

Aikido Daiwa Student Membership Guidelines

1. Dues are due and payable at the office the first of every month.
2. Be sure to check the sign-in sheet when you arrive for class. It is located on the table between the dressing rooms. This is our way of keeping track of your attendance. One of the requisites for your eligibility for promotion is based on the number of classes attended.
3. Please check the class schedule for classes available to you. At Daiwa you may attend as many available classes as you wish.
4. Weapons training is a very important part of your training at Aikido Daiwa. Beginning weapons classes are offered Saturday mornings. Advanced weapons are taught Thursday evenings at 7:30 p.m. Upon completion of the Saturday beginning weapons class you are eligible to take the advanced weapons class. Each student should own their own weapons, which include a Bokken, (wooden replica of a sword) Jyo, (wooden staff approximately 52 inches long) and a wooden knife known as a Tanto. Proper weapons are made from Japanese white oak and may be purchased from the dojo office.
5. After the last class of the day the dojo is cleaned and the mat and carpet vacuumed. This cleaning includes the office and the dressing rooms as well as the main dojo. Your participation in this experience is expected. Also, a more thorough cleaning is done once a month. Again, your presence is expected.
6. If you must leave the mat for any reason during class it is mandatory that you announce your intention to the class instructor.
7. If it becomes necessary to address your instructor during class you will refer to that person as Sensei. Sensei means teacher in Japanese and is a sign of respect. Whenever personal instruction is given it is common courtesy to say, "Thank you, Sensei."
8. Upon entering or leaving the mat is customary to bow to the Kamiza, located at the north end of the mat. When entering or leaving the dojo the same is expected. Please understand that the bow signifies nothing more than a show of respect and carries no religious connotation whatsoever. At the beginning as well as at the closing of each class a more formal bow is required, that is, one in which you are seated in seiza position, knees folded under. Most other times a simple nod and lowering of the eyes should be sufficient. Observe the more advanced students for guidelines on this subject.
9. If it becomes necessary for you to be away from the dojo for any length of time please make your intentions known to the office. Leaves of absence are granted only on advance notification. As a member of Aikido Daiwa your monthly dues are expected promptly as the expense of operating a large dojo is substantial. Our bills are due the first of every month, and as monthly dues are the dojo's primary source of income, it is imperative that dues are paid promptly. Your monthly dues represent membership in Aikido Daiwa, and are not prorated or determined by the number of classes you take, consequently no refunds or discounts for missed classes should be expected.
10. From time to time seminars are held, both at Aikido Daiwa and at various dojos within the organization. Your presence at these seminars is expected as well as beneficial, as an educational experience, an opportunity to meet students from other dojos, and to show your support of the

organization.

11. It should not be necessary to remind you that no one enjoys training with someone wearing a dirty or smelly uniform. Please keep yourself and your training uniform clean at all times. Fingernails and toenails should be kept trimmed. Place your shoes on the racks by the entrances, and don't leave your dogi (uniform) in the dojo.

12. When you join the dojo three things are expected of you. Pay dues, clean the dojo and train. If, at any point you can't do one of those, you do more of the other two. Financial hardship should not be a barrier to participation.

11. These guidelines are simple enough and when we all observe them the dojo runs smoothly. We appreciate your being here and look forward to many pleasant hours on the mat in pursuit of the elusive perfection that is the art of Aikido.

Aikido Daiwa is a member of Birankai NA, Chairman – Sensei T.K. Chiba, Shihan

Daiwa is associated with Hombu Dojo, Shinjuku, Japan - Doshu Ueshiba Moriteru

AIKIDO DAIWA GLOSSARY

© 2013 This is information is for Aikido Daiwa, Students Handbook

PEOPLE:

Kohai Junior student
Nage Person who defends
O'Sensei Great teacher i.e. Morihei Ueshiba
Sempai Senior student
Sensei Teacher
much"
Uke Person who attacks

POSITIONS:

movement
Chudan Middle position
(Spear)
Hanmi handachi Uke is standing, Nage is kneeling
Gedan Lower position
Jodan High position
Soto To the outside
Seiza Proper kneeling position
Suwariwaza Techniques done kneeling
Tachiwaza Techniques done standing
Uchi To the inside
movement

STANCES:

Aihanmi Opposite side (criss-cross)
(Right to right or left to left)
Gyakuhanmi Same side (toe to toe)
Practice
(Left to right or right to left)
Step
Hanmi Triangular forward stance
Attacks

ATTACKS:

Katate-dori Wrist Grab
Kata-dori Shoulder area Grab
Morote-dori Grab one arm with 2 hands
Ryote-dori Grab both arms with 2 hands
Shomen Strike to center of forehead
Tsuki Straight Punch
Ushiro Attack from behind
Yokomen Strike to side of the head

TECHNIQUES:

Kaiten-nage Rotary throw
Kokyu-dosa Sitting breath throw
Kokyu-ho Breath turning movement
Kokyu-nage Breath throw
Kote-gaseshi Wrist turning-out throw
Ikkyo Arm Pin, 1st principle
Irimi-nage Entering throw
Nikyo Wrist bending, 2nd principle
Sankyo Wrist twisting, 3rd principle
Shiho-nage 4 Ways/arm throw
Tenchi-nage Heaven and Earth throw
Yonkyo Gripping/arm pin 4th principle

MISCELLANEOUS:

Atemi Striking/Feint
Bokken Wooden training sword
Daiwa Great harmony
Dan Black belt rank
Domo-arigato-gozamashita "Thank you very
Dojo School/training hall
Fukushidoi Assistant teacher
Irimi Entering
Jo (Jyo) Wooden staff
Keiko-gi Practice uniform
Kyu White belt rank
Omote Toward the front
Rei Bowing
Sansho Three victories
Shidoi Teacher
Shihan Master teacher
Tenkan Turning
Ukemi Protective falling
Ura Toward the rear
Shikko Knee Walking
Sume-Otoshi Corner Drop
Tai-No-Henko Turning Tenkan
Harai Back Turning
Randori Multiple Person

January 01, 2012

Aikido Daiwa 171 N Magnolia Ave.
Burbank CA 91502 1+818-843-4984
Birankai North America, Hombu Dojo Japan