

# 合氣道

AIKIDO

— A GUIDE FOR NEW MEMBERS —

AIKIKAI FOUNDATION  
AIKIDO WORLD HEADQUARTERS

## 1.

### **Purpose of Aikido**

The objective of Aikido is to contribute to making a better society through the training of both body and spirit.

## 2.

### **Features of Aikido**

Aikido is a unique Japanese Martial Way intended to train both body and spirit that can be practiced by students, businessmen, housewives, elderly and children alike.

## 3.

### **Membership Application**

One can join Hombu (Headquarters) Dojo (Practice) Hall by filling out the appropriate forms available at the office and paying the Entrance Fee. The office is open every day but holidays and Sunday afternoon.

## 4.

### **Membership Card**

All members receive a Membership Identification Card after completing the necessary forms. This card should be presented at the office before practice, and picked up prior to leaving.

## 5.

### **Entry Fees and Regular Practice Rates**

<u>Membership Type</u>	<u>Entry Fee</u>	<u>Monthly Rate</u>	<u>Practice Days</u>
Regular Class	¥8,400	* ① ¥10,500	Mon. ~ Sat.
Sunday "	"	¥5,250	Sun. only
Regular & Sun.	"	* ② ¥13,650	Sun. ~ Sat.
Children's "	"	¥4,725	2 days/wk
Individual "	"	¥42,000	2 days/wk
Group	"	¥63,000-plus	2 days/wk
	* ① students	¥7,875	
	* ② "	¥11,550	

All Entrance and Monthly Practice fees are non-refundable.

**6.****Practice Hours**

Practice is offered once per day at the following times :

**(1) NORMAL CLASSES**

<u>Class</u>	<u>Days</u>	<u>Time</u>	<u>Location</u>
Beginners	Mon. ~ Sat.	07:00~08:00	2nd Floor
〃	Sat.	09:30~10:30	〃
〃	M./W./F.	17:30~18:30	〃
	Mon. ~ Fri.	19:00~20:00	〃
Regular	Mon. ~ Sat.	06:30~07:30	3rd Floor
〃	〃	08:00~09:00	〃
〃	〃	15:00~16:00	〃
〃	〃	17:30~18:30	〃
〃	〃	19:00~20:00	〃
〃	(Sat. Only)	10:30~11:30	〃
Sunday	Sun.	09:00~10:00	〃
〃	〃	10:30~11:30	〃
〃	(Beginners only)	09:30~10:30	4th Floor
Women's Exclusive	Tues./Thur.	18:00~19:00	2nd Floor
Children's	T./F./S./S.	(ask office)	2nd Floor
Women's Special	Tues./Fri.	10:30~11:30	3rd Floor

**(2) AIKIDO ACADEMY (See Annex for details.)**

Beginners	Mon./Thur.	18:30~20:00	4th Floor
Inter.	Wed./Sat.	〃	〃
Advanced	Tues./Fri.	〃	〃

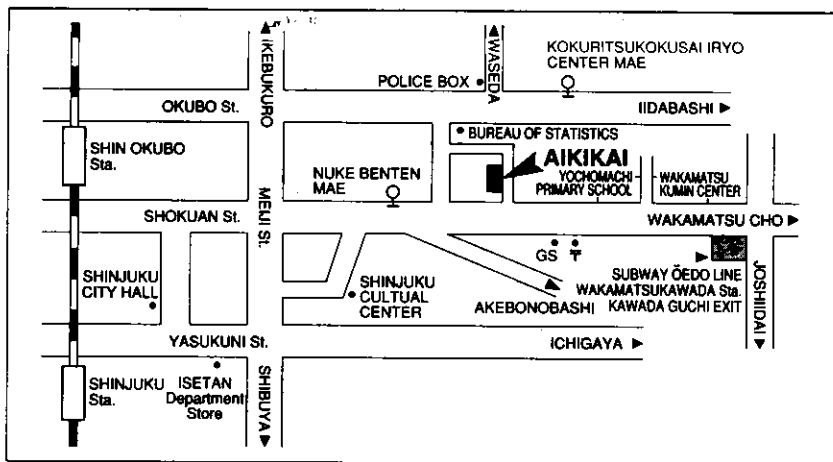
**7.****Grading Examinations**

Students wishing to take a grading examination are requested to submit the appropriate form by no later than Thursday the week before the date of the scheduled exam. Dates of exams and results will be posted. Kyu-level tests will be administered on the first Sunday and Monday of every month; Dan-level exams will be given on the first Sunday and Monday of every other month. No exams, however, will be administered in January or August.

## DOJO ETIQUETTE AND CUSTOMS

1. Proper manners and rules should be obeyed, while following the instructions of one's teacher.
2. Practice should be serious and sincere, but should not inflict an injury on others.
3. All should participate in cleaning following practice, in order to insure a clean place of training.
4. There should be no smoking in the dojo at anytime.
5. Harmony should be respected, and practice should be bright.
6. Practice under the influence of alcohol should be avoided.
7. People observing practice should respect the rules and order of the dojo.
8. All accidents and/or injuries resulting from practice are the responsibility of the individual member.

\*In case of long absence, "KEIKOGI" should be taken home, or the dojo will dispose of it.



● **BUS ROUTES:**

1. SHINJUKU STATION ——— **NUKEBENTEN-MAE** ——— TOKYO JOSHIIDAI
2. SHIN-OKUBO STATION ——— **KOKURITSU-KOKUSAI-IRYO-CENTER-MAE** ——— SHINBASHI STATION  
(National Medical Care Center)
3. TAKADA-NO-BABA STATION ——— **NUKEBENTEN-MAE** ——— KUDANSHITA

● **SUBWAY:**

ŌEDO LINE WAKAMATSUKAWADA Sta. KAWADA GUCHI EXIT

### AIKIKAI FOUNDATION AIKIDO WORLD HEADQUARTERS

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