

The instructors and senior club members



*Not included above are:
Mariusz and Francis*



*Please remember that 'training' often continues
down at the local pub after class; all are welcome.*

The Dojo Motto



Class Times

Tuesday: 8.30 to 10.00 pm
Fridays: 8.00 to 10.00 pm
Sundays*: 07.30 to 09.30 pm

** weapons practice (bokken & jo)
at St. Luke's Barn*

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



Introduction to our dojo

Dear Aikidoka,

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. 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

Much of our news and notification of courses is distributed via email. To sign up to our internal email list, please go to the 'Useful Info' page on the website, and follow the instructions under the heading 'Mailing List'.

I look forward to seeing you on the mat.

Britta Kleinsorge

KAA membership, Insurance, Class Fees

We are part of the **Komyokan Aikido Association** (see LINKS page on our website), our parent body, and it is a requirement that all aikidoka at our dojo sign up for membership/insurance through that body. Insurance forms are available for downloading on our website at:

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

Please give the completed form with your payment to Stephen Bates who will forward it to headquarters. Your own KAA membership book will be sent to our club secretary who will pass it to you later.

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.

We need to charge you the following prices for classes: £5 per adult (concessions: £3.50). If you wish you can pay monthly, £ 41 per calendar month (concessions: £ 30). Please be aware that your class fees mainly go to the Kelsey Kerridge Sports Centre who charge us for the hire of the hall. A fraction goes to insurance of the teachers.

All our teachers teach on a voluntary basis and do not get paid for their efforts

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.

Dojo Etiquette

For the regular practitioners who already have a KAA membership book, there is one section entitled **Traditional Aikido: Manner & Attitude** and another one entitled **Dojo Awareness: Bowing & Etiquette**. Please read these at regular intervals. An internet search on Aikido Etiquette will provide further information. For new students, the latter is the best source, and old hands should help guide our newer friends when appropriate.

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 or 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, please note 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). 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.

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

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.