

**JUNE 19TH**  
ROCHESTER  
SHOTOKAN KARATE CLUB  
Dojo  
150 WAKEFIELD  
ST, ROCHESTER, NH

**Friday, June 19th**

**TAI CHI**  
**7—8:15 PM**  
**Doors open**  
**at 6:40 PM**

**Must have Tai Chi**  
**experience**

**Limited class size**  
**Cost \$40.00**

**Please wear your**  
**karate dogi and obi**  
**to this class**

*Tai-Chi Chuan is a method  
of keeping healthy and  
promoting a balance  
between the body and the  
spirit....The reward for  
those who practice it daily  
is a deep inward beauty  
and serenity that comes  
from a healthy physical and  
spiritual balance.*

**Yang Ming-Shi**

**No Video Taping of  
this event is allowed.**

**Mike Cook Sensei**

**Phone:**

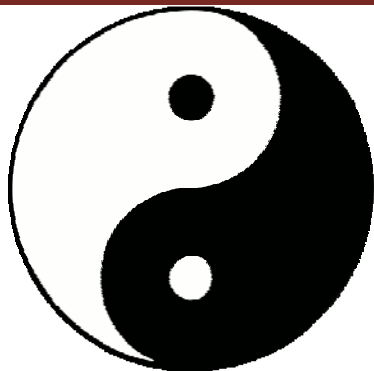
**Work: 207 778-0413**

**Cell: 207 491-5874**

**E-mail: [gunnermfc@gwi.net](mailto:gunnermfc@gwi.net)**

# KANAZAWA KANCHO TAI CHI SEMINAR 2009

Rochester, NH  
June 19, 2009



## REGISTRATION FORM (print clearly)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Home Dojo: \_\_\_\_\_ Rank: \_\_\_\_\_

\_\_\_\_\_ Tai Chi class: \$40.00

**After 6/10/09**

**Make Payment to:**

Add \$15.00 to fee.

Maine Shotokan Karate Association

PO Box 549

Farmington, ME 04938

### Waiver and Release of Liability

I, (Print Name) \_\_\_\_\_, intend to participate in the above open Tai Chi Seminar with Master Hirokazu Kanazawa sponsored by SKIF-USA, New England Shotokan Karate-do, Maine Shotokan Karate Association and/or Rochester Shotokan Karate Club. I hereby acknowledge that there are possible risks of bodily injury involved in participating in the special training and related activities. I hereby accept such risks and waive and release any and all claims and expenses (including but not limited to attorney fees, claims for damages, medical expenses, litigation and other costs, etc.), either known or unknown, now existing or arising in the future, that I may have of whatever kind or nature against any organizer, director, member, instructor, owner or anyone else involved in any way with this open course and associated activities, including but not limited to SKIF-Japan, SKIF-USA, New England Shotokan Karate-do, James P. Shea, Maine Shotokan Karate Association, Michael F. Cook, Rochester Recreation Shotokan Karate Club, Steven D. Warren, and/or Rochester Recreation Center, and the City of Rochester, New Hampshire. I fully understand signing this participation waiver and release.

I further agree that any pictures taken of or by me in connection with this open Karate-do course may be used for publicity or promotion or for personal use by the organizers of this event without compensation to me.

\_\_\_\_\_  
Signature (Parent/guardian if under 18 yrs of age)

\_\_\_\_\_  
Date