

Shanghai International Aikido Club
To Visitors, Beginners, Whom may require to visit

Aikido is a martial arts which there is no relevant to competition. It improves both body and mind by daily practice. Meanwhile, as exclusive Japanese martial arts, the ways and rules of practicing Aikido is compliant to the Japanese traditional forms.

It is different from the practice ways in Gym which usually being as a kind of sport exercise, we may ask kind attention from all the visitors, beginners and whoever may require visiting our dojo should complaint to the policies in dojo.

1. For Beginners

- a) Whoever is interested practicing Aikido need to visit Dojo in advance, to obtain an overall understanding of class content and consider the suitability to practice Aikido. It takes certain time to get progress, therefore please spare at least half a year for practice as a consideration. (Beginners would be required to have class no later than twice a week in the first month). Besides, no trial class available.
- b) Before visiting Dojo, reservation should be applied via email. Please arrive at Dojo ahead of the appointed time. Please pay attention that anyone is late for class will not be allowed to enter Dojo.
- c) Visit availability can be approached anytime, however only twice a year to recruit beginners, please register during appointed period. Any application late for appointed registration period will be postponed to next time. (Registration usually opens in spring and summer every year, specific information can be approached in our club website and announcement board)

Basic qualification to apply registration: Age is up to high school; Health with no special physical medical history. No restriction for nationality and gender. (Delegation should be authorized by guardian if high school student). Given certain time needs to take to learn and practice Aikido, anyone who can constantly practice and agree to the spirit of our club, also approved by Dojo chairman is welcomed to officially join our club.

2. For joining with certain experience

- a) Our club is officially submitted to the Aikido headquarter in Japan, we only accept those had experience in AikiKai Dojo in principle, further permission by Dojo chairman also need to be obtained for qualified to start practicing. We do not accept Non-AikiKai experienced beginners. For special case, white belt is required to fasted when practice. (Hakama is allowed for Yudansha)
- b) Practice rules should be aligned to our Dojo policies.

3. For Visitors (Visitors to join classes)

- a) All visitors should be members of AikiKai. Starting class only after being permitted by Dojo chairman. Please email our club to reserve class before coming, and enter Dojo before appointed class time. Anyone is late for class will not be allowed to attend class.

We do not accept practice request from non-AikiKai Dojo. (Visitors)

- b) The purpose of practice in our Dojo is “To improve both mind and body exercises through daily practice with partners) , we do not accept visitors with other purposes.

To well maintain the member’s classes and practices, also due to the limitation in our Dojo space, we do not accept the visiting only with the purpose of “Exchange”

During the class, any other aikido sect studying is not allowed in our Dojo.

- 3) In our Dojo, all class is guided by teachers from headquarters in Japan, our Dojo chairman and instructors from our Dojo. Class content is compliant to the practice policy in our Dojo.

We do not accept anyone coming to practice with purpose of giving instruction.

4. Class Fee

- a) Shanghai International Aikido Club is a non-profit group, all the operation expense is provided by regular class fee and annual membership fee. Therefore, beginners need to pay specific amount at the beginning each month.
- b) Visitors need to pay before attending class every time
Visitors from other dojo also need to pay when attend class
Payment will not be returned except mistake pay

5. Practice Dress

- a) Please prepare practice dress yourself. Given the demanding from beginners, we can provide to sale the dress with limited size and volume.
- b) We do not provide any rental service for dress, belt or hakama, or any other concierge service.

6. Upgrade Examination

- a) Qualification for attending upgrade examination: Membership. Being qualified with the requirement for each grade, as well as passing the mock examination.
- b) Examination in our Dojo is complaint with the policy from headquarter Dojo in Japan. Examination will be twice a year in spring and summer accordingly. Certification is issued by Aikido Headquarter Dojo.

7. Teenager Class

Besides adult class in our club, we also have teenager class for elementary school or children below the age.

Instructors are volunteers from adult class

Everyone include children’s parents need to support on class set up (Tatami preparation) and clean up, also guiding the commute for children.

Parents should take full responsibility for any accident during class, therefore please take plenty time to accompany to avoid any absence during the class.

Please take a full consideration on suitability for practicing Aikido for your own child.