

# Kentucky Global Taekwondo

## Student Handbook & Liability Waiver

### I. General Code of Conduct

- **Traditional Etiquette:** Bow upon entering and leaving the do-jang. Bow to the instructor at a proper distance and upon falling in line for class.
- **Permission:** No one is allowed to teach or leave the training floor without the instructor's express permission.
- **Respect & Focus:** Refrain from swearing and idle chatter. Students must recite the Student Oath and Tenets of Taekwon-Do.
- **Hygiene & Safety:** Smoking is prohibited. No shoes, food, soft drinks, or alcohol are permitted in the do-jang. Official do-bok must be worn.

### II. Physical Fitness & Eligibility Requirements

The Instructor/Owner is the **final authority** on all eligibility decisions based on clinical standards.

- **Obesity Prohibition:** No child or adult may participate if they meet clinical obesity definitions.
  - **Adults (20+):** Training is prohibited for those with a BMI of **30.0 or higher**.
  - **Children (2-19):** Training is prohibited for those at or above the **95th percentile** on CDC Growth Charts.
- **Overweight Protocol:** Students in the "Overweight" category must maintain a diet plan prescribed by a licensed dietitian and provide proof of compliance to remain active.
- **Clinical Measurements:** The Instructor reserves the right to weigh/measure students; these measurements supersede parental or student opinions.

### III. Adult Eligibility Reference (20+)

*Training is prohibited if weight meets or exceeds the "Obese" threshold.*

Height	Healthy (lbs)	Overweight (lbs)	Obese (Prohibited)
5' 4"	110 – 144	145 – 173	<b>174+ lbs</b>
5' 6"	118 – 154	155 – 185	<b>186+ lbs</b>
5' 8"	125 – 163	164 – 196	<b>197+ lbs</b>
5' 10"	132 – 173	174 – 208	<b>209+ lbs</b>
6' 0"	140 – 183	184 – 220	<b>221+ lbs</b>

#### **IV. Liability Waiver**

I release Kentucky Global Taekwon, (Pilot View Taekwondo), and K.C.E.C., know as (Kentucky Covenant Education Corporation) its owner, and instructors from all liability or claims arising from my (or my child's) participation. I acknowledge the health requirements above and certify the following information is accurate.

#### **Student**

**Name:** \_\_\_\_\_ **Height:** \_\_\_\_\_ **Weight:** \_\_\_\_\_

#### **Signature**

**(Student/Guardian):** \_\_\_\_\_ **Date:** \_\_\_\_\_