



Introduction to our Dojo

Dear New Aikidoka,

This pamphlet contains some useful information regarding training of Aikido at our club, Cambridge Aiki Dojo. Please take the time to read it through, and then ask any of the senior members of the dojo if you have questions.

We hope you enjoy practicing with us.

Class Times

Tuesdays: 20:00 - 22:00

[Chesterton Sports Centre](#) , CB4 3NY

Thursdays: 20:30 - 22:00

[Kelsey Kerridge](#) Sports Centre, CB1 1NA

Saturdays: 8:30 am – 10:30 am

[University Sports Centre](#), CB3 0AS

Changes due to e.g. bookings of other events in the centres, summer and or Christmas holidays may occur.

Announcements & Keeping in Touch

Please note that announcements to members (e.g. special events or rare cancellation of classes) are typically made through our **mailing list**, to which you are encouraged to subscribe. You have to subscribe / unsubscribe yourself.

To subscribe:

1. Go to: <http://www.teaparty.net/mailman/listinfo/Aiki>
2. Fill in the section "Subscribing to Aiki"
3. Click the "Subscribe" button
4. You will then receive a confirmation email, which you need to respond to in order to be on the list

We also try and keep our website (www.cambridgeaikidojo.co.uk) up to date and also have a Facebook Page, you may want to become our friend.

KAA Membership & Insurance

We are part of the Komyokan Aikido Association (KAA) (<http://www.aikido.co.uk>), our parent body, and it is a requirement that all aikidoka at our dojo sign up for membership through that body. Membership includes insurance with the umbrella organisation of UK Aikikai associations, the Joint Aikikai Council (<http://jointaikikaicouncil.co.uk>)

KAA Membership forms are available for downloading on our website at:

<http://www.cambridgeaikidojo.co.uk/usefullInfo.htm>

If you prefer, you can join temporarily (8 weeks) and then upgrade for full membership after this period.

Please give the completed form with your payment to Britta or another senior member of the dojo who will forward it to the KAA. Once you are a full member, you will receive a KAA membership book, in which your gradings & course attendances will be recorded. This book also proves that you have valid insurance and it is usually a requirement to take this book with you should you attend any courses (ours or of other associations in the UK).

Class Fees

Class fees are to be paid monthly: £36 (students/ unwaged £24). Ask for bank details to transfer money electronically. If you join in the middle of the month you may pay by class (£6 / £4) for the remainder of the month.

Class fees mainly cover the hire of the halls. Other costs covered by the fees are insurance of our instructors as well as a few other things (e.g. subsidy of courses held in Cambridge, publicity, etc.)

All of Cambridge Aiki Dojo's instructors teach on a voluntary basis and do not get paid for their efforts.

Etiquette

Aikido is a martial art and adhering to etiquette helps to avoid misunderstandings, and, due to the physical nature of Aikido, may help to avoid injury.

While it may seem a bit strange at first, remember that etiquette is adhered to in a similar fashion in dojos all around the world - learning the etiquette in one place means that we can feel confident in every other dojo we visit, including courses.

Initially just do whatever everyone else is doing. There is a guide to etiquette in the black KAA membership book. You will also find some more information on our website, specifically:

<http://www.cambridgeaikido.co.uk/etiquette.html>

Key forms to adhere to:

- Bow when entering the dojo
- Bow when stepping onto the mat
- Line up in grade order at the beginning and end of the class – during class you can sit anywhere
- At the beginning & end: bow to O'sensei and the instructor. At the beginning we say "Onegaishimas", in the end we thank each other ("Domo arigato gozaimashita")
- In case you should be late: stand on the side of the mat and raise your hand until the instructor gives you permission to come onto the mat
- In case you need to leave the class during instruction please ask the instructor for permission

Dogi (practice clothing)

Initially you are fine to practice in comfortable clothing, e.g. a tracksuit. Long sleeves and long trouser legs are preferable - and ideally the clothing should not have any metal on it, such as zips.

To buy a dogi you can typically choose between:

- judo dogis (heavy material, long lasting)
- karate dogis (lighter material)
- aikido dogi (short sleeves, heavy material)

We have an account with Nine Circles, a supplier of martial arts equipment (<http://www.ninecircles.co.uk>). Ask Guillaume for assistance, as a discount may be available. You can of course also buy your dogi anywhere else.

We wear a white belt until the grade of sho-dan (first degree black belt) is obtained.

As Aikido involves contact with other people, please keep your dogi (or clothing) clean at all times. Please also keep your fingernails & toenails short and it should not need to be mentioned that a certain level of personal hygiene, including clean feet, are expected.

Other equipment

We may use a wooden sword (bokken), a wooden staff (jo) or a wooden knife (tanto) for practice. The dojo owns some spare, but you may wish to purchase your own.

Gradings

In our aikido club, there is a series of six kyu grades which students pass through before they reach sho-dan (first degree black belt). A paper copy of the syllabus can be handed out to you on request. You are expected to familiarise yourself with the terminology.

Who?

Cambridge Aiki Dojo is run by a group of enthusiastic volunteers. We do not get paid for our efforts and simply want to share our joy in practicing Aikido – and practice ourselves.

The club has a committee overseeing the running of the dojo. The club's annual AGM is typically held in October.

Please ask for our health & safety policy if this has not been given to you.

Our constitution is available upon request.

Dojo Motto



<http://www.cambridgeaikido.co.uk>

cambridgeaikido@yahoo.co.uk

 Cambridge Aiki Dojo