



# INTRO LESSON FORM

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Home Phone: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code \_\_\_\_\_

Cell Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Occupation: \_\_\_\_\_

Previous Martial Art Experience: ( ) Yes ( ) No. Do you do any other exercise? \_\_\_\_\_

What are the three main benefits you expect to get from your Brazilian Jiu-Jitsu Training?

\_\_\_ Fitness \_\_\_ Discipline \_\_\_ Self-defense \_\_\_ Reduce Stress \_\_\_ Respect

\_\_\_ Concentration \_\_\_ Coordination / Balance \_\_\_ Fun/Enjoyment \_\_\_ Attitude \_\_\_ Focus

How did you hear about the Gracie Barra? \_\_\_\_\_

Who else do you know that trains at Gracie Barra? \_\_\_\_\_

**GENERAL RELEASE:** I hereby acknowledge and understand that Brazilian Jiu-Jitsu is a physical activity and learning self-defense skills involves some physical contact. Gracie Barra Huntington Beach and or its staff and students are not to be held liable or responsible for any risks and/or injuries as a result of training in Brazilian JiuJitsu.

Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent Signature: \_\_\_\_\_