

# Aikido Bismarck

## Registration and Student Information - Adults

Name, Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_ Texts OK? \_\_\_\_\_

Please list any relevant physical or health conditions that we should know about before we begin training Aikido together...

Do you have any neck, shoulder, wrist or other joint problems or past injuries? \_\_\_No \_\_\_Yes \*

Do you have now or have you ever had problems with dizziness? \_\_\_No \_\_\_Yes \*

Have you had a concussion in the past year? \_\_\_No \_\_\_Yes \*

Have you ever tested positive for Hepatitis or H.I.V.? \_\_\_No \_\_\_Yes \*

Are there any other concerns, medical or others? \_\_\_No \_\_\_Yes \*

\* Please further explain any "yes" answer, including whether a physician has cleared you for training in martial arts or other full-contact sports with regard to your specific situation. This may be requested in some cases and additional documentation may be requested by our dojo:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Emergency Contact (& phone): \_\_\_\_\_

Email address(es) to receive information, updates, class cancellations. (please keep current):

\_\_\_\_\_

Previous martial art experience: \_\_\_\_\_

Describe your goals regarding learning and training in Aikido? \_\_\_\_\_

\_\_\_\_\_

How did you hear about us? \_\_\_\_\_

We Fill this  
Out:

Start Date: \_\_\_\_\_ Type: \_\_\_\_\_

Tuition Pd (note if discount or prorated): \_\_\_\_\_

## Aikido Bismarck - Agreement and Release of Liability

In consideration for being permitted to engage and receive instruction in Aikido, I agree as follows on behalf of myself and/or on behalf of my child who are participants in this seminar:

Name & Date of Birth: \_\_\_\_\_  
\_\_\_\_\_

(please initial)

\_\_\_\_1. I hereby RELEASE AND DISCHARGE Jason Austad, Melonie Tanous, Aikido Bismarck, their landlords: Unleashed Doggy Daycare, their agents, employees, sublessors, members and instructors (collectively referred to as "Released Parties"), from any and all liability, claims, demands or causes of action that I (or my children) may hereafter have for injuries, damages, and losses arising out of participation in Aikido, or dojo-related activities sponsored by the Released Parties.

\_\_\_\_2. I further agree that I WILL NOT SUE OR MAKE A CLAIM against the Released Parties for damages or other losses sustained as a result of my participation in aikido. I also agree to INDEMNIFY AND HOLD THE RELEASED PARTIES HARMLESS from all claims, judgments and costs, including attorneys' fees, incurred in connection with any action brought as a result of my or my child's participation in Aikido.

\_\_\_\_3. I understand and acknowledge that Aikido, as with any recreational physical activity or sport undertaken in participation with other persons, has inherent dangers including risk of injury, communicable illness, infectious disease, or other harm that no amount of care, caution, instruction or expertise can eliminate and I EXPRESSLY AND VOLUNTARILY ASSUME ALL RISK OF PERSONAL INJURY, ILLNESS OR DEATH SUSTAINED WHILE PARTICIPATING IN AIKIDO WHETHER OR NOT CAUSED BY THE NEGLIGENCE OF THE RELEASED PARTIES.

\_\_\_\_4. I hereby expressly recognize that this Agreement and Release of Liability is a contract pursuant to which I have released any and all claims against the Released Parties resulting from my participation in Aikido including all claims caused by the negligence of the Released Parties.

\_\_\_\_5. I expressly agree that this Agreement and Release of Liability is intended to be as broad and inclusive as permitted by the laws of North Dakota and that, if any portion of the Agreement is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

\_\_\_\_6. I hereby release all Released Parties, officials, and professional personnel from any claim whatsoever on account of first aid, treatment or service rendered me or my child during participation in Aikido.

\_\_\_\_7. I understand and recognize that instruction in Aikido, AS WITH ANY MARTIAL ART, involves strenuous exercise and personal body contact with the inherent risk of injury, including, but not limited to, bruises, pulled or sprained muscles, dislocated joints, broken bones, and other bodily harm that cannot be completely eliminated.

\_\_\_\_8. I understand and recognize that in accordance with the law, the Released Parties do not exclude individuals with medical conditions that do not pose a medically-recognized threat to the health or safety of other students in the normal course of training. I understand that there are some unavoidable circumstances where these conditions may require special caution on my part (or as a parent) to minimize danger to others, or myself and I acknowledge that it is my responsibility to act accordingly.

\_\_\_\_9. I understand that Aikido is an educational system. For the safety of myself and other members, I will practice in a considerate and conscientious manner and strictly follow all rules established by the Released Parties. Should I or my child break any of these rules, I understand that it is the decision of the head instructor whether I may continue training. I will abide by that decision.

\_\_\_\_10. This release contains the entire agreement between the parties and the terms are contractual and not a mere recital.

I HAVE READ THIS AGREEMENT AND SIGN IT OF MY OWN FREE WILL. I FULLY UNDERSTAND ITS CONTENTS AND MEANING AND HEREBY DECLARE MYSELF AND /OR MY CHILD(REN) AS PARTICIPANT(S) TO BE PHYSICALLY SOUND WITH MEDICAL APPROVAL TO PARTICIPATE IN A PHYSICAL ACTIVITY SUCH AS AIKIDO.

Dated \_\_\_\_\_ Signature \_\_\_\_\_

## Schedule and Costs – 2020

**Adult Classes:** Tuesdays: 7:00 – 8:15pm  
Thursdays: 7:00 – 8:15pm  
Saturdays: 9:00 am – 10:00am

**Youth Classes:** Tuesdays: 5:30 – 6:25pm  
Thursdays: 5:30 – 6:25pm  
Saturdays: 10:30 am – 11:25am

We are closed for most major holidays and occasionally for instructor training that sometimes involves travel out of state.

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**Adult Regular Tuition: \$80/month**

**Adult Discounted Tuition: \$60/mo**

(Active-Duty Military, Full-Time College or High School Student)

**Youth Regular Tuition: \$60/month**

**Youth Discounted Tuition: \$50/month**

(Sibling or child of another active Aikido Student)

**New students join for 2 months minimum prepaid tuition**

Late Payment Fee: \$5 (more than 1 week late tuition)

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Do-Gi (training uniform) are available separately to purchase:

**Adult Sizes: \$65 - \$90**

100% cotton medium-weight Judo gi

or 100% cotton 11oz Karate-style gi (less bulky than judo gi)

**Youth Sizes: \$40 - \$60**

Cotton Blend light-weight Karate gi

or 100% cotton medium-weight Judo gi (like adults)

# Testing Fees

Kyu rank testing fees are set by Aikido Bismarck. Adult Dan rank (1<sup>st</sup> Degree blackbelt +) testing fees are set by the national & international organizations that we study under.

Youth		Adult	
9 <sup>th</sup> kyu (white/gold)	--		
8 <sup>th</sup> kyu (white/purple)	\$10		
7 <sup>th</sup> kyu (purple)	\$10		
6 <sup>th</sup> kyu (yellow)	\$10	6 <sup>th</sup> kyu	\$20
5 <sup>th</sup> kyu (orange)	\$10	5 <sup>th</sup> kyu	\$20
4 <sup>th</sup> kyu (blue)	\$10	4 <sup>th</sup> kyu	\$20
3 <sup>rd</sup> kyu (green)	\$20	3 <sup>rd</sup> kyu	\$40
2 <sup>nd</sup> kyu (brown)	\$20	2 <sup>nd</sup> kyu	\$50
1 <sup>st</sup> kyu (red)	\$40	1 <sup>st</sup> kyu	\$100
Jun-Shodan (black/red)	\$50	Shodan	\$400**
*	*	Nidan	\$500**

\*Youth students under 16 and beyond 1<sup>st</sup> Kyu may test for Jun-Shodan (“apprentice shodan” or “provisional blackbelt”) and/or may transition into the adult program. Shodan candidates should be at least 17 years old. Younger candidates may be approved, though, at the discretion of the Sensei. Youth students of sufficient maturity and physical ability may also participate fully in the adult curriculum. All such decisions are made by the Aikido Bismarck Sensei/Dojo Cho.

\*\*Shodan and above fees are subject to change according to fees imposed by the national and international organizations that we study under. Testing fees for ranks above nidan (2<sup>nd</sup> degree blackbelt +) are T.B.A.

Note: We do **not** follow a set testing or “graduation” calendar. Each student advances at their own rate according to earned class hours and mastery of curriculum. There are no “mid-terms” or additional hidden costs. However, fees may change over time. Retesting (when needed) does **not** incur an additional testing fee. **Average** annual testing fee expense for **kyu** ranks at Aikido Bismarck:

Youth: \$40/yr

Adult: \$40-\$60 /yr

( Average **kyu** rank testing fee expense elsewhere in ND: \$200-300/yr )

# Traditional Dojo Etiquette

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Aikido Bismarck Students are expected to show **extraordinary** respect to the dojo, instructors, and other students at all times.

Upon entering the dojo, bow to the front, and a greeting such as “konnichiwa” (hello) “konbanwa” (good evening) or “ohaio gozaimasu” (good morning) should be offered-up/spoken so that others hear you. Students present should acknowledge and return the greeting. Beginners may use the English phrases at first, if necessary.

Shoes and coats should be placed neatly in the front shelves/on coat hooks. Other belongings should also be stowed neatly and out of the way of other students and guests at all times.

Cleanliness is respectful and a necessary part of belonging to a dojo. Please ensure that your gi is laundered regularly and that you have clean hands, feet and bodies before stepping on the mat. Participate in dojo cleanup after each class, including sweeping, mirror cleaning, etc.

Nails should be trimmed before getting on the mat. As a courtesy to others, please do not peel nails or skin or perform any other **personal** grooming on the mat.

Please do not train if you are ill and possibly contagious. Please properly cover warts on hands or feet. Open cuts or other wounds should always be properly bandaged while on the mat. Athletic tape is recommended on top of bandages.

Bow to the front of the room (shomen wall) before entering and exiting the mat. Please show respect to your instructors by asking for permission if you need to leave the mat during class. Take care of personal needs **before and after class** except in the case of personal emergencies / urgent situations.

## TRADITIONAL DOJO ETIQUETTE (continued)

Respect your fellow students when training. Always look out for **their** safety as well as your own. Aikido techniques **are** powerful. Injuring another through recklessness will result in suspension. No jewelry should be worn that could injure yourself or another student. No gum or candy on the mat.

Sincerely bow to your classmates before and after training together and say “onegaishimasu” with respect. At the end of class, shake their hands, **give them your full attention**, and say, “thank you” or “domo arigato gozaimashita”.

Respecting the dojo and all instructors, especially Sensei, is absolutely essential. Avoid attempting to correct your sempai students. Do not argue with an instructor or attempt to challenge them during class in any way whatsoever. After being instructed or corrected, answer with “Domo Arigato”.

When arriving late, please quickly attend to your preparation needs and then perform the formal class bow-in (2 bows, 2 claps, bow, “onegaishimasu!”) on the mat, but out of the way of others.

When leaving the dojo, please bow to the front and offer a “sayonara” (good-bye) or “jaa matta” (see you later).

Other common courtesies:

Please cover your mouth when yawning. Not doing so indicates boredom and disrespect (even if not intended). Cover coughs and sneezes with tissues or elbow, not your hands. Use hand sanitizer before and after class at the minimum.

Thank you for your consideration of these guidelines.  
We believe that self-discipline is a hard-earned gift that  
**you give to yourself ...with life-long benefits.**

# Common Terms Used in Aikido Class

## Pronunciation guide:

a= "ah"      e= "eh"      i= "ee"      o= "oh"      u= "ew"

- Aikido:** AI means harmony or coming together; KI is spirit or energy; DO means a path or a way.
- Aite:** One's training partner. [Lit., reciprocal or together-(ai) hands-(te)].
- Atemi:** Punches and other sorts of strikes to your partner's unguarded areas, designed to distract and weaken the defenses and/or balance [Lit., a strike-(ate) the body-(mi)].
- Awase:** To blend or move together.
- Bokken:** A wooden sword.
- Budo:** The path or way of martial arts.
- Dan:** A black belt ranking such as shodan, nidan, etc.
- Dojo:** A training hall for traditional Japanese arts, a place of enlightenment.
- Doshu:** The official curator of the art of Aikido. The title means the master or owner of the way. The present Doshu is Moriteru Ueshiba, the grandson of the founder of Aikido.
- Gi:** Traditional uniform worn during practice of Japanese martial arts.
- Hanmi:** A way of standing in Aikido so that the feet form a "T-stance" and the body is turned at an angle. AI HANMI is when the partners each have the same foot forward. GYAKU HANMI is when they have the opposite foot forward.
- Hanmi Handachi:** Techniques executed from a kneeling position against an attacker who is standing.
- Happo Giri:** An exercise with the sword in which you practice turning the hips and cutting in eight directions.
- Hidari:** Left
- Iwama-Ryu:** An informal term referring to the Aikido taught in IWAMA by Morihiro SAITO, one of the closest students of Morihei UESHIBA. Technically it includes an emphasis on relationship among TAIJUTSU, KEN, and JO movements. This style of Aikido reflects the art of Ueshiba as taught approximately between the years of 1946-1955. This is the style of Aikido of which our dojo practices. It is deriving from the founder's dojo in Iwama, Japan, where Saito Sensei continued O'Sensei's teachings of fundamental, traditional Aikido until his death in May 2002
- Jiyu Waza:** An exercise practiced at the dojo where you have one or several partners attacking where the defender can exercise and apply the freedom of any technique. [Lit., jiyu means free; waza means technique].
- Jo:** A short staff extending from the floor to approximately your armpit.
- Jo Dori:** The art of taking the staff from an opponent.

**Kaeshi waza:** Counter techniques.

**Keiko:** Training in a traditional Japanese art.

**Ken:** A Japanese sword.

**Ken Tai Jo:** A weapons partner practice involving a sword against the Jo.

**Ki:** A difficult term to define, roughly translated as spirit, energy, mind, intention, extension of mind and body together, etc. to name a few.

**Kiai:** Relates to the manifestation, emission, or projection of one's own energy (internal strength). It is usually a loud shout accompanying the execution of martial arts techniques.

**Kihon:** Basic techniques, as opposed to flowing techniques.

**Ki No Nagare:** Flowing techniques, techniques done in motion.

**Kohai:** Junior ranked student.

**Kokyu:** Breath. The power of breath arising from center manifesting itself through the body as a movement of the arm in which the blade of the hand is rotated and extended out in a certain way. This movement is a key principle in Aikido.

**Kokyu Dosa:** One of the three exercises practiced at nearly every Aikido class. It usually involves sitting in front of your partner as he/she grabs both your wrists, and disrupting his/her balance through the power or technique of kokyu.

**Kokyu Ho:** One of three practiced techniques in every Aikido class. This technique emphasizes kokyu, hanmi, connecting hand and movement of center as well as balance.

**Kotai:** Switch, change

**Kumi Jo:** Staff vs. staff techniques. [Lit: The intertwining of staves].

**Kumi Tachi:** Sword vs. sword techniques. [Lit: The intertwining of swords].

**Kyu:** A system of ranking before one attains black-belt level.

**Maai:** The relationship between you and your partner in terms of space and time.

**Mae:** Forward, front

**Migi:** Right

**Nage:** The person who executes the technique, the thrower.

**Obi:** Belt or sash

**Omote:** Front; moving in front of your partner. See also Ura.

**O'Sensei:** The Great Teacher. Used to refer to the Founder of Aikido, Morihei Ueshiba (1883- 1969).

**Randori:** A movement exercise used to develop calm and efficient blending with the power and movements of multiple attackers.



**Saito Sensei:** (Saito Shihan) (31 March 1928-13 May 2002). 9<sup>th</sup> Dan Aikikai. B.Ibaragi Prefecture. Retired Japan National Railways and Aikikai Shihan. First taught by Morihei UESHIBA in Iwama in the summer of 1946. Considered the leading expert on Taijutsu, AIKI KEN and AIKI JO based on his long 24 year tutelage under Morihei Ueshiba in Iwama and subsequent refinement of weapons curriculum. Author of six books on Aikido, a Japanese-English five-volume series entitled Traditional Aikido and a short training manual entitled Takemusu Aiki. Head of the Ibaragi Dojo in IWAMA and guardian of the AIKI SHRINE until his death in 2002. Initiated a traditional style certification for the Aiki Ken and Aiki Jo beginning May 1989.

**Sasou:** To draw out your partner.

**Seiza:** A formal sitting position with the knees and legs folded under the body.

**Senpai:** Senior ranked student.

**Sensei:** Teacher

**Shomen:** Usually considered the head of the dojo, considered a special place which houses the kamidana, to which we pay our respect when we practice Aikido.

**Soto Deshi:** Students who do not live in the dojo.

**Suwari Waza:** Sitting techniques.

**Tachi Dori:** The art of disarming a sword from an opponent.

**Tachi Waza:** Standing techniques. [Lit., standing (tachi) technique (waza)].

**Taijutsu:** Open hand techniques.

**Tai No Henko:** One of three exercises practiced at every class. Your partner grabs your wrist and you practice blending with the force of the grab by pivoting on your front foot to the side of your partner.

**Tanto Dori:** The art of disarming a knife from an opponent.

**Takemusu:** The martial technique that emerges spontaneously after years and years of repetitive training. The Aikido that springs forth without preconception or intellectual thought. [Lit., martial art (take) and birth/ production (musu)].

**Tenkan:** Turn, pivot. Once in hanmi, swing your back foot 180 degrees behind you.

**Uchi Deshi:** Students who live and train intensively the dojo.

**Uke:** The partner who is thrown or receives the technique.

**Ukemi:** The art and skill of rolling, falling as a means of protecting the body from injury during the execution of Aikido techniques.

**Ura:** Behind. Moving to the rear or behind your partner.

**Waza:** Technique or skill.

**Yudansha:** A black belt holder.

## PHRASES

**Dame:** (dah meh) "Bad" or "Wrong!" or "Mistake."

**Domo arigato gozaimashita:** "Thank you very much." [Lit., Somehow a difficulty has been honorably overcome and I appreciate it.]

**Hai:** "Yes." A convenient answer to use when Sensei gives you a correction or asks you to perform some task. This is the appropriate response whenever your name is called, as well.

**Hajime:** "Begin."

**Konban wa:** "Good evening."

**Konnichi wa:** "Hello, good afternoon."

**Kotai:** "Switch, change."

**Matte:** "Wait."

**Mawatte:** "Turn around!" or "About face."

**Mo ichi do:** "One more time."

**Ohaio gozaimasu:** "Good morning."

**Onegaishimasu:** A phrase used to ask for a favor of someone, in this case, "Will you please train with me?" Upon request...we begin...please. [Lit I humbly request].

**Rei:** "Bow!"

**Suwatte:** "Sit down!"

**Tatte:** "Stand up!"

**Yame:** "Stop!"

**Yoroshiku Onegai Shimasu:**

A more formal version to Onegai Shimasu, used as an equivalent to "Welcome to the dojo."

# Attack Terminology

## STRIKING ATTACKS (UCHI, TSUKI)

**Shomen Uchi:** Straight on attacks to the front, usually the head. A strike with the blade of the hand, the strike grows from the hips to the forehead of your partner. [Shomen means front of the face/ mask].

**Yokomen Uchi:** Striking with the blade of the hand, the strike starts from the center of your head to the side of your partners head. [Yokomen means the side of the face/mask].

**Mune Tsuki:** A horizontal attack such as a straight punch or a straight thrust with a knife, sword, staff, etc. [Mune means chest; Tsuki

## GRABBING OR SEIZING ATTACKS (DORI, TORI, SHIME)

**Eri Dori:** A grab your partner's collar usually from behind. [Eri means collar].

**Gyaku Te Dori/ Kosa Dori:** Standing in Ai Hanmi, grabbing your partner's front hand with your front hand. [Gyaku means opposite or diagonal; Te means hand].

**Hiji Dori:** Grab your partner's elbow with one hand. [Hiji means elbow].

**Kata Dori:** Standing in Gyaku Hanmi, grabbing your partner's front shoulder with your frond hand. [Kata means shoulder].

**Kata Menuchi:** Grab your partner's shoulder with one hand and strike the face. [Kata means shoulder (in this case); Men means face/mask; Uchi means strike].

**Kata Te Dori:** Standing in Gyaku Hanmi, grabbing your partners front hand with your front hand. [Kata means on one side, Te means hand].

**Kubi Shime:** Attempt to strangle your partner's throat with your hands crossed, or one hand grab to the colar & wrist from behind.

**Moro Te Dori:** Grab your partner's forearm with both hands. [Moro means many, multiple, or two; Te means hand].

**Mune Dori:** Grab the chest of your partner's Gi with your front hand. [Mune means chest].

**Ryo Te Dori:** Grab both your partner's wrists with your hands. [Ryo means both or two; Te means hand].

**Ryo Kata Dori:** Grab both your partner's shoulder with both your hands. [Ryo means both or two; Kata means shoulder].

**Sode Dori:** Grab your partner's sleeve at the elbow. [Sode means elbow].

**Sodeguchi Dori:** Grab the cuff of your partner's sleeve with your front hand.

*The grabs and techniques applied from behind  
are called ushiro techniques.*

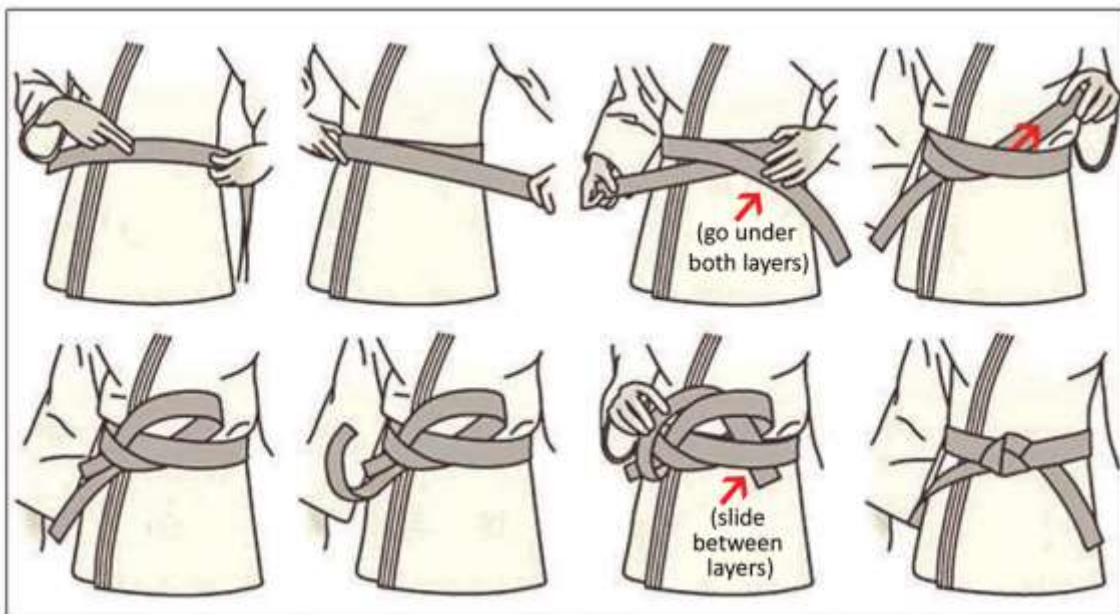
## Counting :

ichi (each ee, or each) –	1		
ni (nee) –	2		
san (sahn) –	3		
shi (she) –	4	ni ju	20
go (goh) –	5	ni ju ichi	21...
roku (roe ku, or roke) –	6		
shichi (she chi, or sheech)-	7	san ju	30
hachi (hach ee, or hach) –	8	san ju ichi	31...
kyu (q) –	9		
ju (jew) –	10	yon ju	40
ju ichi	11	go ju	50
ju ni	12	roku ju	60
ju san	13	nana ju	70
ju shi	14	hachi ju	80
ju go	15	kyu ju	90
ju rokku	16	hyaku	100
ju shichi	17	sen(issen)	1000
etc...		ichiman	10,000

# Tying Your Belt (obi).

## - The Flat Knot -

This can begin with wrapping the obi (belt) around the body twice either starting from the side and wrapping in one direction or starting with the center of the belt on the belly button, and wrapping both halves around back and bringing the ends in front, continuing with knot...



This knot usually stays tied well in class.

There are other knots that are Ok as well. The belt should wrap around the body twice and the knot should be neat with belt ends of relatively equal length.

Please have your belt tied appropriately before the scheduled class time

# Adult Testing Requirements

## NANAKYU (7<sup>th</sup> Kyu)

Minimum 2 months training, accumulating 20 hours,  
must demonstrate knowledge of and ability to perform the following:



### **Tai no Henko** – kihon (basic, “step by step”), and ki no nagare (moving)

This is the exercise that begins with same side wrist grab (katatedori). There is a scooping of the hand and turning of the body (tainohenko) to end side by side with the uke (attacking partner). The ki no nagare version involves full movement and blending.

### **Shomenuchi Ikkyo** – omote (to the front) and ura (to the back) – kihon and ki no nagare for each direction

Overhead strike. Nage (defender) raises front hand, slides in and pushes up uke's elbow with other hand. Front hand then grabs the pulse. Omote – nage moves (slides) in front of uke. Ura – nage turns and spins uke around to ground. Ends with uke face down and nage is kneeling beside. Kihon and Ki no nagare are the same, but ki no nagare is fully moving.

### **Gyakutedori Kotegaishi** – kihon and ki no nagare

Cross hand grab. Nage defends by turning out of the way (towards uke's back) while counter grabbing uke's hand, keeping it near nage's center and grasping with kotegaishi grip. Then opening hips towards uke's back, turning their wrist.... Uke should be turned onto their belly correctly. Follow up with kneeling pin – uke's wrist should be on nage's shoulder held by opposite hand.

### **Bokken Suburi #1 (“Ichi no Suburi”)** Straight up & down (shomenuchi), practice bokken strikes with proper handling of the bokken.

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Other material such as attack terminology, hanmi stance, and basic footwork (slide, step, pivot, tai-no-henko) may be asked of student at the discretion of Sensei.

It's always better to study more rather than the minimum!