

MEDICAL CLEARANCE FOR MELBOURNE PUSH HANDS OPEN COMPETITION

This document certifies that

(competitor name)

(competitor date of birth)

(competitor postal address)

Is medically sound to compete in a competitive Push Hands competition, described briefly as follows, within the set of rules that are provided separately to this document.

- Pushing hands is a martial arts training exercise which has no strikes and has some aspects of grappling or wrestling
- There is no head contact, no punches, no throwing and no kicks. Allowed pushes must not take the form of open-hand strikes. Sweeping and tripping are allowed.
- The format chosen allows competitors free movement within a competitive area supervised by competent referees
- There is no ground-fighting, nor any form of choking. Some joint locking may occur but not in a "submission wrestling" sense – these are simply control techniques which a competitor should be able to escape

On this understanding, I undersigned attest that (competitor name) is fit to compete.

Signed

(doctor name)

(doctor identifier / address etc.)