

# MIT Club Sports

## Waiver Form

### LIABILITY RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE

This is a legally-binding Release made by me, to the Massachusetts Institute of Technology (MIT).

I, (Print Name)

fully recognize that there are dangers and risks to which I may be exposed by participating in the MIT Tae Kwon Do Club which involves jumping, yelling, punching, kicking, vigorous aerobic exercise, sparring, and breaking wood boards, individually or in combination, for two or more hours at a time.

I understand that MIT does not require me to participate in this activity, but I want to do so, despite the possible dangers and risks, and despite this Release.

I therefore agree to assume and take on myself all of the risks and responsibilities in any way associated with this activity. In consideration of and in return for the services, facilities, and other assistance provided to me by the Institution in this activity, I release MIT, its employees and agents from any and all liability, claims and actions that may arise from injury or harm to me, from my death or from damage to my property in connection with this activity. I understand that this Release covers liability, claims and actions caused entirely or in part by any acts of failures to act by MIT, its employees or agents including but not limited to negligence, mistake, or failure to supervise by MIT.

I recognize this entire Release means I am giving up, among other things, rights to sue MIT, its employees and agents for injuries, damages, or losses that I may incur. I also understand that this Release binds my heirs, executors, administrators, and assigns, as well as myself.

I have read this entire Release, I fully understand it and I agree to be legally bound by it.

### THIS IS A RELEASE OF YOUR RIGHTS. READ CAREFULLY BEFORE SIGNING.

Releaser's Signature

Sex

Age if under 18

MIT ID Number / Athletics Card Number

If student, circle year: 1 2 3 4 G

MIT Affiliation (circle one):  
Student Staff Faculty Alum Spouse

Date

MIT Athena Username, If Applicable

preferred email (if different) for important announcements (low traffic):



# The MIT Tae Kwon Do Club

## Welcome

Welcome to the MIT Tae Kwon Do Club. This document provides an overview of the practical matters involved with training with the club. Further information about the club is at <http://web.mit.edu/tkd>, and our members are happy to answer questions before or after a class.

We recommend that you come to several classes before deciding whether you want to continue training with us because each instructor has a different style of leading class, and classes by the same instructor vary as well.

MIT requires that our members be affiliated with MIT; that is, a member must be an MIT student (including cross-enrolled); MIT faculty, staff, or alum; or an immediate family member of one of these.

### Your first classes

Immediately before your first class, we will ask you to sign a legal release, an MIT requirement.

Wear clothes that do not restrict your motion and are suitable for heavy exercise. Do not wear shoes, a watch, or any jewelry. Arrive early, introduce yourself to a black belt, and be prepared to stay the full two hours.

During your first classes in particular, you will be presented with a lot of information! Don't panic—you are not expected to learn or remember everything immediately. Early in your training, you must often just imitate higher belts as best you can. Be open to this old way of learning which is uncommon today. Don't hesitate to ask questions before or after class, and during class whenever the instructor indicates it's appropriate.

Work hard, but pace yourself. If you feel dizzy or ill, raise your hand and ask to take a rest for this reason. Remember that holding your breath makes you very tired. If you're thirsty, wait until the end of class. If you ever feel that a particular exercise will hurt you, for example because of an injury, substitute something similar that is safe for you.

Let the instructor know before class if you expect a problem to hold you back significantly.

The first thing to learn is to respond with the word *Sir* or *Ma'am* whenever you are addressed during training. You will soon see a number of reasons to do this, but for now, know that this one simple thing will show your attentiveness and your willingness to learn and participate in the club, and it will be much appreciated for these reasons.

### Joining the club

After attending at least four classes with regular attendance, the Head or Assistant Instructor will invite you formally to join the club. If you accept, fill out the Member Form provided to you by one of the club members and also at <http://web.mit.edu/tkd/member-form-new.pdf> and give it in person to the Head or Assistant Instructor.

Before you turn in the form, make sure you know the entire contents of the "Rules and Terminology" sheet. We will quiz you on it as you turn it in! When the Head or Assistant Instructor accepts the Member Form, you become an official club member and will receive your uniform and sparring gear.

When you receive your uniform, you assume all the responsibilities of a white belt. Before your next class, sew your patch onto the left side of your dobak and remove any visible tags from your dobak and belt. Arrive at your next class in uniform and familiar with the Rules and Terminology sheet (given to you with your uniform and also at <http://web.mit.edu/tkd/rules.pdf>).

### Schedule

We train MWF 7–9 P.M. in the Exercise Room, the middle room on the 2<sup>nd</sup> floor of duPont Athletic Center, between the Fencing Room and Wrestling Room. In the summer we train on the lawn behind Kresge Auditorium.

During the initial part of each semester, and during IAP (January), classes are oriented to integrating new members into the club. During the remainder of each semester, expectations rise so that we can accomplish more during each class.

## Previous experience

If you have previous experience in the martial arts, we ask that you begin training with us wearing no belt. After a few weeks, we will know how best to integrate you into the club. We respect your previous training, and this procedure will not impede your progress. We have found that this policy makes the initial weeks more productive as we both have time to adjust to any differences of custom and technique. Remember that your rank is a sign of your responsibility to the group as a leader and teacher, not merely an award for past achievement. Whatever the nature of your previous experience, you will need some time to understand your responsibilities in your new context. Please make sure the instructors are aware of the extent and nature of your previous training.

## Costs

To train with us, you need to have an MIT DAPER membership, whose cost depends on your MIT affiliation (see [http://web.mit.edu/zcenter/gen\\_info/cs\\_membership.html](http://web.mit.edu/zcenter/gen_info/cs_membership.html)—it's free for MIT students).

All other club costs are reduced or waived for members who cannot afford them. We never allow cost to prevent anyone from training with us! Our system is simple: we take your word for what you can afford. When the club asks for money, you always have the option of telling the Head or Assistant Instructor that you cannot afford it, or can afford only a partial amount. The request is confidential, and you should never feel embarrassed to ask for a reduction or a waiver. The club does not accept future payments: if you cannot pay at the time a fee is due, we waive it.

Costs for those members who can afford them include dues, examination fees, and the purchase of a uniform and sparring gear. For newcomers, one semester's dues, a uniform, and sparring gear are \$75 all together. Club dues for ongoing students are \$25 for MIT students and \$30 for MIT affiliates per semester (fall, spring, summer). Dues buy training equipment, administrative supplies, occasional refreshments after class, and subsidize club outings and other special events a few times a year. This is a club; no one receives any pay.

The fee for an examination is \$20, which helps pay for the boards broken during the exam and the club meal following it. (The fee is waived for any subsequent exams taken while at the same rank.)

Cash or Checks payable to "The MIT Tae Kwon Do Club" are normally the only acceptable methods of payment to the club.

## Club email list

Soon after your first class, you will be asked if you wish to subscribe to the club email list, [tae-kwon-do@mit.edu](mailto:tae-kwon-do@mit.edu), used for announcements and other important communications. The starting point for managing your subscription is at <http://mailman.mit.edu/mailman/listinfo/tae-kwon-do>.



# THE MIT TAE KWON DO CLUB

## RULES AND TERMINOLOGY

Tae Kwon Do is a Korean martial art which requires use of the hands and feet without weapons.  
The main goal of Tae Kwon Do is total mind and body control.

### AIMS TO ACHIEVE

- Courtesy
- Integrity
- Self-control
- Perseverance
- Indomitable Spirit

### THEORY OF POWER

- Speed
- Breath Control
- Equilibrium
- Concentration
- Reaction Force

## RULES

1. Students must bow to the flags (or the front of the dojang) and the Sabumnim when entering or leaving the dojang.
2. Students must respect and obey higher-ranking belts.
3. Students must use the word *Sir* or *Ma'am* when speaking to higher-ranking belts.
4. When the Sabumnim or Kyosanim enters the dojang, the highest-ranking belt must call the class to attention and have the class bow.
5. Students must speak only when necessary in the dojang.
6. Students must not practice by themselves when a class is available.
7. Students must receive permission from the instructor before entering or leaving the lineup during class.
8. Students must keep the dojang clean at all times.

## TERMINOLOGY

### Commands

attention	charyot
bow	kyung-nae
ready	jhoon-bee
begin	shi-jahk
stop	ko-man
return	bah-ro
turn around	dwiro-dora
at ease	shee-ut

### Stances

front stance	jong-gul-ja-say
back stance	hoo-gul-ja-say
riding stance	ki-ma-ja-say
fighting stance	dae-ryun-ja-say

### Counting

one	ha-na
two	dool
three	set
four	net
five	da-sut
six	yo-sut
seven	il-gop
eight	yo-dul
nine	a-hop
ten	yol

### Kicks

front kick	ap-chagi
roundhouse kick	dolyo-chagi
side kick	yop-chagi
back kick	dwit-chagi
hooking kick	dwit-dolyo-chagi

### Nouns

master	sabumnim
instructor	kyosanim
training hall	dojang
yell	ki-hap
flag	guk-gi
form	hyung

### Conversation

How are you?	An nyung ha shim mi ka?
Goodbye.	An nyung hee ga say yo.

# COMMONWEALTH OF MASSACHUSETTS

## GENERAL LAWS 269:17, 18, 19

### **269:17 HAZING; ORGANIZING OR PARTICIPATING; HAZING DEFINED.**

Section 17. Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one, [sic] year, or both such fine and imprisonment.

The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

### **269:18 FAILURE TO REPORT HAZING.**

Section 18. Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars.

### **269:19 COPY OF SECS. 17-19; ISSUANCE TO STUDENTS AND STUDENT GROUPS, TEAMS AND ORGANIZATIONS; REPORT**

Section 19. Each institution of secondary education and each public and private institution of post secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team, or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams, or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams or organizations.

Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgement stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its member, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post secondary education shall file, at least annually, a report with the regents of higher education and in the case of secondary institutions, the board of education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communication the institution's policies to its students. The board of regents and, in the case of secondary institutions, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution which fails to make such report.

[source: [http://web.mit.edu/asa/www/hazing\\_law.shtml](http://web.mit.edu/asa/www/hazing_law.shtml) on 2 Sep 2005]

# THE MIT TAE KWON DO CLUB

## MEMBER FORM

**Continuing members** must complete once a year when requested and place in club bag. **New members** should complete and give (in person) to the Head or Assistant Instructor when accepting a formal invitation to join the club. *You will be quizzed on the contents of the Rules and Terminology sheet when you turn in this form.*

***Please write clearly.***

**Date**

**Official name (as known to MIT):**

**I prefer to be called**

**Circle your MIT affiliation:** MIT undergrad student      MIT grad student  
MIT alum      MIT faculty  
MIT staff      student cross-enrolled at MIT  
family (*circle another also*)

**Undergrads, circle your year:** 1 2 3 4+

**Athletic card number (aka MIT ID number):**

**Home phone number:**

**Email address (for club-related email):**

**Uniform sizes (continuing members only, if known): dobak: \_\_\_\_\_ belt: \_\_\_\_\_**

**Newcomer package fee (new members only)** A fee of \$75 for new members covers one semester's dues, a uniform and patch, a complete set of sparring gear, and a gear bag. Please turn in this form with a check made out to "The MIT Tae Kwon Do Club" for \$75. Make sure your name is on the check and please put "newcomer package" in the memo area.

If you cannot afford this amount, tell the Head or Assistant Instructor, and the fee will be reduced (please refer to the club policy explained in the "Costs" section of the Welcome sheet, which is in the Welcome packet and at <http://web.mit.edu/tkd/welcome-packet.pdf>). The fee will also be reduced if you already have some suitable equipment (please show it to the Head or Assistant Instructor for approval).

**Essential information** Please write down any information about you—for example, a permanent medical condition—that the instructor of every class should know. The information will be shared only with instructors. (Information that is merely temporary, such as an injury or illness, should instead be given to the instructor before each class.)

**MEMBER FORM CONTINUES ON PAGE 2!**

Version: 3 Sep 08

Available at <http://web.mit.edu/tkd/member-form-new.pdf>

**Jewelry exceptions** The club uniform does not permit wearing jewelry, but we make some exceptions for members who feel strongly that they do not want to remove certain items such as wedding bands and symbols of religious devotion (see the Etiquette sheet for a detailed description of the uniform). If you feel strongly about wearing an item of jewelry during training, please list it here and show it to the Head or Assistant Instructor when you turn in this form (or for continuing members, when you next see one of them). We can make exceptions only for items that do not protrude and thus endanger other students.

**New Member Checklist (for use by Head/Assistant Instructor)**

- form is completely filled out
- Rules and Terminology quiz
- check for “newcomer package” collected \$\_\_\_\_\_
  - check signed       made out correctly       “newcomer package” in memo
- medical conditions reviewed
- jewelry exceptions approved
- equipment distributed (*NOTE: try-on sizes are in the old blue duffel*):
  - Etiquette sheet
  - uniform (size: \_\_\_\_\_)  *remind student: **remove labels**—there’s a seamripper in the equipment locker*
  - patch  *remind student: **place on left side***
  - mouthguard
  - mouthguard case
  - shinstep pads
  - forearm pads
  - punches
  - gear bag
  - groin protector (males)

**Instructor’s initials:** \_\_\_\_\_

- (1) Put the check (or a note if waiver granted) in the “To the Treasurer” envelope in the club bag.
- (2) Put this form in the “Completed Member Forms” slot in the club bag.