

## Policy, Terms & Registration:

1. **All of Avi Hirsch's** websites belongs to Meridian Health & Fitness Ltd (MHFL or MHFC or Avi's TaiChi from here on) – they are marked as such, and all are Based in the State of Israel. Any product or service provided in the sites are provided by MHFL. All materials are copyright and should not be copied and/or reproduced and/or shown to others and/or resold without expressed permission in writing. See websites for most updated Terms and Conditions. The relevant website link will be provided with the relevant marketing/advertising materials.
2. **Refresh Conditions:** In order to serve our clients/students to the best of our ability, and take into account your needs and concerns, the following conditions have been laid out, and are updated on our website from time to time. Policy enforcement shall reflect the latest update.
3. **Joining our club:** The Meridian Health & Fitness Club (MHFC/Trainer from here on) would like to welcome and train all individuals, however the classes and arts taught are not suited to all people and levels of fitness. People with medical/age restrictions may find that personal training will be more suitable or efficient. All activities at MHFC require the approval of your Medical Doctor, prior to enrolling/ MHFC may, at its own discretion, refuse to treat or accept clients. No explanation may be required.
4. **TaiChi and ChiKung** are ancient Chinese arts which aim to heal and strengthen the body, and prevent illnesses by way of gentle movements, correct breathing, and mental focus.
5. **Disclaimer and risk acknowledgment:** The exercises and drills taught in the classes are based In Martial Arts. The art taught in the classes is Wushu, comprising of Classical Ving Tsun Kung Fu (type of kicking and boxing dance) TaiChi Chuan, and Qigong Healing, which includes movement drills, self-defence, and attack techniques, including the use of weapons such as sticks, fake/real swords, knives and firearms. Therefore, as it is impossible to practice this art without physical contact between partners and/or impact with bags and other equipment, it is inevitable that accidents and/or falls will occur from time to time, even under the strictest guidance of the best trainers. For some of the movements and drills, a basic level of fitness, balance, co-ordination, flexibility, self-control and accuracy is required. It is therefore the responsibility of the student to listen carefully to the trainer, obey his/her orders precisely, act responsibly and being mindful of his/her surroundings, in order to minimize such occurrences. This is also the case when the practice is done online, where the trainer doesn't have physical access to the student and is unable to control the safety of the training space and the performance of the student. The trainer, therefore, takes no responsibility for any damage or injury or death to students resulting from this training. The student and the undersigned agree to take on these risks and to not hold the trainer and/or any of his/her other assistant trainers, nor the organization and/or place of work for any accident, injury or damages resulting from practicing and training in the classes and training locations.
6. **Medical Suitability:** It is the responsibility of the student to have, and provide (if requested) an up to date medical documentation confirming good health, and absence of any diseases or issues, which may prevent him/her from doing the various exercises or movements required. Medical Documents are to be available and/or provided (if requested) annually as they may be requested by the trainer at any time. In any event the responsibility for the health and safety of the student is upon the student him/herself. The student must know what he is physically able or not able to do. If a movement or exercise is not suitable, or feels inappropriate, or the student is uncertain of the suitability/safety of certain exercises, the student must stop his/her practice immediately and report it to the trainer and not perform that exercise or movement.
7. **Injuries:** The student must report immediately any damage or injury and if they are not feeling well to the trainer.
8. **Property Damage/loss:** The trainer is not responsible for loss, theft or damage of any valuables including, for example, glasses and/or dentistry etc.
9. **Insurance:** No insurance of any kind for the student and/or his/her belongings is included in the fees, nor is it included in the insurance for the training premises. It is up to the student or parent to decide to take out insurance in case of damages and/or injury resulting from being part of the classes and/or being on the premises/locations where lessons are given. MHFC will not be held liable for any injury and/or damage to the body and or things as a result of giving classes and/or training practice or as a result from any accident at the place of training.
10. **Trial Lesson:** We recommend you try any of the activities offered by our MHFC, by coming to 1 FREE Trial Class. This only applies to Live in-person/Zoom groups, and this session will be counted as your first session when joining. There may be some sample session recordings available online, to sample the courses in order to facilitate decision making.
11. **Holidays:** There will be no classes on: Israeli State School holidays, Israeli national and religious holidays, and Fast days, classes shall continue throughout July and August. A list of such holiday days may be found on the website.
12. **Fees:** Prices for services, treatments or classes may change at any time. Price list is advertised separately on the websites and may vary according to age, length of commitment, location, and time of class. Other conditions may apply, see below.
13. **Payment:** Price for group sessions is per calendar month, payable in advance at the beginning of every month regardless of the number of classes that may exist during the month and/or when the student joined MHFC. Meaning, the number of classes per month may vary, depending on the number of Holiday/Fast days in the particular month and/or when in the month the student joined the group. The fees however remain fixed.
14. **Discounts** may be available for additional nuclear family members, and/or if you prepay for multiple months, or obtain a coupon – further conditions may apply, see Fees on the websites for more updated details.
15. **Mode of Payment:** We accept Cash or Checks at the place of training, but payments with Credit Cards, Bit and GooglePay do incur a surcharge – see payment page on website.
16. **Combining Classes:** Students can come to any combination of classes and in any location subject to the approval of the Trainer, availability and specific class restrictions. See class calendar and fees on websites for details.
17. **Refunds:** No refunds of money available for missing classes and/or classes missed due to Holidays/Fast Days - If a student missed a class, that class may be complemented at any other class time or location, or by watching a class recording if applicable - subject to the specific class's restrictions, availability, and approval from the trainer. Class credits, if such are given, expire at the end of August of current year.
18. **Transferability:** Only applicable to In-Person group sessions. Class Participation rights can only be transferred with approval of the new person, as not everybody is suited for all the classes. No reason will be given for disqualifications.
19. **Freezing membership:** only students with a membership 3 or more months, if such exist, have the ability to freeze only up to 1 calendar month per year for holiday or due to sickness. If the activity is contraindicated for a longer period by a Medical Doctor, only the remaining payments from the next month and until the end of the membership period will be refunded.



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20. **Termination of membership:** In the event that a student wishes to permanently terminate his/her commitment and quit, s/he will have to pay a penalty fee depending on the type of membership chosen. The penalty fee is equal to the discount received over the accumulated number of months of membership used since last renewal/start. This penalty fee will be deducted from any potential refund due. The student will not receive compensation for the remaining classes in the current month, if there are any, but will be able to finish the month and participate in all the lessons due to him/her.
21. **Training Premises:** Use of the physical facilities is permitted only in the presence of the trainer.
22. **Classes:** The number of students is limited. Similarly, workshops and new classes will only take place with the minimum number of participants. Classes may sometimes be taught or assisted by senior students who are being trained to teach. Each class/course is designed for a specific population and therefore may have its own conditions for acceptance. Zoom-Live classes are recorded and should be available (subject to technical issues) for viewing (not for download) for about 7 days.
23. **Class duration & Times:** Class duration is no less than 45 minutes. Sometimes, the trainer may decide to extend the duration of a class over weeks/months at his/her discretion, but this should be regarded as temporary and may be discontinued at any time. The trainer reserves the right to change the hours of operation and/or to close the club/activity in one/all locations without prior notification. In the case of a discontinued class, refunds will be given on the remaining months in the membership.
24. **Food, drink & Jewellery:** Food or drink may not be brought into the hall/place of activity, nor is gum chewing permitted therein. Students should bring their own bottles but only drink outside of the training area. All watches and Jewellery should be removed before class starts.
25. **Photos/Videos:** From time to time, photos of classes and participants may be taken for marketing or administrative use. Students/Parents hereby agree unconditionally to allow such photos to be taken and used commercially with no compensation.
26. **Uniform:** Students may only train in suitable and modest attire, as advised by the Trainer. Students must not wear a watch nor any jewellery during class. Students should wear sport shoes without metal or hard plastic pieces. If the trainer feels that a special uniform is required, then, it shall be provided by the trainer for a fee. At present the approximate cost of such a uniform is ~60NIS for printed T-Shirt, ~250NIS for training trunks, ~250NIS for Kung-Fu shoes, and ~200NIS for boxing gloves/shin guards.
27. **Belts** will be provided to Martial Art students after passing the relevant grading test. The price of the first belt is included as part of the graduation test fees. At each subsequent grading, the student will be required to hand in the previous belt in exchange for the next belt. The system taught comprises of 10 grades altogether. The price for each grade is different - details can be obtained from the Trainer. If a student fails the test, s/he will be able to try again once more for no additional cost. Each subsequent re-testing costs the same as the original test.
28. **Discipline:** Students must show respect to the trainer, to the place of training and to the other students, obey the above rules and regulations, and follow the trainer's instructions. The trainer reserves the right to cancel a student's membership if these rules and regulations are not followed and/or if student's behavior is not found to be acceptable. In case of inappropriate or unruly behaviour, the Trainer reserves the right to expel a student from a specific class and/or whole course, with the current month's fees being the penalty for such behavior.

29. **Remember:** what is taught in the Martial Art classes is for defence only and should not be demonstrated irresponsibly outside of class as it may cause serious and potentially fatal injuries.
30. **Registration form:** Please print the Registration form, fill-it, sign it and email it back.

If any of these rules are not clear, or you have further queries, please contact us on 972-54-547-1234 and one of our representatives will be happy to talk to you.

### Registration form

I, the undersigned, agree to be bound by the policies and conditions in this document.

### Please write clearly.

Student Name: \_\_\_\_\_ Surname: \_\_\_\_\_  
Address: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ I.D. \_\_\_\_\_  
Home phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Got: \_\_\_\_\_ Whatsapp? Y / N \_\_\_\_\_ SMS? Y / N \_\_\_\_\_

How did you hear of us?

☐ Internet, ☐ Magnet, ☐ Flyer, ☐ Friend, ☐ Whatsapp, ☐ Facebook,  
☐ Instagram, ☐ Other: \_\_\_\_\_

☐ Another student: \_\_\_\_\_ Other Student's name: \_\_\_\_\_

Do you have any medical issue or disability? ☐ Yes, or ☐ No

If yes, please elaborate: \_\_\_\_\_

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

### Student's Parent/Carer, if under 18 years of age:

Father's name: \_\_\_\_\_ Signature: \_\_\_\_\_

Cell phone: \_\_\_\_\_ Email: \_\_\_\_\_

Mother's name: \_\_\_\_\_ Signature: \_\_\_\_\_

Cell phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

Last updated March 2023