

Dear Aikidoka,

Welcome to Cambridge Aikidojo!



This pamphlet contains some useful information. Please take the time to read it through, and then ask any of the senior members of the dojo if you have questions.

Much more information is available on our website, and you are encouraged to refer to this regularly to keep up to date with activities and events.

www.cambridgeaikidojo.co.uk

2007 is a special year since it is the 15th Anniversary of the Dojo, and we expect a busy year ahead.

Inside there is a brief introduction to:

- Obtaining UKA membership and Insurance
- Obtaining your dogi (clothing) & practice weapons
- Signing up for the dojo email list
- Dojo etiquette
- An introduction to some basic terms & grading syllabus

I look forward to seeing you on the mat.

Simon Whittaker, Chief Instructor

Class Times

Tuesday: 8.30 to 10.00 pm

Fridays*: 8.00 to 10.00 pm

Sundays*: 07.30 to 09.30 pm

Please always arrive in good time, and assist in placing out the mats ready for practice.

** bring your training weapons*

Obtaining UKA membership and Insurance

We are part of United Kingdom Aikikai (see LINKS page on our website), our parent body, and it is a requirement that all aikidoka at our dojo sign up for insurance through that body. Insurance forms are available for downloading on our website at: <http://www.cambridgeaikidojo.co.uk/usefulInfo.htm>

Please send off the form with your payment directly to headquarters. Your own UKA membership book will be sent to our club secretary who will pass it to you as soon as possible.

Please note that without this booklet and proof of insurance, you will not be permitted to attend class or to attend the numerous courses around the country, which many of our members attend.



Obtaining your dogi (practice clothing) and practice weapons

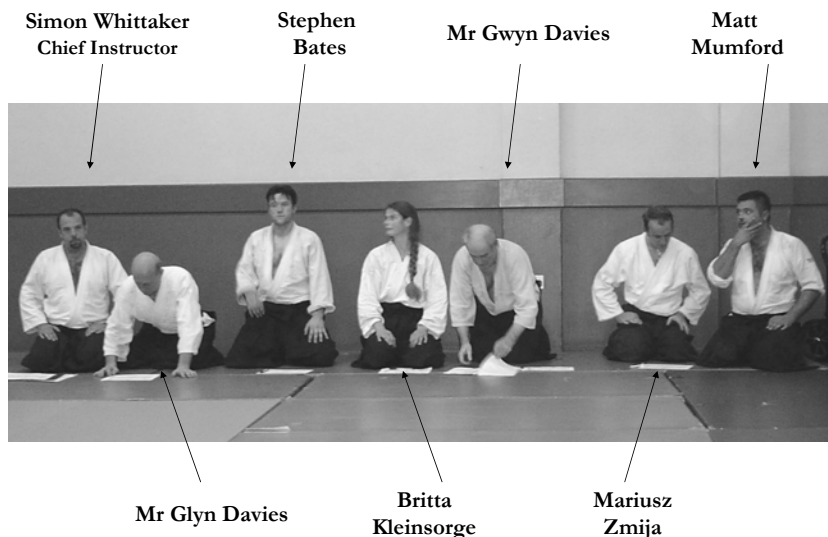
We have a special relationship with Nine Circles, suppliers of martial arts equipment. Go to <http://www.cambridgeaikidojo.co.uk/aikidoLinks.htm> and click on the link for Nine Circles; or ask Matt Mumford for assistance, as a discount may be available.



Signing up for the dojo email list

Much of our news and notification of courses is distributed via email. To sign up to our internal email list, please go to <http://www.cambridgeaikidojo.co.uk/usefulInfo.htm> and follow the instructions under the heading 'Mailing List'.

The instructors and senior club members



Dojo Etiquette

For the regular practitioners who already have a UKA membership book, there is a section at the back entitled Dojo Etiquette and Attitude. Please read this at regular intervals. An internet search on Aikido Etiquette will provide much more useful information. For new students, the latter is the best source, and old hands should help guide our newer friends when appropriate.

*See also **The Aikido Primer**, details of which are on our website*

Please remember that etiquette is the first thing our visitors (and spectators) notice – even more so than the general standard of aikido or the number of hakamas on the mat. It is a reflection of yourself, the sensei and the dojo, and therefore a collective responsibility.

Aside from the more formal aspects of dojo etiquette, I would like to emphasise a few points about our practice in the Cambridge dojo.

Firstly, we are blessed with a number of senior and experienced aikidoka who take different classes, or parts of classes, from time to time. The person at the front of the mat is ‘Sensei’ – regardless of whether there is a more senior rank in the dojo at the time.

If, due to unforeseen circumstances, you arrive late for class, please enter the dojo quietly, and wait at the side until the Sensei signals you onto the mat. The same applies if you wish to leave the mat for any reason.

Secondly, please regularly cut your finger and toe nails. This is to protect your practice partners as well as yourself (e.g. catching a toe on the mat). There have been more small injuries from this source than necessary in the last year. Please also remove all jewellery, for the same reason.

Thirdly, you will hear the word ‘zanshin’ referred to regularly during practice. Zanshin is both very important, and an interesting concept. A web search on its meanings and applications is worth a few minutes. Its meaning can range from 100% concentration, effort and alertness, to ‘without hesitation’ or ‘complete follow through’.

Applied in practice with your dojo partner, it will, without fail, improve your aikido and it will help reduce risk of injury. But it also applies to moments when you are not practicing, but listening to the sensei’s instruction. Zanshin is, therefore, important for learning and absorbing instruction. The latter demands as much a good posture, both mental and physical, as does the physical practice of an aikido technique.

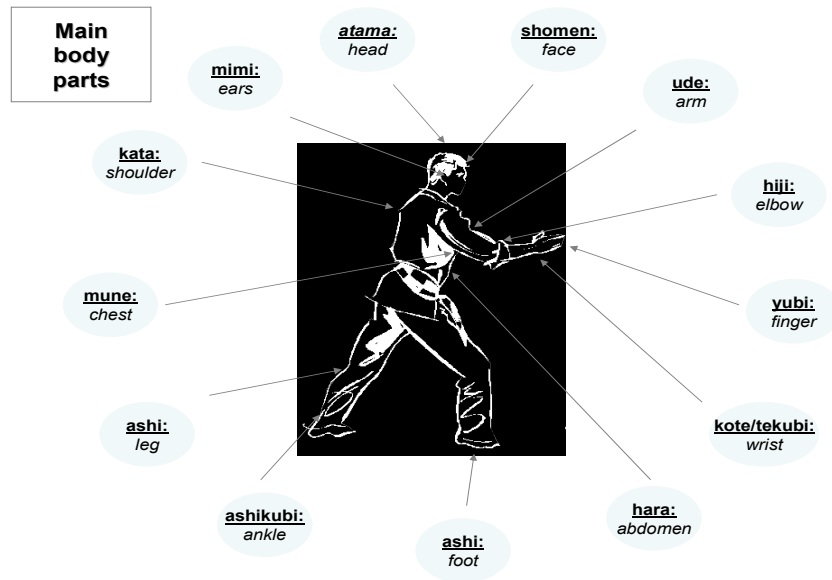
Grading Syllabus

In our aikido club, there is a series of five kyu grades which students pass through before they reach shodan (first degree black belt). Details of the techniques, attacks, and body movements that students are expected to know for each grading (test) can be found on the website <http://www.cambridgeaikidojo.co.uk/index.htm>.

We wear coloured belts to denote grade in class, but when we go on course, or visit other dojos, it is normal and polite to wear a white belt until a black belt is gained.

Terminology

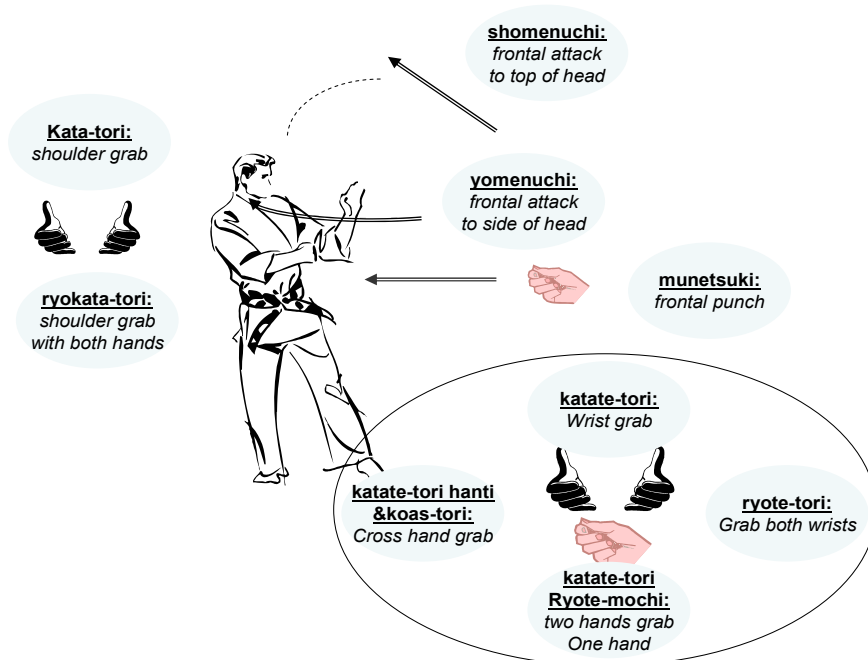
The following shows words and phrases which are commonly used in practice.



note: *shomen uchi* is normally taught as a strike to the top of the head

More terminology can be found at <http://www.aikidofaq.com/dictionary/alphabetically.html>

Strikes and Grabs



The Dojo Motto

