# Lion's Shield - Full Online Self-Defense Course Safety Disclaimer

## Safety Disclaimer

The techniques demonstrated in this course are for **educational purposes only.**

- Always train within your personal limits and use caution when practicing.
- We recommend consulting with your physician before beginning any new physical activity.
- Make sure your training area is clear of obstacles and hazards.
- Practice slowly at first, and only increase speed and power once you are comfortable.
- A partner should always attack **slowly and with control** during drills to avoid injury.

By participating in this course, you acknowledge and agree that:

- You are training **at your own risk.**
- Lion's Den Online Academy, Grandmaster Miles Varichak, and any affiliates are **not liable** for injuries, accidents or misuse of the material taught.
- The course is intended to build awareness, confidence, and skills, but **no technique is 100% effective in all situations.**

***Your safety and the safety of your training partners is YOUR responsibility. Train Smart. Train Safe.***