



Beginning Student Questionnaire

Thanks for your interest in practicing the ancient art of T'ai Chi Ch'uan with Redwood Coast Internal Arts. Please answer these questions to help me get a sense of where you are coming from. Thanks, Jake

Name: _____ City of Residence: _____

Phone Number: _____ Email: _____

Why are you interested in learning/practicing T'ai Chi Ch'uan, and what do you hope to gain from this class?

Please summarize any injuries or illness you have that I should know about. Please include seemingly minor things such as a bum knee, lower back pain, shortness of breath, etc.

Have you practiced Tai Chi or other martial arts or healing arts? Please describe.

How much time per week can you commit to doing "homework" by practicing what you learn in class at home? 15 min, 30 min, 1 hour...?

How did you hear about this class?



Waiver of Liability

I, the undersigned, hereby undertake the practice of T'ai Chi Ch'uan with Redwood Coast Internal Arts, under the direction of instructor Jacob Newell.

I understand that this practice entails various body conditioning drills, Tai Chi form, and partner practice including but not limited to push hands and slow, cooperative sparring.

I understand that, while these activities are considered safe by the instructor, interactive physical activity holds inherent risks including but not limited to: physical discomfort, pain, injury, or emotional distress.

I willingly undertake this practice despite these risks. I hereby hold Redwood Coast Internal Arts and Jacob Newell harmless, and I assume all liability for any harm I that may incur while undertaking these activities.

Signature

Date