

Further Information

Website

- For more information on Aikido, Sugano Shihan and for a listing of training venues across Tasmania visit our website:

www.aikido.org.au/tas

Newsletter

- A regular email newsletter is sent out to members of Aiki Kai Tasmania on request
- Keep up to date with notification of special national events and the calendar of events for Tasmania
- Please pass your email address onto Marion if you're interested or email aikido.tas@gmail.com

Find us on facebook

- For regular updates and some aikido related photos find either of our facebook pages
- Add *Aiki Kai Tasmania* as a friend or 'like' the page *Aikido - Aiki Kai Tasmania*

Aiki Kai Australia National Aikido Association Inc

- Official Representative Organisation of Aiki Kai Foundation, Aikido World Headquarters, Japan
- Member nation of the International Aikido Federation
- Also check out the national Aikido website: www.aikido.org.au

Aikido

Aiki Kai Tasmania



Aikido is a modern Japanese martial art that was developed in the earlier part of this century by the late master, Morihei Ueshiba (O'Sensei). The methods of training in Aikido are based on O'Sensei's belief in 'austere training for the sake of improving the human spirit through tireless polishing and perfection of the mind and body.'

In accordance with O'Sensei's ideals, the art has been kept separate from sports, in which one person competes with another. Because winning and losing are never a concern, trainees are free to dedicate their efforts to practice the multitude of techniques until rational and unforced movements flow naturally from within the body.

Aiki Kai Australia was founded in 1965 by Sugano Shihan 8th Dan. Sugano Shihan's teachings, and indeed the original teachings of O'Sensei, continue through their students across Australia and around the world.

Students of our club join our national organisation, Aiki Kai Australia, and are able to train in any Aiki Kai dojo around Tasmania, Australia, or internationally.



For more local information
visit our website: www.aikido.org.au/tas
or contact Marion through
aikido.tas@gmail.com or **0419 155 554**

Aikido is a Way

There is commitment and there is obligation.
Do not abuse or misuse the art of Aikido.
Study carefully, honestly and humbly.
Respect your seniors and look after your juniors.

Seiichi Sugano Shihan 1939-2010



Hobart Dojo

Location Police & Community Youth Club (PCYC)
300 Liverpool Street, Hobart

Training times

Monday	7.00 - 8.45pm
Thursday	7.30 - 8.45pm
Saturday	10.30am - 12.00pm

Classes

- Our main instructors - Kaye Jenkins Sensei, 5th Dan
- John Wright, 2nd Dan
- Marion Artis, 2nd Dan
- We ask that you watch one lesson before joining the class
- In addition to local training we join together with trainees from the three dojos in the north of the state every few months for a combined state training

Etiquette

- The best way to pick up the formalities of aikido is to observe and follow senior students
- Please bow when entering or leaving the dojo (standing) and when stepping on or off the mat (kneeling)
- Please be respectful and remain quiet while the class is in progress, but feel free to ask questions before and after class

Clothing & Equipment

- Initially, comfortable loose fitting clothing such as track pants and T-shirt are fine for training
- You will not need a white gi (judo suit) to begin with, but with time it is worthwhile to consider buying one and it will be needed before your first grading
- Gi can be bought from the PCYC front desk or from a local martial arts supplier
- Feet and hands should be clean and nails trimmed
- For safety, jewellery cannot be worn onto the mat
- We have a supply of communal weapons you may borrow when you start training; however it is truly worthwhile to buy your own set for practice

Membership & Fees

New students need to become members of Aiki Kai Australia, the Aikido Foundation and the PCYC. We also pay a daily training fee to the PCYC. It seems like a complex fee structure, but still equates to cheaper fees than most dojos around Australia.

Membership of Aiki Kai Australia & The Aikido Foundation

We all pay a yearly fee to maintain membership with our national organisation and to become a member of Sugano Shihan's Aikido Foundation.

Interim fee

- This covers membership for 3 months and is an option when you start training

Full membership

- After 3 months we will need the full membership fee for the year. The cost varies depending on the time of year so please check the membership form or ask an instructor
- Once full membership is paid a membership book will be sent out to you, which allows you to train at any Aiki Kai dojo in Australia

PCYC Membership

We also need to have membership of the PCYC to be able to train in their facilities.

- You may watch a class then train one session for free
- After this you will need PCYC membership allowing access to aikido plus all the club's other facilities
- Please ask for a membership form at the front desk

Daily training fee

- A minimal fee is collected at the front desk of the PCYC for each training session
- A small fee is also collected after each class by one of our members