

Aikido Bismarck

Registration and Student Information - Youth

Student Name, Age, Date of Birth:

Parent(s) Name(s): _____

Address: _____

City/State/Zip: _____

Phone: _____ Mobile Phone: _____ Texts OK? _____

Email address(es) to receive information, updates, class cancellations. (**very important that this is current and valid**): _____

Previous martial art experience: _____

Describe your goals regarding learning and training in Aikido? _____

How did you hear about us? _____

Please list any relevant physical or health conditions of the participants 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 *

Are there any other concerns? No Yes *

* Please further explain any "yes" answer:

We Fill
this Out:

Start Date: _____

Tuition Pd (note if discounted & note renewal date): _____

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, Lloyd Krein, Kathy Krein and family, Aikido Bismarck, their owners, agents, employees, sublessor, 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, 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 _____

If the applicant is under 18:

I the undersigned, as parent or guardian of the above applicant, certify that I have read the above agreement and I consent to the applicant's receiving the instruction applied for and I agree to the provisions of the contract for myself and said applicant.

Dated _____ Signature _____

Youth Classes: Tuesdays: 5:30 – 6:30pm
Thursdays: 5:30 – 6:30pm
Saturdays: 10:15 am – 11:15am

Adult Classes: Tuesdays: 6:45 – 8:15pm
Thursdays: 6:45 – 8:15pm
Saturdays: 9:00 am – 10:15am

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

Youth Regular Tuition: \$60/month

Youth Discounted Tuition: \$50/month

(Sibling or child of another active Aikido Student)

Adult Regular Tuition: \$80/month

Adult Discounted Tuition: \$60/mo

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

New students join for 2 months minimum prepaid tuition

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

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

Youth Sizes: \$40 - \$60

Cotton Blend light-weight Karate gi
or 100% cotton medium-weight Judo gi (like adults)

Adult Sizes: \$60 - \$90

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

Testing Fees

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

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

*Youth students under 16 and beyond 1st 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 (2nd 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

- ✚ 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. Please ensure that your gi is laundered regularly and that you have clean hands, feet and bodies before stepping on the mat.
- ✚ 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 restroom or personal needs **before and after class** except in the case of personal emergencies / urgent situations.
- ✚ 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.
- ✚ 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”
- ✚ 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.

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

(Colors represent expected belt-level material for youth program)

Pronunciation guide:

a= “ah” e= “eh” i= “ee” o= “oh” u= “ew”

Aikido - The word 'Aikido' is made up of three Japanese characters: AI – harmony, KI - spirit or universal energy, DO - the Way. Thus Aikido is 'The Way of Harmony with Universal Energy.' Another interpretation is, 'The Way of Blending Energy.'

Vocabulary:

Onegai shimasu (oh na guy shee mahss) – “Please” (please let's practice together, please teach me, please let's begin, etc.)

Domo arigato (doh mo ah ree got oh) – “Thank you very much”

Kiai – the martial art yell. Essential for all techniques

Sensei - the teacher

Senpai (sem pie) – senior student, might also be your instructor

Technique:

Katate dori - one hand grab to the wrist (e.g. right to left, gyaku-hanmi) “same side grab”

Shomen uchi – overhead strike to forehead

Morote dori - two hands grabbing one forearm

Munetski – punch to middle of body with a step forward

Hanmi – basic stance – most techniques in Aikido begin and end in this stance

Tenkan - turning around your whole body in a 180 degree turn

Tai no henko – stepping offline and turning “tenkan” while being grabbed by a partner

Vocabulary:

Domo arigato gozaimashita – (doh mo ah ree got toe go sigh ee mahsh tah) “Thank you very much indeed (for what happened).” (It is a long way to say thanks, but it is very courteous) This is the past tense form, if you are thanking someone for something that is still going on you would say “Domo arigato gozaimasu”

Konnichiwa (cone nee chee wah)- “Hello” or “Good Day”

Konbanwa (kohn bahn wah) - “Good Evening” (as a greeting)

Technique:

Hidari – left (direction) (see also migi - right)

Migi – right (direction) (see also hidari - left)

Kata dori - one hand grab to the collar or shoulder

Kotegaeshi - a technique in which pressure is applied to the wrist by turning it outward

Happo Giri (8 direction footwork kata with shomenuchi bokken strikes)

Kihon & Ki-no-nagare – basic/static vs. fluid-moving methods

Ohayo Gozaimasu (oh hi oh go sigh ee mahss) – “Good Morning”

Sayonara (sigh yo nah rah) - “Goodbye”

Ai-hanmi - a stance in which both uke and nage have the same foot forward

Gyaku-hanmi - a stance in which both uke and nage have the opposite foot forward (mirrored)

Step-Tenkan – Stepping forward using back foot then pivoting then swinging front foot to back

Ateme – Punches and other kinds of strikes to your partner’s unguarded areas, designed to distract and weaken defenses and/or balance.

Gyakute dori – a grab to the wrist across the bodies, “cross-hand grab”. Done in ai-hanmi.

Morotedori Kokyu Ho – One of two practiced techniques in nearly every Aikido class (along with Tai No Henko). Involves a slide on, pivot, and opening of the body.

Ikkyo – arm and elbow control

Ura - to the back of the partner. Usually involves a tankan.

Omote - to the front of the partner

Uke - the attacker

Nage - the person who is attacked and who does the technique (also, to throw)

O mizu kudasai (o mis zoo kew dah sigh) - “Could I get water, please?”

Yokomen uchi – A overhead angled strike that attacks offline and to the side of the head bringing the feet along and ending in hanmi at 45 degree angle to nage.

Nikkyo – a wrist lock

Bokken - a wooden sword

Randori – freestyle practice with assigned attacks (any defense). True freestyle is “jiyu waza”

Hai (hi) - “Yes”

Ie (ee yeh) - “No”

Hajime mashite (ha jih meh mahss teh) – “Nice to meet you” (used the first time meeting someone)

Omedeto Gozaimasu (oh meh teh doh go sigh ee mahss) – “Congratulations”

Yoroshiku Onegai Shimasu –Used to say “Welcome to the dojo.”

Ryo-Katadori - both shoulders grabbed from the front

Ushiro ryotekubi dori - both wrists grabbed from behind

Shihonage – “four-directions” throw

Jo - a wooden staff, usually chest height

Counting in Japanese to 31

Suburi – Weapons practice (“practice swings”)

Ryote dori - both wrists grabbed from the front (two on two)

Ushiro ryotekubi dori kubishime – from behind, one wrist held along with choke

Kokyunage - describes many throws with no pressure on the joints

Iriminage - a throw using an entering movement

Phrases that are good to know and “might” be asked as “bonuses”:

Sumimasen – “excuse me”, “sorry”

Otore ni ite mo ideska (o tore ee nee eetch mow ee dess ka) - “May I go to the bathroom”

So desu (so dess) – “that's right”, “so it is”

Josudesu (jo oso dessu) - “well done!”

Do itashimashite (doh ee tash ee mahsh te) - “You're welcome”

O genki des ka (oh gang key des kah?) - “How are you?”

Genki des, domo. Anata wa (gang key dess, doh moh. Ah na ta wah?) - “I'm fine, thanks.

...And you?”

Watachi mo genki des, arigato. (wah tas shee mo, gang key dess, ah ree gah toe) – “I also am fine, thank you.”

General Aikido Terminology:

Gi – practice uniform used in Aikido and Judo also called the dogi

Nikkyo, Sankyo, Yonkyo - wrist locks

Kata - the shoulder, same side (also, a set of movements, like a “form” in taekwondo)

Katate - the wrist, same side

Kokyu dosa – a two handed wrist hold exercise practiced from a sitting position

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.

Rei – bow. (Shomen ni rei – bow to the showmen. Sensei ni rei – bow to Sensei. Deshi ni rei – bow to your fellow students. These are phrases used during exams)

Seiza – a formal sitting position with the knees and legs folded under the body

Shikko - knee-walking

Suwari waza - techniques from sitting

Tanto - a wooden knife

Tsuki - thrust or punch

Ukemi - the art of being thrown (falls), rolls

Undo - an exercise

Ushiro waza - any attack from behind

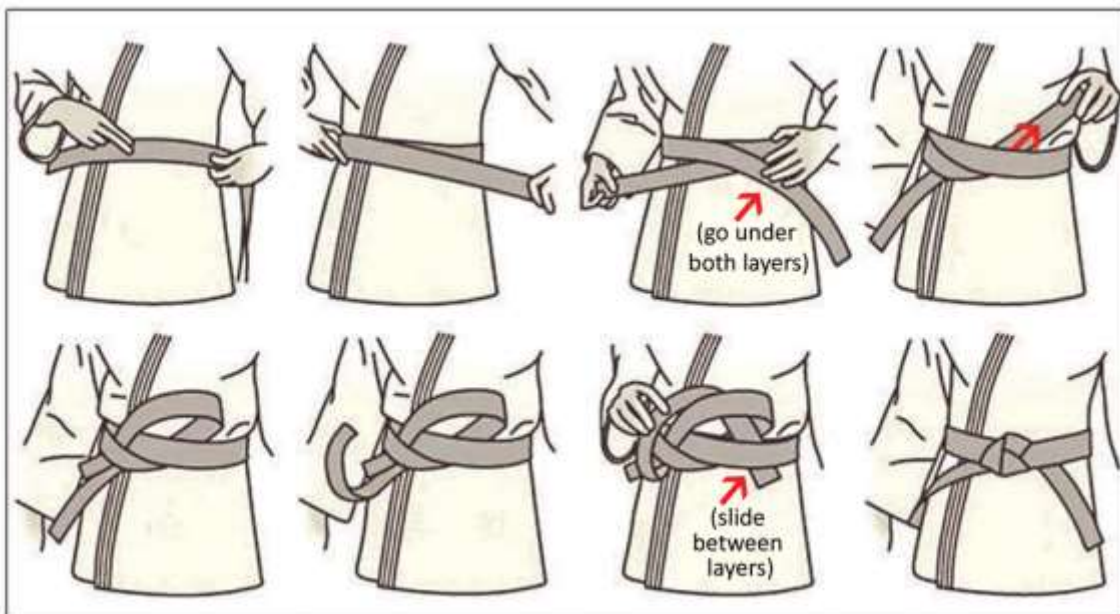
Counting :

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

Kids' Testing Requirements

KYUKYU (9th Kyu) / White/Gold Belt

Minimum 1 month training, understanding of / ability to recognize and perform the essentials of the following:



Hanmi – basic stance – most techniques in Aikido begin and end in this stance

Basic Movements :

Slide (keep front foot forward),

Step (bring back foot forward),

Pivot (keep balls of feet in place and rotate body 180 degrees)

Tenkan or **Tai-no-henko** (pivot, then swing front foot to back)

-- All begin and end in Hanmi.

Japanese Vocabulary:

Onegai Shimasu (please) – this is used when beginning all practice and is an acceptable response to instructors and other students

Domo Arigato (thank you)

Sensei (teacher) – refers to Jason Sensei at our dojo

Senpai (senior student) – refers instructors or senior students

Kiai – the martial art yell. Essential for all techniques

Counting 1-5 in Japanese (ichi, ni, san, shi, go)

Attacks:

- Katatedori** (single-wrist grab with same-side hand)
- Shomenuchi** (overhead strike to center of head)
- Morotedori** (two-handed grab of one forearm/wrist)
- Munetski** (punch to stomach with a step forward)

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 slide of front foot toward **uke (attacking partner)**, scooping of the hand and turning of the body (tenkan) to end in hanmi side by side with the uke, hands extended (palm up) in front of hips, knees bent and balance solid. The ki no nagare version is with full, smooth movement. Student must kiai during techniques.

Kids' Testing Requirements

HACHIKYU (8th Kyu) / White/Purple Belt

At least 2 months training (or 1 month with Sensei's permission), understanding of and ability to recognize & perform the following:



Hanmi – basic stance – most techniques in Aikido begin and end in this stance

Migi Hanmi – hanmi with right foot forward

Hidari Hanmi – hanmi with left foot forward

Basic Movements : Slide , Step, Pivot, Tenkan (Tai-no-henko)

-- All begin and end in Hanmi.

Japanese Vocabulary: Onegai Shimasu , Domo Arigato Gozaimashita, Sensei, Senpai, Kiai,

Konnichiwa, Konbanwa – greetings (“Hello”, “Good Evening”)

Counting 1-10 in Japanese:

(ichi, ni, san, shi, go, rokku, shichi, hachi, kyu, ju)

Attacks: Katatedori, Shomenuchi, Morotedori, Munetski
Kata-dori (shoulder grab)

Tai no Henko – kihon and ki no nagare

Munetski Kotegaishi – kihon and ki no nagare

Punch to the chest. Nage defends by turning (tenkan) out of the way (towards uke's back) and brings uke's hand along, 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.

Happo Giri (8 direction footwork kata with shomenuchi bokken strikes)
(for this test, only moves 1-4 are required)

Directions are 1.North, (pivot counter-clockwise to...) 2.South, (clockwise to...) 3.East, (pivot ccw to...) 4.West