

Welcome to Upstate Aikido

Information Packet



Dojo Etiquette



Overview

Aikido dojo etiquette emphasizes respect, discipline, and mindfulness. Key aspects include bowing upon entering and leaving the dojo and mat, respecting instructors and seniors, maintaining cleanliness and hygiene, and practicing with focus and intent. Talking should be kept to a minimum, and coaching or correcting others should only be done with the instructor's permission.

Respect

- **Bowing:** bow upon entering and leaving the dojo, and when stepping onto and off the mat. Bow to the kamiza (front of the dojo).
- **Instructor and Seniors:** Respect the instructor and those with more experience. Avoid coaching or correcting others unless authorized.
- **General Respect:** Treat all training partners with respect, regardless of their skill level. Avoid roughhousing or needless contests of strength.

Remember - this is a Dojo/classroom for Aikido - Aikido does not provide training on politics nor religion. Please avoid political or religious discussions within the dojo and respect everyone's beliefs and commitments while in the dojo.

Dojo and Mat Etiquette

- **Cleanliness:** Keep the dojo and yourself clean. Trim fingernails and toenails, and ensure your uniform is clean.
- **Shoes:** Remove shoes upon entering the dojo and never wear them on the mat.
- **Food and Drink:** Avoid eating, drinking, or chewing gum on the mat or in the dojo. Plain water bottles are available in the refrigerator if you would like one.
- **Jewelry:** Remove all jewelry before practice, as it can be dangerous to yourself and others.
- **Personal Hygiene:** Maintain good personal hygiene.
- **Quiet and Focus:** Maintain silence on the mat during training. Minimize talking and focus on the practice.
- **On Time:** Arrive on time for class.
- **Leaving the Mat:** If you need to leave the mat during class, request permission from the instructor. If you wish to re-enter the mat, or enter the mat after class has already begun- Wait outside the mat for Sensei to give you the sign to enter

Training Etiquette

- **Mindful Practice:** Approach each technique with focus and attention.
- **Partner Safety:** Always train within your partner's abilities and avoid injuring them.
- **Active Participation:** Participate actively in class, and when not actively practicing, observe attentively.
- **Initiative:** Take initiative in cleaning the dojo and assisting with tasks as needed.
- **Seiza:** Sit in seiza (formal kneeling position) when instructed, and during demonstrations. If you can not sit in Seiza - sit cross legged, or in a kneeling position
- **Providing help:** If you know the technique being studied and you are working with someone who does not, you may lead the person through it, but do not assume the role of the instructor. You are here for practice; do not force your ideas on others. At the same time, respect those more experienced.

Useful Terms

Basic Terminology



Omote



Ura



Tori or Nage the one doing the technique and Uke the one receiving



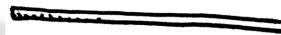
Seiza



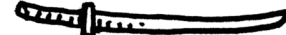
Hanmi Handachi



Suwari Waza



Jo



Bokken












please...











...thank you

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Common Attacks

				
Kata dori	Katate dori Ai hanmi	Katete dori gyaku amni	Morote dori	Ryote dori
				
Shomenuchi	Tsuki (pronounced either Ski or tsuki)	Yokomenuchi	Ushiro ryote dori	

Common Techniques

				
Icky	Nikyo	Sankyo	Irminage	Shihonage
				
Kote gaeshi	Kokyu Nage	Sumi Otoshi		

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Why do we practice Aikido?



Benefits of Aikido

People that have never practiced Aikido often wonder why we go through hours of training that leave us tired and often hurting. The answer is complicated, but the satisfaction, revitalization and sense of accomplishment after every class is unlike anything we have experienced before.

The benefits of practicing any martial art are more than obvious. You get a workout, you learn how to defend yourself, relieve stress and it's a boost to your self-esteem. Aikido offers, besides these very important benefits, so much more. It teaches you a way of life based on harmony and connection to something bigger than yourself.

This traditional Japanese martial art is a form of Budo (martial way) and it denotes a path of understanding, a way of life. Morihei Ueshiba, "O'Sensei" (Great Teacher), created Aikido as a non-competitive martial art, based on bushido (the traditional samurai code of honor) so that it would allow only the competition with oneself rather than with others. Instead of a competitive sport, he encouraged all members of the dojo (school) to support each other in their martial development and as human beings. Aikido embodies the ideal of the warrior that not only develops his body but also his character. It is a path of self-development which leads to the integration of the mind, body and spirit.

Specifically, the physical benefits of Aikido include:

- Increased balance
- Coordination
- Reaction
- Sense of timing
- Improved posture
- Flexibility
- Aerobic conditioning
- Greater awareness of our bodies
- A more relaxed and confident stance

These benefits could also be gained through a treadmill, yoga practice, dancing classes... But, Aikido provides all of these benefits without the tediousness of empty repetitions in a gym, plus at the end, you would have learned something about yourself and about this art.

Aikido training does not view the body and the mind separately. Therefore, the relaxation of the body learned in Aikido, immediately becomes mental serenity. The mental benefits include:

- 1) Increased self-awareness and relaxation
- 2) Better ability to resolve conflicts and deal with stressful situations in a calm, positive manner
- 3) Greater self-confidence
- 4) Improved self-discipline;
- 5) Drive for self-development and learning new skills

Aikido creates the type of person that can resolve conflict without violence, being strong yet flexible and humble. Today, Aikido strategies are being used in the business world as a way to manage conflict and achieve successful negotiations.

It could be said that Aikido's main and most practical benefit is self-defense. In Japan, it is the chosen martial art of the Tokyo Metropolitan Riot Police and of the Secret Police. In a country like Japan, birthplace of many martial arts, why Aikido?

Aikido uses the force of the attack against the attacker. Therefore, if applied correctly, it doesn't matter if the attacker is stronger, or faster, or younger. It teaches both throws and locks which allow the practitioner a variety of options depending on the situation. It also teaches how to defend against multiple attackers and against a variety of weapons.

Aikido also aids in what can only be described as the development of the spirit. It helps create a sense of presence, of awareness and acceptance of the world around us that lead the practitioner to better understand their reality and therefore empowers him to change it by being a part of it.

Last but not least, Aikido connects the practitioner to a community, you become part of a family. In comparison to most sports and even other martial arts, Aikido has no competitive elements. Instead, it is based on co-operative, harmonious resolution to conflict by connecting with opposition. All of the members work together to improve themselves and each other. This creates a very special environment to train in. It's not just the place to go work out.

Additional Information

Gi/Uniform Sizes and Costs



ADULT Size	From FT/CM	To FT/CM	Weight LB/KG
1	4'6"/137	4'9"/144.8	-
1.5	4'9"/144.8	5'2"/157.5	110/50
2	4'10"/147.3	5'3"/160	110/50
3	5'2"/157.5	5'7"/170	135-160/61-73
4	5'6"/167.6	5'11"/180.3	160-190/72-86
5	5'10"/177.8	6'3"/190.5	195-200/89-100
6	6'2"/188	6'6"/198.1	230-250/104-113
7	6'3"/190.5	6'7"/200.7	
Children Sizes	From FT/CM	To FT/CM	Weight LB/KG
4X0	-3'6"/106.7	-	-
3X0	-4'/122	-	-
2X0	4'/122	4'4"/132	-
0	4'4"/132	4'6"/137	-
1	4'6"/137	4'9"/144.8	-

Name & Size	Quantity	Price	Extension
Bob Jones 4	1	65	65
		Subtotal	
		Tax (7%)	
		Total	