

## Medical Certification: PHYSICALLY ABLE TO PARTICIPATE IN THE KUPUNA AIKIDO SAFE FALLING CLASS

I, \_\_\_\_\_, am interested in participating in a Safe Falling class offered by Kupuna Aikido. I am aware that the class is 50 minutes and meets once a week for eight weeks, progressing from awareness and stretching exercises to falling methods for various conditions. I also know that the classes will include physical activity as listed below:

- Able to go down and get up from a practice mat.
- Able to wear a facemask during the entire class session.
- Exercises to strengthen core muscles (legs, abdomen and back).
- Exercises to improve balance/coordination.
- Exercises that require shifting balance from left to right sides, leaning forwards and backwards.
- Exercises to strengthen neck muscles, to keep head above horizontal ground plane.
- Safe falling exercises: using leg muscles to lower oneself as close as possible to the ground in a controlled manner, turning to receive and distribute impact along muscle mass on the outside calf, thighs, buttocks, back, triceps and forearm.

I have reviewed the attached Safe Falling Class Physical Activity Requirements and have talked to my doctor about areas of concern. **I certify that I am physically able to accomplish the physical requirements of the class.** I take full responsibility for my participation in the class. I agree to work within my own comfort zone and will stop if I feel any pain or discomfort.

\_\_\_\_\_  
Print Name of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Participant

## Safe Falling Class Physical Activity Requirements

Regular physical activity is an important way to become more active every day. The purpose of the safe falling class is to teach seniors how to fall safe as possible to decrease the potential for serious injuries from a fall.

The safe falling class will involve physical activity. If you are going to become more physically active than you currently are or have special medical need, **please check with your doctor**. Participants must be able to get up and down from the practice mat and perform the activities listed below.

- Able to wear a face mask during the entire class session.
- Able to go down and get up from a practice mat.
- Exercises to strengthen core muscles (legs, abdomen and back)
- Exercises to improve balance/coordination.
- Exercises that require shifting balance from left to right sides, leaning forwards and backwards.
- Exercises to strengthen neck muscles, to keep head above horizontal ground plane.
- Safe falling exercises: using leg muscles to lower oneself as close as possible to the ground in a controlled manner, turning to receive and distribute impact along muscle mass on the outside calf, thighs, buttocks, back, triceps and forearm.

Please read and answer the questions below honestly:

- \_\_\_\_\_ 1. Has your doctor ever told you that you have a heart condition and that you should only do medically prescribed physical activity?
- \_\_\_\_\_ 2. Do you experience chest pain when you do physical activity?
- \_\_\_\_\_ 3. Do you experience loss of balance because of dizziness or have you ever lost consciousness?
- \_\_\_\_\_ 4. Do you have any physical problem that could get worse by doing any of the listed physical activities?
- \_\_\_\_\_ 5. Do you have any joint, knee, hip, neck, back or other areas that may get worse from physical activity?
- \_\_\_\_\_ 6. Are you currently taking any drugs for blood pressure or heart condition?
- \_\_\_\_\_ 7. Are you taking any drugs that might affect your ability to do the listed physical activities?

**If you answered YES to any question, talk with your doctor before you apply for the class. Tell the doctor the physical requirements of the safe falling class.**