

EXCLUSIVE SEMINAR

TAEKWONDO SEMINAR

Registration Form

Train with Carolena Carstens — 2x Olympian

2x Pan-American Champion | 2x Central American Champion | 2x Bolivarian Champion

Saturday, November 21, 2026 • Han's Taekwondo • 4302 Gosford Rd., Bakersfield, CA

PARTICIPANT INFORMATION

Full Name: _____

Date of Birth: _____

Belt Rank / Level: _____

Home Dojang / School: _____

Parent / Guardian Name (if participant is under 18): _____

Phone Number: _____

Email Address: _____

EMERGENCY CONTACT

Contact Name: _____

Relationship to Participant: _____

Phone Number: _____

Known Medical Conditions / Allergies: _____

SEMINAR GROUP SELECTION

Please select one session:

☐ First Group — 9:00 AM – 12:00 PM

☐ Second Group — 1:00 PM – 4:00 PM

WAIVER & ACKNOWLEDGMENT

I understand that Taekwondo training involves physical contact and inherent risk of injury. I voluntarily assume all risks associated with participation in this seminar and release Han's Taekwondo, the instructor, and event organizers from any liability for injuries sustained during this event. I confirm that the participant is in good physical condition to participate.

Signature: _____

Date: _____