

WELCOME TO CLASSES WITH AIKIDO OF HILO

Our club practices traditional Aikido as taught by the students of the Aikido Founder, Morihei Ueshiba. Our training is not confined to the mat area only, but should be considered as a **WAY or PATH of self development** which extends to all parts of our daily living.

More extensive information on the practice and philosophy of Aikido can be found on following pages. Pages on **Dojo Etiquette and Japanese Phrases** should be studied and followed by all members wishing to develop through practice at our club.

Our organization is a **non-profit group**. Membership dues and all other fees collected go directly to the expenses involved in operating the classes, such as rent, utilities, supplies, special events, etc.

Those of us serving as **instructors need all the help you can offer** in and around the dojo. Students should take responsibility for all the following: open and close windows; sweep mat area after class; take care of any other clean-up needed; turn off all lights when leaving dojo empty; etc.

Students or parents off the mat during class can assist by **remaining quiet** during Sensei's demonstrations and by helping supervise any young children that may be in the dojo area. This will allow class to continue uninterrupted.

Dues should be paid quarterly if possible. This will reduce the difficulty of keeping records with so many smaller payments. If you are paying in cash, it should be placed in an envelope (available at the dojo office area). All payments should show the member's name and what the payment is for (e.g. - 4th Qtr dues; Gi; Seminar fee; Exam fee; etc.)

Safety is a prime concern in aikido class. Always be cautious and attentive in your practice and only do those techniques taught by the instructor. All emergency medical information on file must be kept current.

Attendance records are maintained for all members and you are expected to record your own class hours. A specific number of practice hours is required to become eligible for each promotion examination. You must record your hours for regular class and special seminars, etc.

If you will miss class for more than one week, please notify Sensei of the reason, and of when you will return. If you don't have a chance to tell Sensei in person, please leave a message on the dojo telephone at 935-AIKI.

Slippers should be worn in the dojo building. Feet must be clean when entering the dojo and when getting on the mat. Your body and your uniform or clothing should be clean, as you will be in close contact with other members.

We show respect by bowing. You should bow upon entering and leaving the dojo, when getting on and off the mat, and at many other times during class. If you arrive at class late, wait at the side of the mat until Sensei acknowledges you, then bow and get on the mat.

Barbara E. Klein, M.S.

Barbara E. Klein, Chief Instructor

Robert E. Klein, D.C.

Robert E. Klein, D.C., Instructor