



Aikido Kenkyukai Orange

Member of Aikido Kenkyukai (NSW) Inc
and Aikido Kenkyukai International

Welcome to Orange Dojo of Aikido Kenkyukai International. We are delighted that you are interested in your children training with us.

However, before your child joins us on the mats, we require that you fill out two important forms. These are:

- Attachment 1 - Application Form
- Attachment 2 - Martial Arts Contract

By completing the attached forms, you are acknowledging the inherent risks involved in participating in a martial art. In over 30 years of training at Aikido Kenkyukai dojos, we have never had a serious injury. However, as with any physical activity, the risk of injury cannot be eliminated.


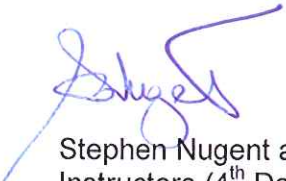
Also attached are two information documents for you to keep and read:

- Attachment 3 - the *Martial Arts Industry Association Instructors' Code of Ethics*, which binds all our accredited instructors
- Attachment 4 – *Aikido Instruction Introductory Notes* which tells you and your child about our organisation and what to expect in an Aikido class.

Please take the time to read these documents over the next few weeks, but here are just a few tips and requests to help get your son/daughter started:

- Please arrive at the dojo approximately 5 minutes before the class is due to begin so that your son/daughter can be ready to help set up the dojo.
- Please remind your son/daughter that it's important to be clean and tidy when arriving at the dojo.
- When your son/daughter is dressed and ready, they should ask an instructor or senior student what can be done to help prepare the dojo for training.
- Students should not lie down or lounge on the mats nor sit with their feet pointing towards the shomen.
- Students should train with enthusiasm, energy and respect for every other person in the dojo.

If you have any questions, please don't hesitate to ask one of the instructors. All the best with your Aikido training.



Stephen Nugent and Fiona Hawke
Instructors (4th Dan)

Aikido Kenkyukai NSW Incorporated

Aikido Kenkyukai International

Junior Student Details

1. PERSONAL DETAILS:

Last Name:

Given Names

Address:

Postcode:..... Ph (hm):..... Date of Birth:...../...../.....

Emergency Contact:..... Ph:.....

Email:.....

2. HEALTH DECLARATION:

Are you aware of any health problem(s) that your son/daughter has that, in the interests of your safety, the club should be advised of? **YES NO**

If yes, please describe

3. DECLARATIONS

Martial Arts Is Dangerous: I have read and understood the terms of the Martial Arts Contract or if I did not understand the terms of the Contract I requested an independent person to explain them to me.

Accuracy of Information: I hereby certify and decree that all the information provided on this form are true and accurate.

Dated thisday of.....20.....

Guardian's Signature (to be signed in dojo):

Relationship to Student.....

Witness'

Signature.....

Witness' Name and Address

Aikido Kenkyukai NSW Incorporated
Aikido Kenkyukai International

MARTIAL ARTS CONTRACT

MARTIAL ARTS IS DANGEROUS

(The following conditions must be read carefully.)

1. Interpretation

"the Applicant" means the individual who signs this Contract and agrees to be bound by its terms and includes a guardian of that individual if the individual is under 18 years of age.

2. Acceptance

I, *(full name)*

of *(residential address)*

I, *(full name of Guardian)*

of *(residential address of Guardian)*

the Applicant, hereby agree to be bound by the terms of this Contract with Aikido Kenkyukai NSW Incorporated and the persons named and described in Schedule 1, hereinafter jointly and severally referred to as "the providers". The providers agree to permit me to use their premises and facilities for Martial Arts, to instruct me in Martial Arts and related activities ("the service") upon and subject to the following terms and conditions:

(a) Club Fees

The Applicant will pay on demand the prescribed or stated fees for the service. Such fees may be notified to the Applicant by letter or memorandum or by notice displayed in the provider's premises or premises occupied by the provider or verbally.

(b) Medical Conditions

The Applicant warrants that he or she has not at any time suffered any blackout, seizure, convulsion, fainting or dizzy spells and is not presently receiving treatment for any illness, disorder or injury which would render it unsafe for the Applicant to take part in Martial Arts.

(c) Exclusion of Applicant

The Applicant warrants that he or she has not at any time been excluded from Martial Arts by a medical practitioner or any person or entity including a Martial Arts Club.

(d) Rights of a Consumer

If the Trade Practices Act 1974 or similar state laws apply to this agreement then certain terms and rights may be implied into this contract which operate for the benefit of the Applicant. Under the provision of that legislation, those terms and rights, and any liability of the supplier flowing from them, cannot be excluded, restricted or modified by any provision of the contract.

PLEASE NOTE THE FOLLOWING:

If the Trade Practices Act 1974 or similar state laws operates so as to prevent the exclusion, restriction or modification of warranties otherwise implied by those laws then the liability of the offerer for breach of those warranties is limited to:

- (i) the re-supply of the Martial Arts instruction and related activities; or
- (ii) the payment of the cost of having the Martial Arts and related activities supplied again.

(e) Waiver and Indemnity

In all other cases and except where inconsistent with the above, the Applicant for him/herself, his/her executors, administrators, dependents and other personal representatives, hereby absolves and indemnifies the providers and all their servants, agents, employees and other students or persons under the providers control (the "indemnified") from all liability howsoever arising for injury or damage (including but not limited to the Applicants' person, whether fatal or otherwise, property and personal belongings) however caused including by the negligence of the indemnified, arising out of or participating in Martial Arts or in connection with Martial Arts or in anyway caused by, or arising out of, any activity carried on by the indemnified.

I, the Applicant, have been advised and understand that the practice of martial arts is potentially dangerous.

I, the Applicant, agree to occupy and use the premises of Aikido Kenkyukai NSW Incorporated at risk to myself and release to full extent permitted by law Stephen Nugent and Fiona Hawke, Aikido Kenkyukai NSW Incorporated, and its agents, servants, contractors and employees from all claims and demands of every kind in of or resulting from any accident or damage to property or injury or death to myself while undertaking training in martial arts with Aikido Kenkyukai NSW Incorporated.

(f) Martial Arts done at Applicant's own Risk

Any person training Martial Arts, or in activities connected with Martial Arts or participating in any activity carried on by this Club are only allowed to do so on the distinct understanding that they do so entirely at their own risk.

(g) Martial Arts not to be taught by Applicant

The Applicant agrees that he/she is in no way qualified or authorized to teach Aikido Kenkyukai style martial arts publicly or privately in any way whatsoever for personal, monetary or any form of gain whatsoever unless with the written authorization of Aikido Kenkyukai NSW Incorporated.

(h) Agreement to abide by the Club Rules

I, the Applicant, agree that I will abide by the Aikido Kenkyukai NSW Incorporated Class Code of Conduct and agree and acknowledge that any failure to abide by rules of the Code of Conduct may result in my expulsion from the Club.

(i) Acceptance

Performance of the provider's obligations under the contract may be effected by any one or more of the providers either jointly or severally.

(j) Governing Law

Any agreement entered into pursuant to this acceptance is to be governed by the laws of the State of New South Wales, and the Courts of New South Wales shall have exclusive jurisdiction to entertain any action in respect of any such agreement.

(k) Statement of Understanding

I, the Applicant have read, or have had read to me the above conditions and having understood the same, I consent to the activities proposed.

Signed (*Applicant*)

This (date) day of (month).....20.....

in the presence of (signature of witness)

Witness' Name and Address in Full

[This contract must be signed by a guardian if the Applicant is under the age of 18.]

SCHEDULE 1

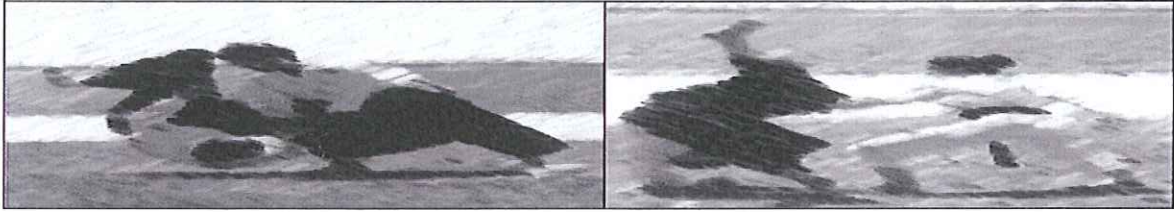
In addition to *Aikido Kenkyukai NSW Incorporated*, the providers in respect of this agreement include:

- a) all Accredited Instructors of Aikido Kenkyukai NSW Incorporated, being currently accredited through either:
 - the National Coaching Accreditation Scheme (administered by the Australian Sports Commission); or
 - the National Martial Arts Instructors Accreditation Scheme (administered by the Martial Arts Industry Association); or
 - the Australian National Training Authority (ANTA) diploma that qualifies a trainer under the Vocational Education and Training Accreditation Act 1990;
- b) OCTEC Incorporated and staff (where an OCTEC facility is being used);
- c) The Mayor, Councillors and Ratepayers of Orange City Council or Cabonne Council (if a Council Hall is being used);
- d) NSW Department of Education and Training (if a public school building is being used);
- e) The Uniting Church in Australia, its officer bearers and members (if a Uniting Church building is being used);
- f) The owners and operators of any other venue being used by Aikido Kenkyukai NSW Incorporated.



MARTIAL ARTS INDUSTRY ASSOCIATION **INSTRUCTORS' CODE OF ETHICS**

1. **Respect the rights, dignity and worth of every human being**
 - Within the context of the activity, treat everyone equally regardless of sex, ethnic origin or religion
2. **Ensure the athlete's time spent with you is a positive experience**
 - All athletes are deserving of equal attention and opportunities
3. **Treat each athlete as an individual**
 - Respect the talent, developmental stage and goals of each individual student
 - Help students reach their full potential
4. **Be fair, considerate and honest with students**
5. **Be professional in and accept responsibility for your actions**
 - Language, manner, punctuality, preparation and presentation should display high standards
 - Display control, respect, dignity and professionalism to all involved with the sport/martial art--this includes opponents, coaches, officials, administrators, the media, parents and spectators
 - Encourage your athletes to demonstrate the same qualities:
6. **Make a commitment to providing a quality service to your students**
 - Maintain or improve your current NCAS or MAIA accreditation
 - Seek continual improvement through performance appraisal and ongoing coach education
 - Provide a training program that is planned and sequential
 - Maintain appropriate records
7. **Operate within the rules and spirit of your martial art or sport**
 - The guidelines of national and international bodies governing your sport or martial art should be followed
8. **Any physical contact with athletes should be:**
 - Appropriate to the situation
 - Necessary for the students skill development
9. **Refrain from any form of personal abuse towards your students**
 - This includes verbal, physical and emotional abuse
 - Be alert to any forms of abuse directed towards your students from other sources whilst they are in your care
10. **Refrain from any form of harassment towards your students**
11. **Provide a safe environment for training and competition**
 - Ensure equipment and facilities meet safety standards
 - Equipment, rules and the environment need to be appropriate for the age and ability of the students
12. **Show concern and caution towards sick and injured athletes**
 - Provide a modified training program where appropriate
 - Allow further participation in training and competition only when appropriate
 - Seek medical advice when required
 - Maintain the same interest and support towards sick and injured students
13. **Be a positive role model for your sport, martial art and students**
14. **Instructors should:**
 - Be treated with respect and openness
 - Have access to self-improvement opportunities
 - Be matched with a level of instructing appropriate to their level of competence.



AIKIDO **instruction**

INTRODUCTORY NOTES

Aikido Kenyukai Orange
Member of Aikido Kenyukai (NSW) Inc
and Aikido Kenyukai International

What is Aikido?

Aikido is a Japanese martial art that was created by Morihei Ueshiba (1883-1969) after a lifetime of studying martial arts. Ueshiba (O'Sensei) studied a number of classical Japanese bujutsu (warrior arts) under noted masters of the day, including kendo (sword), jujutsu and judo. Ueshiba was a deeply religious man and throughout his life spent much time in study, prayer and meditation. After many years of learning martial arts with the aim of becoming an invincible warrior, he was moved to create a martial art based on non-resistance and harmony with the universe. He called this art Aikido.

Today there are many styles of Aikido, some soft and flowing, others harder and more unyielding, but all with the same principles and philosophy of meeting an attack with minimum force and extending ki to blend with the movement of an attacker.

The following passage on Aikido is adapted from a discussion of love and the work of attention by M. Scott Peck in his seminal work *The Road Less Travelled*. It describes the importance of working hard to overcome mental barriers in our practice and of attending continually in order to obtain the many benefits Aikido has to offer.

When we extend ourselves, we do so in opposition to the inertia of laziness or the resistance of fear. Extension of ourselves or moving out against the inertia of laziness we call work. Moving out in the face of fear we call courage. Aikido, then, is a form of work or a form of courage. Specifically, it is work or courage directed toward the nurture of our own or another's spiritual growth. Since it requires the extension of ourselves, Aikido is always either work or courage.

The principal form that the work of Aikido takes is attention. When we practice Aikido with another, we give him or her our attention; we attend to that person's growth. We also attend to our own growth. The act of attending requires that we make the effort to set aside our existing preoccupations and actively shift our consciousness. Attention is an act of will, of work against the inertia of our own minds. The effort which goes into the exercise of the will is really the effort of attention. The strain in willing is the effort to keep the consciousness clear, i.e. the strain of keeping the attention focused.

Aikido Kenkyukai

A student of O'Sensei, Seigo Yamaguchi Shihan instructed at Aikikai Hombu Dojo (World Aikikai Headquarters) and produced several gifted students. One of his most talented students is Yoshinobu Takeda Shihan 8th Dan, chief instructor of Aikido Kenkyukai.

Aikido Kenkyukai is an affiliation of Aikido clubs inspired and led by the teachings of Takeda Sensei. The relationship between Australia and Japan is a close and long standing one, begun in 1979 and continuing to the present with regular visits by Sensei and his senior students.

There are a number of clubs throughout Australia and well as clubs in Canada, the United States, Germany and New Zealand. Australian clubs are located in Adelaide, Brisbane, Canberra, Hobart, Sydney, Queanbeyan, Bowral, Blue Mountains, Newcastle, Orange and South Coast NSW.

Aikido Kenkyukai conducts intensive training camps each year at various centres in Australia. A number of Takeda Shihan's senior students from Japan regularly visit Australia and instruct at these camps. Alternatively, they are led by Stephen Seymour Sensei (head of Aikido Kenkyukai in Australia) or one of the other senior instructors based in Australia. The camps present a unique opportunity to experience advanced Aikido first hand and help ensure that teaching standards are maintained and new insights shared.

Aikido Kenkyukai Orange

Stephen Nugent and Fiona Hawke have both trained in Aikido since the early 1990s. As senior students and instructors at Aikido Kenkyukai clubs in Sydney, Newcastle and Canberra, they have made significant contributions to the teaching and understanding of Aikido in Australia. Their training has taken them to Japan, North America and Europe, where they have received instruction from Yoshinobu Takeda Shihan and a number of his senior students, as well as teachers from other Aikido schools.

Since moving to Orange in 2001, Stephen and Fiona have established a dojo to further their practice of the art and to provide an opportunity for others to learn with them. Classes are currently held at the Uniting Church Hall in Anson Street Orange, on Mondays and Thursdays from 5 to 8.30pm. New students are invited to join at anytime, but are requested to call Stephen or Fiona on 6361 0129 prior to attending their first class.

The cost of attending varies depending on a participant's frequency of attendance and employment status. As an indication, casual attendance for someone in paid employment is \$12 per class, while a monthly fee for someone not paid for their work is \$50 for up to 10 classes. There is also an \$80 annual membership.

Getting Started

For the first couple of months, new students will be trained in the basic skills and techniques needed to study Aikido on a long-term basis. While participating with more experienced students as part of a general class, they will receive individual attention from the instructor.

Classes will contain a variety of teaching styles and activities, including:

- 🕒 demonstration and practice of the basic physical skills,
- 🕒 demonstration of techniques,
- 🕒 instruction and practice of techniques,
- 🕒 discussions of etiquette and terminology, and
- 🕒 warm ups and warm downs to minimise the risk of injury and to maximise the benefits of the practice.

After the first half dozen classes, participants will know some of the terms used in Aikido and will be able to perform a number of techniques. Participants will know how to roll and fall without injuring themselves, and will have a better understanding of what Aikido is ... and is not. They will then be in a position to decide if they wish to continue their study of Aikido for the longer term.

Common Aikido Terms

Aikidoka	Trainee
Atemi	Any strike
Bokken	Wooden sword
Dogi	Training clothes
Dojo	Training hall
Fune Kogi	Rowing exercise
Gassho	Meeting of hands
Hanmi	Stance
Hanmi Hantachi	Uke standing, Tori kneeling
Hara	Body centre (also mental and spiritual centre)
Hara Tsuki	Punch or thrust to centre or stomach
Irimi	Entering
Irimi Nage	Entering throw
Jiyu Waza	Free attack and defence
Jo	Wooden staff
Jo Dosa	Staff exercises
Juji Garami	Twined arm throw
Kaeshi Waza	Countering technique
Kaiten Nage	Rotary throw
Kata Tori	Holding the shoulder or lapel
Katate Tori	Holding one wrist
Ki	Energy, universal force
Kokyu Ho	Uniting Ki and physical movement at end of practice
Kokyu Nage	Breath throw
Koshi Nage	Hip throw
Kote Gaeshi	Wrist out-turn
Kubi Shime	Strangle hold
Kyu	Beginner's grade
Ma Ai	The correct distance between partners
Mae Ukemi	Forward roll
Misogi	Mental and spiritual purification
Mune Tsuki	Punch or thrust to chest
Nage	Throw
Renzoku Waza	Continuous technique
Ryokata Tori	Holding both the shoulders or lapels
Ryote Tori	Holding both wrists
Sensei	Teacher
Seiza	Sitting posture
Shiho Nage	Four corner throw
Shikko	Knee walking
Shodan	First degree black belt
Shomen Uchi	Striking forehead
Suburi	Sword exercises
Suwari Waza	Kneeling techniques

Common Aikido Terms (Cont'd)

Tenkan	Turning
Tachi Waza	Standing techniques
Tatami	Mats
Tanto	Wooden knife
Tenchi Nage	Heaven and earth throw
Tori	Person performing technique (defender)
Tsuki	Punch or thrust
Uke	Person attacking
Ukemi	Receiving technique with a feeling of harmony
Ushiro Ukemi	To the rear
Ushiro Waza	Attacking from behind
Waza	Forms of technique
Yokomen Uchi	Striking temple (side of head)

Holds

Ikkyo	First pin
Nikyo	Second pin
Sankyo	Third pin
Yonkyo	Fourth pin
Gokyo	Fifth pin

Counting

Ichi	1
Ni	2
San	3
Shi	4
Go	5
Roku	6
Shichi	7
Hachi	8
Kyu	9
Ju	10