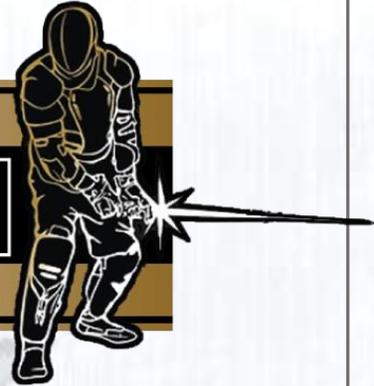


# HOLD HARMLESS AGREEMENT / CLUB AND SAFETY GUIDELINES

**THE**  
**SABER LEGION**  
INTERNATIONAL SABER COMBAT ORGANIZATION



## THE SABER LEGION:

Love and represent your charters and who you are...

Through sabers all will be united...

*The Saber Legion (TSL) is a Full Contact Custom Saber dueling community. Because of the dangerous nature of full contact saber combat ALL participants must waive any and all injury liability against TSL, its members and any locations used for TSL events.*

*Persons under the age of 18 must have expressed consent from their parent(s) or legal guardian(s).*

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## Who We Train, How We Train

In The Saber Legion, we do not train bullies. We train adults and children who are interested in learning custom saber combat to further the development of their body, mind and spirit. Our training is achieved through a combination of solo drills, in which members learn the basic movements that will build techniques through repetition to develop muscle memory. Partner drills, in which members learn to apply those movements by working directly with another member. And Dueling or “free sparring” where you can spontaneously apply what you have learned.

## Martial Roots

The custom saber skills used and taught in The Saber Legion draw on traditional martial techniques and are being handed down to you in the format of Custom Saber combat. Take a moment to sense the significance of your presence in The Saber Legion every time you begin your training. You are not here by accident. Try to cultivate a feeling of appreciation for the fact that you are a part of these arts long historical legacy.

## Relationship to Other Members

Treat members who have trained longer than you with respectful attention, and members who join after you with helpful care. The moment you become a member of The Saber Legion, you are now the “elder” of anyone who joins the group after you. Take responsibility for introducing new members in your charters, social sites and events. It is your job to make them feel welcome. answer their questions and help them adapt to the new experience of being a member of The Saber Legion. Remember “Through sabers all will be united.”

## Safety

To properly cultivate skill, we must know that training is safe. Never force a technique on your partner beyond reasonable limits. There is no reason for any exercise in The Saber Legion to ever reach the intensity and damage potential of an actual fight. There is no need to injure yourself or others to progress. Use artificial targets (punching bags, shields, etc.) to test your power, speed, and intensity. Use human partners to test coordination, spontaneity, distancing and timing in a manner safe for all. A larger, stronger, or faster partner requires better

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techniques, not more power, force or speed. Be alert. Actively keep safety in mind. Eating, chewing gum, or wearing jewelry of any kind during training is not advised. Please do not do so. Tie back long hair for safety. Keep effective learning and safety in mind when training with other members. If in doubt always err on the side of safety.

## Training with a Partner

Anytime you train with another member of The Saber Legion you are both required to adhere to the safety gear guidelines listed below. This is to ensure all members are training in the safest way possible. We are here to have fun and enjoy the community of other saber enthusiasts. So, show respect and concern for each other's wellbeing.

## Training Gear

Handle all training gear (sabers, pads, masks, etc.) with respect. Place them on the floor / ground out of the way when you are not using them. Never toss, drop, or throw an item onto the floor. Never kick an item and try not to step over or on any training gear. Take the time to respect the gear and move it gently if it is in the way. There are quite a few levels of training gear requirements. Each level includes the requirements of the level before it. Please read this carefully and often. If there are any questions, please reach out to an owner of The Saber Legion for guidance.

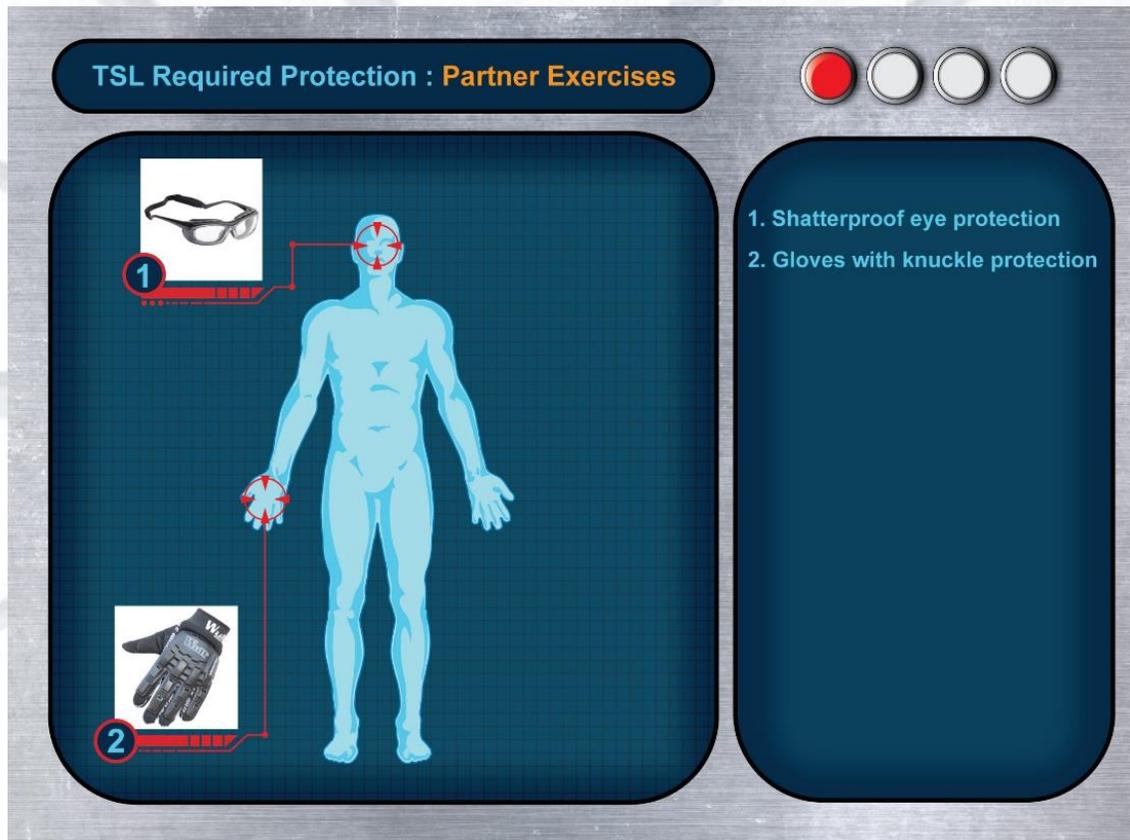
### 1. Basic Gear

Requirements for this level are simple and they are expected of all members of The Saber Legion, always. This is the common-sense level. Dress to your training environment. Wear shoes and clothing appropriate for the area you are training in. Use a saber or other training device (Bamboo sword, wooden sword, stick, etc.) that is safe to handle. Try to remove splinters and tape over areas where you grip the tool if necessary. There is no need to bleed for your art. If you have an injury wear your braces or other protective devices. A Custom Saber is mandatory before you begin to work with another member, however a saber is not required to begin training.

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## 2. Partner Exercises

You will need a Custom Saber, shatterproof eye protection and gloves with knuckle protection. This level is required when working with another member on any technique. You are working together at this level; it is not a competition. No member is trying to beat the other and you are working together to learn a concept. The speed and intensity at this level should never be more than 10 – 20 percent of “real” or “combat” speed and intensity.

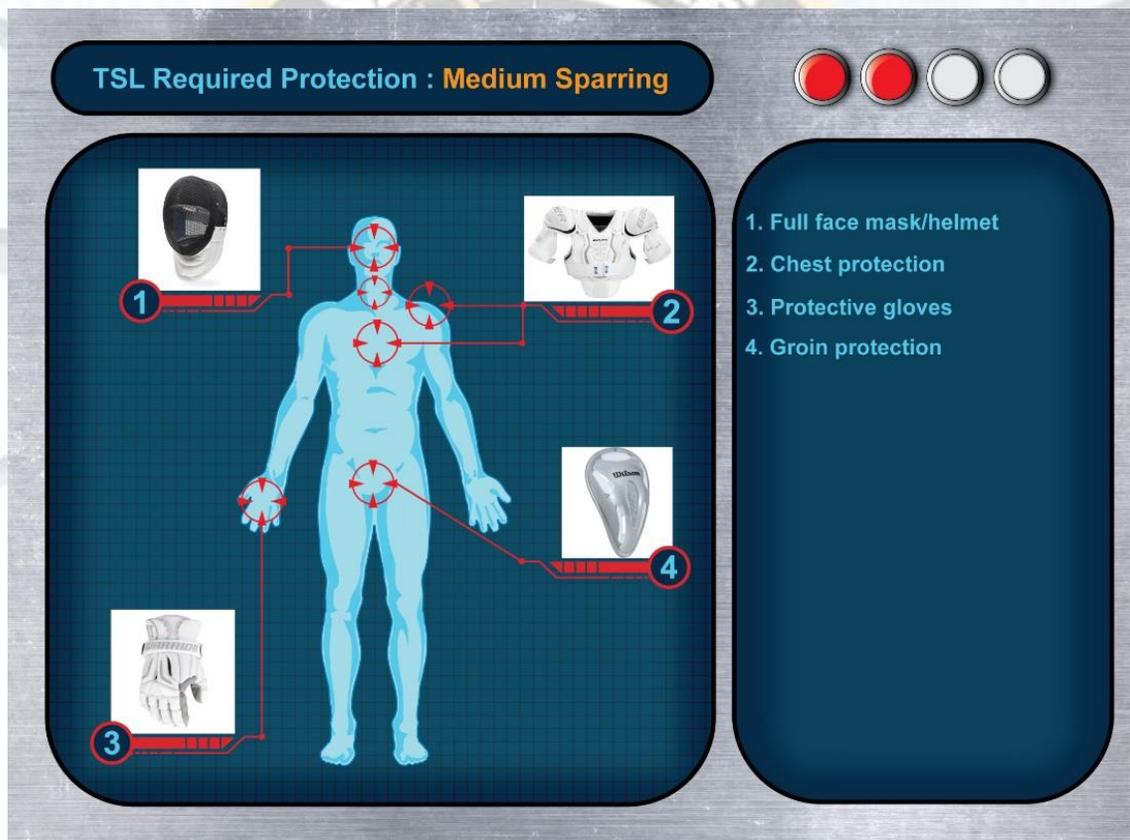


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## 3. Medium Sparring

This level is the minimum when members of The Saber Legion begin to duel or “free spar”. You are required to have a Fencing, Saber or HEMA approved (350 N minimum) mask! ABSOLUTELY NO EXCEPTIONS! You will also need better gloves and the addition of chest protection. Lacrosse and Hockey (ice, field, or street) are the least expensive and most effective pads for this activity. Finally, you will need to add a “cup” or similar pelvic protection for both our male and female participants. At this level the members are trying to ply the skills they have learned in a spontaneous environment. The speed and intensity should never be above 30 – 40 percent of “real” or “combat” speed and intensity. This level should remain fun for most members.

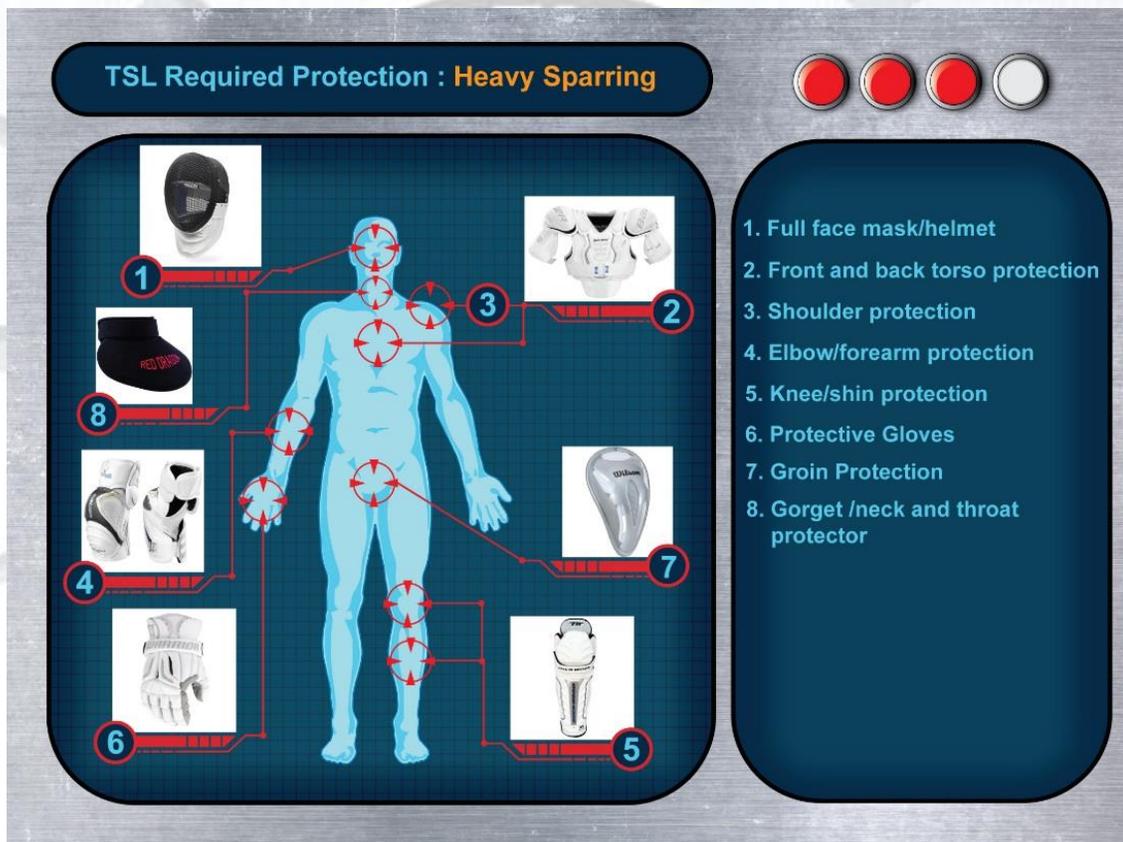


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## 4. Heavy Sparring

At this level, you will need to add torso (both front and back), shoulder, elbow, shin and knee as well as neck protection. Lacrosse and Hockey (ice, field, or street) pads are the least expensive and most effective pads. They are designed to protect the wearers from the impact of hockey or lacrosse “sticks”, and let’s face it, that is basically what a Custom saber is. At this level the members are attempting to outwit and overcome an opponent. The speed and intensity should never be above 50 – 60 percent of “real” or “combat” speed and intensity.



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## 5. Tournament Sparring

This is the level one can expect when entering and participating in official The Saber Legion tournament events. Additional gear required at this level is a “plate” style gorget / neck and throat protector. This protector must be made with solid pieces of metal, whether it is covered in leather or not. As we allow thrusts to the chest and head to score points (see the tournament rules for specifics) the neck, while not a valid target for points, is vulnerable to being struck with a thrust. The remainder of the gear is the same as the heavy sparring description. The speed of the dueling will be under the influence of adrenaline and can reach 70 – 80 percent of a full attack, however the participants are expected to show control and to “pull their punches” as the weapon impacts so the force applied still falls into the 50 – 60 percent range described in the heavy sparring description. True safety at this level is achieved by having a partner with control, knowledge, skill, and experience. Please be aware of your opponent and keep in mind we are here to have fun and build community.



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## 6. Full Combat

This level is **NOT RECOMMENDED OR ENDORSED** for any member of The Saber legion as it holds a chance for real injury. **Please do not compete or participate at this level** thinking the gear required for this will be enough to keep you safe. True safety at this level is achieved by having a partner with control, knowledge, skill, and experience. Rib, stomach, kidney, thigh, wrist, forearm, and extreme neck protection are needed at this level. This level should remain sportsmanlike and while the attacks of the encounter may reach full speeds the intensity never should. This is not life and death, it is competition.



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## Hold Harmless Agreement / Club and Safety Guidelines Signature Page

I \_\_\_\_\_ agree to obey all rules and regulations of **The Saber Legion** and the schools, charters, and any practice locations, which are established for the purpose of keeping the order of the organization, and to reduce the potential for injury.

I \_\_\_\_\_ acknowledge and hereby release and hold harmless the above organization, its officers, members, instructors, employees, volunteers, and any authorized invited guests or observers from any and all claims for injury to person or property (whether or not said injuries are immediately apparent upon occurrence) which I may receive while participating in the activities of **The Saber Legion** or through the use of any or all facilities or locations connected herewith.

The above activities of **The Saber Legion** include in specific but are not limited to, the following circumstances.

1. The accidental or unintentional injury by any member, guest, instructor, observer, officer, member, or employees of the above organization.
2. Any injury, which may occur during the course of training. The term "during the course of training" shall include any period of time, which encompasses traveling to or from any training room, place of instruction, or demonstration. This shall also include any self-training or with others when training occurs outside of the premises of or in the supervision of an instructor of the above organization.
3. The above signee and/or the applicant's parent or legal guardians hereby agree that this hold harmless agreement shall extend to all claims for injury aforesaid including costs of litigation, attorney's fees and other incidental expenses including costs incurred by **The Saber Legion** or its members in the defense of any lawsuit or to enforce this hold harmless agreement.

I also agree not to hold liable **The Saber Legion** or assigns for any injury incurred in the course of training as long as reasonable care and attention is taken by the instructors, members, or guests of the organization. I also agree not to open a club, group or school teaching the skills and techniques as taught in this organization within 2 years of termination of study with **The Saber Legion**, without written permission of the Owner(s) of **The Saber Legion**

\_\_\_\_\_  
DATE

APPLICANT'S SIGNATURE

\_\_\_\_\_  
APPLICANTS CHARTER

\_\_\_\_\_  
DATE

PARENT OR GUARDIAN'S SIGNATURE (IF MEMBER IS UNDER 18)

\_\_\_\_\_  
DATE

TSL OWNER SIGNATURE

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