



**KAATSU GLOBAL, INC.  
Certified KAATSU Instructor Agreement**

In consideration of serving as a KAATSU Instructor, I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue KAATSU Global, Inc. ("KAATSU GLOBAL") or KAATSU Japan Co., Ltd. ("KAATSU JAPAN"), its officers, employees, certified KAATSU Instructors, and agents from liability from any and all claims including the negligence of KAATSU GLOBAL, KAATSU JAPAN, its certified KAATSU Instructors, its officers, employees and agents, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in leading or performing KAATSU Training.

Participation in KAATSU Training carries with it the obligation to strictly follow the KAATSU Training Protocols ("KAATSU PROTOCOLS") as defined by KAATSU GLOBAL and KAATSU JAPAN.

I have read the following paragraphs and I know, understand, appreciate and will follow these KAATSU PROTOCOLS that are required to perform or lead KAATSU Training.

I also agree to indemnify and hold KAATSU GLOBAL and KAATSU JAPAN harmless from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in KAATSU Training and to reimburse them for any such expenses incurred.

By agreeing to this Agreement, the undersigned expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of Delaware and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

The undersigned acknowledges that he/she has read and understands this Agreement.

Executed as of this \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_\_.

**Printed Name:** \_\_\_\_\_

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



**ACKNOWLEDGEMENT IN WRITING:  
KAATSU Training Protocols**

I hereby acknowledge and agree that:

- (i) any and all KAATSU Training will be conducted strictly following these KAATSU Training Protocols ("PROTOCOLS");
- (ii) the undersigned is completely responsible for taking or implementing any and all precautions and measures appropriate or advisable to follow any and all PROTOCOLS, including without limitation maintaining adequate insurance related to such undertaking.

**PARENTAL ACCEPTANCE:**

I, \_\_\_\_\_ (Printed Name), am the parent or guardian  
of \_\_\_\_\_ (the minor(s) name).

I have read the entire Waiver and Release and understand that it is a full and final waiver and release from any claims for loss or damage due to the negligence of any of the Releasees or otherwise that the minor may suffer. I consent to the minor's participation and approve all of the terms of this Waiver and Release on the minor's behalf. I agree that I am solely responsible for the safety and well-being of the minor and no Releasee shall have any role or responsibility in this regard.

I hereby agree to indemnify and hold harmless the Releasees and each of them from any loss, liability, damage or cost, including without limitation court costs and attorney's fees, any Releasee may incur resulting from claims, demands and causes of action of every kind, known or unknown, directly or indirectly arising from any action or proceeding brought by or prosecuted for the benefit of the minor and related in any way to KAATSU Training, whether caused by the negligence of any of the Releasees or otherwise.

In order to properly perform KAATSU Training, I agree as a Certified KAATSU Instructor to strictly follow the KAATSU Protocols as defined by KAATSU Global, Inc. and defined by Professor Sir Yoshiaki Sato, M.D., Ph.D., FNAI.

Executed as of this \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_\_.

**Parent/Guardian's Signature:** \_\_\_\_\_