

WAVERLEY AIKIDO SCHOOL INC

MEMBER INDUCTION

Waverley Aikido School is a down-to-earth, not-for-profit aikido club in Ashwood. We practise in a safe, friendly and supportive way.

This induction kit provides basic information that people new to the club or new to aikido may find useful.

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waverleyaikido.org.au

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Waverley Aikido School Inc, Reg No:A0051561S (23/12/2011)

About Waverley Aikido School

Waverley Aikido School is a not-for-profit aikido club. We practise in a safe, friendly and supportive way with instruction by 3rd dan black belts.

We practise with an emphasis on self-improvement rather than competing or winning, following the style of aikido developed by Sensei Kenji Tomiki. We aim to make aikido accessible to a wide range of people of all fitness levels from teenagers to older people.

We are affiliated with Unity Aikido in Hobart.

How to join

You're welcome to watch a class to get an idea of what we do.

If you're ready to give it a try, the first lesson is free.

If you still like it, you can sign up for a block of 7 lessons.

After that you can join as a full member.

Everyone who participates needs to fill in an application/indemnity form.

Currently we only accept students 13 years and older.

Fees and membership

- First lesson free
- \$70 for a block of 7 lessons (valid for 12 months)
- Full membership:
 - \$30 annual subscription
 - \$15 per session, or \$20 for two sessions on same night

We feel that 7 lessons is a reasonable amount of time for new members to get a basic understanding of the benefits of aikido and to get a sense of what our club is like.

The annual subscription fee includes all kyu-level (below black belt) grading fees. Full members are entitled to vote at the AGM.

We're a not-for-profit organisation and our instructors are volunteers who do not receive payment for their services.

Training fees go towards paying for the setup and ongoing costs of running the school, including rental of the dojo and insurance.

About training at the dojo

When

Classes are held Tuesday and Thursday nights.

Beginners session from from 6:30pm to 8pm on Tuesdays only.

Regular session from 7:30pm to 9pm on both nights.

Where

Frank Dando's Sports Academy,
Rear of 33 Raymond St, Ashwood, 3147.

What to bring

- Water bottle or drink

What to wear

- Clean, comfortable, loose fitting clothes, shorter than ankle/wrist length. Clothes should be free of external pockets, loops, buttons or other 'decorations' that, for example, might catch or hurt a finger.
- No jewellery or body piercings
- No shoes on the mat
- Glasses should be secured with a sports strap

After your first grading, you are expected to wear a white dogi (or 'gi'). Canvas or semi-canvas thickness is necessary, as thin cotton material will tear. An aikido 'gi' can be purchased from martial arts supply stores.

Toilets/change rooms

The club doesn't have the resources to clean or maintain the shower facilities, so although they exist for the use of the day-time school, we do not recommend club members using them.

Other information

The office area of the school/dojo is out of bounds at all times.

Important safety information

To make training as safe as possible for everybody there are a number of things you need to be aware of. Most of them stem from common sense or common courtesy.

Personal hygiene

- Ensure your fingernails and toenails are cut short and are clean. Long nails must be taped.
- Ensure you are generally clean. As the training can include grasping, pinning and other close contact between training partners it can be unpleasant and unhygienic if people are not reasonably clean (no need to be freshly showered, but just not dirty or greasy).

Health

- Don't attend training whilst under the influence of alcohol or judgement/performance impairing drugs.
- If you have a pre-existing medical condition, you are strongly advised to seek professional medical advice about the suitability of aikido training and discuss it with your instructor.
- Respect, and train within, your own limitations. For example, if you're very tired, don't feel comfortable or don't feel safe doing a particular activity, discuss it with an instructor.
- The Australian Sports Commission recommends considering hepatitis immunisation for participants in contact sports. Consult your medical practitioner for further advice.

Injuries

- Instructors are trained in first-aid and there is a first-aid kit present at each training session.
- If you notice blood spillages or become aware of an injury to another person, bring this to the attention of the instructor as soon as possible.
- If you are bleeding or have open cuts, abrasions or blood on your clothing, you must stop training and report to the instructor immediately.
- Inform the instructor and each training partner about any pre-existing injuries that you each need to be careful of.

Training area

- Before each session, the training area is always swept and inspected for safety. As a member, you may be asked to assist in this from time to time.
- If you notice something unsafe during training (such as a tear in the mat for example), let an instructor know so that it can be fixed.
- No food, drink or chewing gum is permitted on the training area.

Etiquette in the dojo (Why all the bowing?)

As a Japanese martial art, there is a certain amount of etiquette involved that might seem a little unusual at first or even pretentious. Much of the etiquette is cultural in origin and there are a couple of reasons we observe it.

Aikido is a Japanese martial art so being conversant in the etiquette allows the student to easily integrate into aikido dojos around the world. (It is for this same reason that we count in Japanese and use Japanese terminology frequently.)

The etiquette is used to convey respect as well as providing conventions that help ensure safety during training.

For us as a secular organisation, the etiquette doesn't have any religious connotations.

Students are expected to demonstrate good etiquette by the time of their first grading.

Bowing

There are a several times when it is appropriate to bow.

- When we enter and leave the dojo, we bow facing the inside of the building as a sign of respect for the dojo.
- When we enter and leave the mat or training area, we bow facing the mat as a sign of respect for the training area. It is also a clear signal that lets the instructor know that somebody is entering or leaving the training area.
- At the start and end of training, we bow facing to the 'front' of the training area. We bow as a sign of respect for those who have gone before us to bring us the aikido teachings. It is also a sign of respect for whatever we each personally consider to be the 'highest' in life as a reminder that there are greater things than ourselves and that there is always

more for us to learn. Although in ancient times in Japan the bowing may have had religious origins, it has become a secular thing. We are not bowing to worship or idolise anything that may happen to be at the front of the dojo.

- Before and after practising with a training partner, we bow to each other as a sign of respect for our partner. It also provides a clear signal to each person that we are either about to engage one another or that we have finished and do not expect any further activity to occur.
- After a demonstration has finished or the instructor has explained something we bow towards them as an acknowledgement of thanks.

Sitting

During a demonstration by the instructor or by other students we often sit (or kneel) on the side of the mat with our legs tucked under us (or cross-legged if this is too uncomfortable). Although a cultural thing, it does have a few practical purposes.

Sitting down makes it easier for everybody to see the demonstration and makes it easier for the instructor to address each student. Having your legs tucked under or sitting cross-legged improves safety as it reduces the chance of your leg being injured in the event of a participant falling or tripping on it.

Entering and leaving the mat

When we are ready to step on to the mat, we should wait for the instructor's permission. The instructor needs to know who is on the mat at any given time and also needs to make sure it will be safe for us to get on the mat.

If we need to leave the mat for any reason, it is important that we let the instructor know and wait for permission to do so. The instructor

needs to know in case we have been injured or are having any problems. They also need to check to make sure that it is safe for us to leave the mat, as weapons practice or other activities may make it unsafe or disruptive to leave the mat.

Mobile phones

Please switch off mobile phones. If you have a special requirement discuss it with your instructor.

Syllabus overview

The syllabus working up to first level dan grade (black-belt) level aims to ensure students can:

- fall safely
- move with good posture
- move efficiently and fluidly
- break an opponent's balance effectively
- perform freestyle against punching and grasping attacks
- escape from basic self-defense scenarios
- demonstrate a responsible understanding of aikido skills and principles

A combination of kata practice and freestyle is used to develop these skills. Self-defense applications and weapons practise may also be used at times.

Ungraded students work from 6th kyu (white-belt) grading level up to 1st kyu level (brown-belt) level before moving into the dan grade syllabus.

The syllabus is aligned with that of Unity Aikido. A detailed syllabus is available upon request.

Member protection policy

We aim to provide a fair and safe training environment. To this end, we follow the Member Protection Policy of the [Australian Jujitsu Federation Inc.](#) The policy is available on the web-site for club members.

If you have any complaints or concerns please discuss them with one of your instructors or a committee member first. A formal complaints resolution process may be pursued if necessary and is described in the Member Protection Policy. If you don't feel your concern can be adequately handled by Waverley Aikido School due to potential conflicts of interest, you may refer your complaint to our head of school, Sensei H. Leoni Macfarlane of Unity Aikido at unityaikido786@yahoo.com.au or 0413 425 852.