_\_\_\_\_

## Why are you interested in T'ai Chi Ch'uan?

Mindfulness  Exercise/Health  Stress Reduction  Martial Arts   
Other  \_\_\_\_\_

## Previous Experience?

Meditation  Exercise/Health  Stress Reduction   
Martial Arts  (if so what style/system) \_\_\_\_\_

## Do you have any physical limitations/injuries? (especially knee, back or hip)

\_\_\_\_\_

**As a member of the St Louis T'ai Chi Ch'uan Association and in consideration of being permitted to participate in T'ai Chi Ch'uan classes held at those facilities that the St Louis T'ai Chi Ch'uan Association sees fit to hold such classes and taught by T'ai Chi Ch'uan Association instructors and assistants, I agree to the following:**

- I, myself, my executor, administrators, and assigns do hereby release and discharge all Board Members, teachers, and assistants from all claims, demand, actions or damages whatsoever in any manner or growing out of my participation in said T'ai Chi classes.
- I acknowledge that my participation is voluntary without request or encouragement by the Board Members, teachers, and assistants of the St Louis T'ai Chi Ch'uan Assoc.
- I acknowledge that teachers and assistants will occasionally place their hands on my shoulders, hips, knees, and back in order to facilitate the teaching of T'ai Chi. (If this "hands on approach" makes you uncomfortable or any other action by a teacher or assistant makes you feel the least bit uncomfortable please communicate immediately to the main teacher of that class or to a Board Member.)
- I attest and verify that I have full knowledge of the risks involved in said T'ai Chi classes and that I am physically fit and sufficiently trained to participate in these classes.
- Further I pledge to refrain from making any claims of certification or endorsement by the St Louis T'ai Chi Ch'uan Association in any way without the prior written approval of the Board of Directors.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date