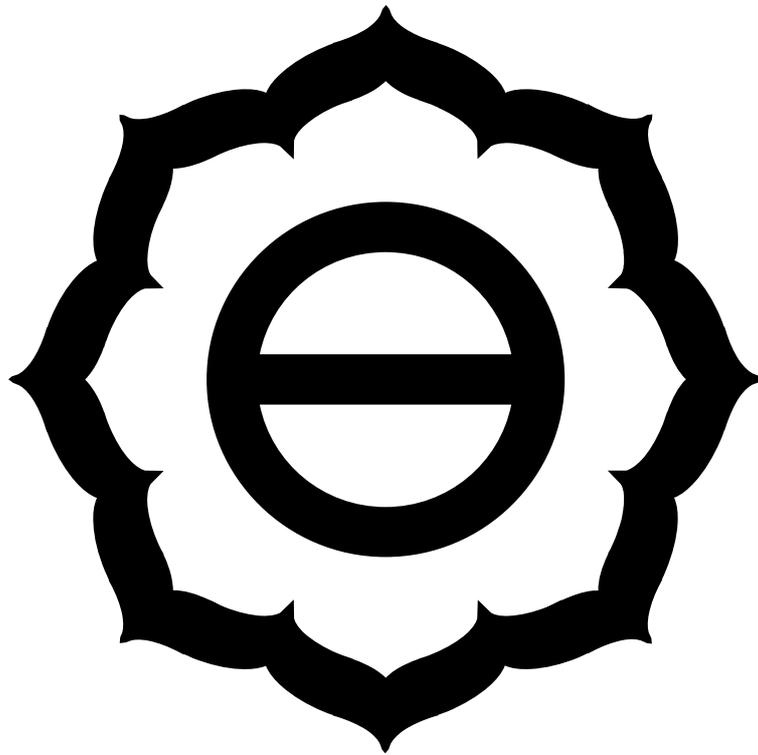


**5<sup>th</sup> Annual  
Senshusei Course**



**Apr 2016 – Feb 2017  
[www.renshinkai.com](http://www.renshinkai.com)**

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## Purpose and Overview

Aikido Renshinkai is a registered non-profit organization in Japan dedicated to providing the opportunity for those that wish to train in the aikido techniques and approach passed down from Gozo Shioda Sensei. The Shidosha Yosei Course has been founded with the aim of creating international Aikido Renshinkai instructors with a solid grasp of the basic techniques and the teaching methodology of the standard Aikido Renshinkai curriculum. Through these teachers, the hope is to gradually expand the organization, while maintaining the more important goal of continued quality instruction and high level practice.

The course is an 11 month program running from the beginning of April to the end of February the following year. It is a physically intense program stressing proper form, technique, and teaching methodology. Aikido experience is not mandatory and mix of student levels from beginner to black belt is normal. Students that make it to the end of the course successfully will have the opportunity to take a black belt examination and if successful, test for certification as an Aikido Renshinkai Examiner (See the rules section for more information).

## Course Contents

### **Kihon Waza**

Through intensive training in the basic techniques students will have the chance to master each family of aikido techniques and thereby correctly perform these techniques from a variety of different attacks. Going beyond the simple memorization of individual hand and foot movements, students will learn about the fundamental principles that make each technique work, and more important than intellectual understanding, students will begin to feel and embody these principles in their aikido technique. Each course technique will be covered in depth over hours of training, with the focus on learning through feeling and doing, making performing the techniques instinctual. For a complete list of techniques see the syllabus at the end of this document.

### **Summer & Winter Special Intensive Training**

Students will participate in Summer & Winter Special Intensive Training, which each consist of 10 hours of training over two and a half days. In these 10 hours students will train through almost all of the basic techniques, which during their normal curriculum will take most of the course. This will require them to push to extend both their personal physical and mental limits to maintain focus and persevere despite the physical challenge. The spacing of these special intensives through out the course calendar provide a crash course introduction and cram course review to the techniques that students must learn and perform correctly in order to pass the course testing procedure.

## **Testing**

Students will be rigorously tested on the techniques they have learned and their application. Testing will give students the chance to demonstrate that they have completely internalized the techniques both to themselves, and in front of their peers and their teachers. There will be three rounds of technical tests through out the year, with the final test being for a black belt ranking. The black belt exam will include tests of freestyle aikido (jiyu-waza) where the unarmed candidate must repeatedly throw one or more aggressors, who may be armed with a wooden knife or sword and will continue to launch attacks. Upon receiving their black belts students will prepare and test for their examiner certification, the final test, which will allow successful graduates to test others for Aikido Renshinkai ranks. This test will include a demonstration of their teaching ability. They will need to show appropriate use of power dealing with an aggressor, and complete a paper test as well as an essay. They will also show that they can apply aikido technique in practice against a resistant attacker and possibly against unorthodox attacks without resorting to unstructured physical force, violence, or other non-aikido approaches.

## **Teaching**

Students will learn to teach aikido, including how to teach to students with different levels of proficiency and physical ability. This will be taught through demonstration and role-playing exercises, and when sufficiently proficient students will get actual teaching experience as an observed practicum component of the course. Successful participants with strong teaching skills may be offered the opportunity to help out with the course the following year as “sewayaku.”

## **Demonstrations**

Students will prepare for and perform in several aikido demonstrations including the All Renshinkai Aikido Demonstration, January New Year Demonstration, etc. These demonstrations require group precision and discipline requiring students to maintain fine control over their body movements when performing techniques, attacking, and even falling. Students must maintain this control under the pressure of being observed by of an audience of spectators, while representing Aikido Renshinkai Honbu dojo. At the All Renshinkai Demonstration students will also have the opportunity to learn from watching the demonstrations of most of the important Aikido Renshinkai instructors from all over Japan, and possibly some other countries as well.

# **Schedule & Hours**

The normal course schedule runs from the beginning of April to the end of February the following year, 11 months in total. In order to graduate from the course, students are required to attend the whole course from start to finish. There are several special events, such as demonstrations, spring, winter, and summer vacation, summer and winter intensives, etc, where the schedule changes.

The regular weekly schedule consists of a minimum of 16 hours a week of classes and over 25 hours a week at the dojo, although students are recommended to attend the 2pm kenshu course if possible. To understand more about the minimum time requirements please also see, the yearly schedule below, as well as the Dojo Conduct, Student Responsibilities & Etiquette section of this document.

The maximum possible weekly schedule consists of 28 taught hours a week and the possibility of training close to 40 hours a week including free training times (this is not expected of students). The mandatory 16 hours a week of training is demarcated by the thick black line below. All other regular and kenshu classes at honbu dojo may also be attended. Free training times generally precede and follow optional classes. Weekly schedule and course schedule are subject to change.

## Regular Weekly Schedule

TUE	WED	THU	FRI	SAT	SUN
	*7:00 - 8:00 Regular / Beginner			7:00 - 8:00 Regular / Beginner	
8:30 - 9:30 International					
10:00-11:30 Course Kenshu	10:00-11:30 Course Kenshu	10:00-11:30 Course Kenshu	10:00-11:30 Course Kenshu		*10:00-11:00 Regular / Beginner
12:00-1:00 Course Kenshu	12:00-1:00 Course Kenshu	12:00-1:00 Course Kenshu	12:00-1:00 Course Kenshu		
*14:00-15:00 Kenshu	*14:00-15:00 Kenshu	*14:00-15:00 Kenshu	*14:00-15:00 Kenshu		*14:00-15:00 Regular / Beginner
				*18:00-19:00 Regular / Beginner	
*19:00-20:00 Regular / Beginner	*19:00-20:00 Regular / Beginner	*19:00-20:00 Regular / Beginner			
			*20:00-21:00 Regular / Beginner		

\*Training in classes marked with an asterisks is optional. All other classes are compulsory.

April	1 <sup>st</sup> 1 <sup>st</sup>	Course officially begins First day of training Dai ichi kihon techniques
May	1 <sup>st</sup> to 5 <sup>th</sup> Mid-May	Spring Vacation (Golden Week) Dai ichi shinsa geiko (test training) Dai ichi shinsa (1 <sup>st</sup> test)
June		Dai ni kihon techniques
July	16 <sup>th</sup> to 18 <sup>th</sup>	Dai ni shinsa geiko (test training) Shochugeiko (Summer Intensive) 10 hours total
August	Early Aug. 11 <sup>th</sup> to 17 <sup>th</sup> Late Aug	Dai ni shinsa (2 <sup>nd</sup> test) Summer Vacation (Obon) Enbu Geiko Begins (demonstration training)
September	Mid-Sep	Annual All Renshinkai Demonstration Dai san kihon techniques
October		Dai san kihon techniques
November		Dai san kihon techniques
December	Mid-Dec 23 <sup>rd</sup> 24 <sup>th</sup>	Dai san shinsa (3 <sup>rd</sup> test) Year Closing Celebration Winter Vacation Begins (Oshogatsu)
January	6 <sup>th</sup> 7 <sup>th</sup> to 9 <sup>th</sup> Mid-Jan	Winter Vacation Ends Kangeiko (Winter Intensive) 10 hours total Kamibiraki Embu (demonstration to start the New Year)
February	Mid-Feb Late Feb.	Shinsain shikaku kentei keiko begins (examiner certification training) Shinsain shikaku kentei (certification process and testing) Final Graduation

## Course Fees

Course fees help support Aikido Renshinkai, which is a registered non-profit organization in Japan. The monthly fee for the course is 24000.

These fees do not include the cost of any dan rank increases. Receiving dan rank increases requires separate payment. Any kyu level rank increases are included in the cost of the program. Payment for dan rank increases follow the normal Aikido Renshinkai fee schedule available on the website at <http://www.renshinkai.com/tests/> although the Testing Fee will be waived and only the Registration Fee will be charged.

Those who are not already members of Aikido Renshinkai (members of other organizations, new students, etc) will also be required to pay a fee of 10000 yen (around \$125 USD as of Feb. 2012) to join the organization as well as pay the normal yearly membership fee of 2000 yen (around \$25 USD as of Feb. 2012), which all members pay each year.

Students who successfully complete the course including the Examiner Certification testing procedure will receive their level 6 (lowest level) Examiner Certification registered free of charge. This will allow them to teach and test students for official Aikido Renshinkai ranks.

## Course Rules

1) Entrance Fee (2000 Yen), Yearly Membership Fee (10000 Yen) and 24000 Yen toward the training fees are all payable within 30 days of acceptance to the program or before the start of the program, whichever is sooner. This money is non-refundable. For monthly students this 24000 Yen will be your first monthly payment. Students paying the up-front total program fee must pay the remainder of the total before the start of the program (please pay in person at the Aikido Renshinkai honbu dojo when you first arrive). All payment must be made in Japanese Yen.

1b) Entrance Fee will be waived for those holding a valid up-to-date Renshinkai Passport.

1c) No refunds will be given for students who quit the course nor for students who are asked to leave because they disobey dojo or course rules.

2) Upon successful completion of the course, as well as during the course students will be required to go through various tests for kyu and dan rankings.

2b) All normal fees are required for registration of any dan or examiner certifications given.

2c) Dan rank registration, which requires payment, is a requirement to finish the course for those who do not already hold a dan ranking above what they would have been given.

3) All mandatory classes must be attended.

3b) In the case of injury or illness and where appropriate at the discretion of the Saiko Shihan students will be required to observe classes they cannot participate in (mitorigeiko).

3c) Students who are medically or otherwise physically unable to attend class must provide written documentation from an official (ex. a doctor, police officer, etc) providing the reason for their absence and must contact the dojo as soon as possible to inform the Renshinkai staff about their absence.

4) Students are required to obey all applicable laws at all times during their course and during their stay in Japan, not only in the dojo. These laws include but are not limited to Japanese national law, Tokyo law, international law, etc.

- 5) Students are solely responsible for their own safety at all times.
- 5b) Students are required to refrain from doing anything they feel is unsafe, or dangerous.
- 5c) If a student does something that a Aikido Renshinkai staff member feels is unsafe, the student may be required to leave the dojo or any other Aikido Renshinkai function at the discretion of the Aikido Renshinkai staff member.
- 5d) Students are required to have full health insurance before for the entire duration of the course.
- 6) In the dojo as well as at any Aikido Renshinkai function, students are required to follow the instructions of Aikido Renshinkai's instructors unless this conflicts with section "5" or "5b".
- 6b) Students must also comply with Japanese and dojo etiquette as well as course conduct requirements and responsibilities, which are partially detailed in the Dojo Conduct section of this document.
- 6c) As part of their course requirements students must complete daily and/or weekly assigned cleaning duties.
- 6d) Failure to comply with any of section "6" (6, 6a, 6b, or 6c) may result in the student being required to immediately leave the dojo or Aikido Renshinkai function at the discretion of the Aikido Renshinkai staff.
- 7) Students are required to pay all fees in advance of the deadlines so that Aikido Renshinkai receives the funds before or on the respective deadlines.
- 7b) Students are required to keep the office informed of their current phone number, address, emergency contact details, and any other contact information. This may be done by emailing the Coordinator of International Affairs or in writing passed directly to the office staff only.
- 8) Although friendly advice may be occasionally given, visa issues, accommodations, financial issues, work related issues, or other personal issues remain the sole responsibility of the student.
- 9) Students must refrain from causing disruption or damage at at any Aikido Renshinkai function as well as outside of and within all of the buildings that Aikido Renshinkai operates dojo in.
- 10) Failure to comply with any of these rules or any other individual dojo or Aikido Renshinkai rules may result in expulsion from the program without refund.
- 10b) Any offensive or dangerous behavior may result in expulsion from the program without refund.
- 10c) Expulsion from the program will result in the student forfeiting their deposit and any funds already paid to the dojo or still outstanding at the time of their expulsion.
- 10d) Expulsion from the program under any section of these rules is a the sole discretion of the Aikido Renshinkai Saiko Shihan or his proxy.

# Dojo Conduct, Student Responsibilities & General Etiquette

- 1) Arrive at the dojo at least 30 minutes before the start of each day to help clean the dojo.
- 2) Take off all coats, jackets, headphones, scarves, bags, gloves, sunglasses, etc before entering the dojo and don't put them on until after leaving.
- 3) When entering or leaving the dojo, face shomen and bow and say "osu" and then face the reception area and do the same or vice versa.
- 4) Remove your shoes and put them in the shoe box.
- 5) When entering or exiting the mat area (not when walking between the change room and the door out of the dojo in your street clothes) kneel and bow to shomen but be sure to not do it in a place that will not interfere with others entering or exiting the change room.
- 6) Sit in seiza for the five minutes before class.
- 7) Respond quickly and positively to all commands and instructions, acknowledging them by bowing and saying "osu." "Osu" may be used as hello, and goodbye greetings, to express gratitude, to apologize, and to acknowledge that you have heard what an instructor has said, whenever you are spoken to by one.
- 8) Never call an instructor over, approach an instructor or wave, etc to get an instructor's attention.
- 9) Don't pass between two training partners.
- 10) Never swear, or raise your voice in anger in the dojo.
- 11) Sit in seiza or anza (cross-legged) and do not raise your knees while sitting in anza. It is rude to stretch out your legs or lie down on the mats. It is especially rude in Japanese culture to stretch out or point your legs at another person.
- 12) Before and after training a weekly appointed course student will give a formal report of who will train / who has trained. This is called shinkoku and more information will be given about how to do this before the course begins.
- 13) Focus on your training and refrain from looking at the clock or mirror (unless instructed to) during training.
- 14) Refrain from talking during the core course classes and while training with other course students. Do not give technical advice even if requested, without the explicit permission of the class instructor.
- 15) Help clean the mats after training.
- 16) Do not eat or drink anything in the main area.
- 17) Come to the dojo dressed properly. Wear clean, socially, seasonally appropriate clothes without holes or tears.
- 18) Do not leave the change rooms unless you are fully dressed in your dogi (including belt) or fully dressed in your outside clothing.
- 19) Do not smoke anywhere in the dojo or the building that the dojo is located in. Do not smoke in front of the building (Smoking on the sidewalk is prohibited by law).
- 20) Keep all areas of the dojo including the change rooms clean, and don't leave anything in the dojo overnight unless in the senshusei locker (we take no responsibility for any items left).
- 21) Your dogi must be kept clean. Do not wear a wet dogi. You will need 3 dogi but they can be purchased in Japan if necessary.
- 22) Tape all open wounds or cuts before getting on the mats
- 23) Fingernails and toenails must be cut short and kept clean.
- 24) Do not wear any jewelry while training.
- 25) General appearance including but not limited to hair, facial hair, etc need to be kept clean cut and professional looking.
- 26) Do not take or make calls inside the dojo. Electronic devices including cell phones should not be heard by the Renshinkai staff inside the dojo. Headphones and earphones should not be used inside the dojo under any circumstances.
- 27) Do not give out the dojo address or phone number except to potential students and your

emergency contacts. Never receive non-emergency calls to the dojo phone number.

28) Upon seeing a Renshinkai or course instructor anywhere, bow and say “osu.”

29) Students must act and speak respectfully to all Renshinkai dojo members both in the dojo and anywhere else that they happen or choose to meet.

30) All students in the course are to be treated as equals for the duration of the course, regardless of rank before the course.

31) Take your training seriously (a small mistake caused from lack of focus could cause an injury), and enjoy yourself.

## Technical Syllabus

### Dai Ichi Kihon Waza

About Aikido
Orientation
<b>Kihon Dosa</b>
Reiho, Kamae, Seizaho
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Hiriki no yosei 1, 2
Shumatsu dosa 1, 2
Ukemi, Shikkoho
Tairyoku yosei
<b>Kihon Waza</b>
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Shomen-uchi ikkajo osae 1, 2
Katate-mochi nikajo osae 1, 2
Yokomen-uchi sankajo osae 1, 2
Shomen-uchi yonkajo osae 1, 2
Katate-mochi sokumen iriminage 1, 2
Shomen-uchi shomen iriminage 1, 2
Kata-mochi hijishime 1, 2
Ryote-mochi tenchinage 1
Shomen-uchi kotagaeshi 1, 2
Suwariwaza ryote-mochi kokyuhō 1, 2
Review
Shinsa Geiko

### Dai Ni Kihon Waza

<b>Kihon Dosa</b>
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Hiriki no yosei 1, 2 (sotai dosa)
Shumatsu dosa 1,2 (sotai dosa)
Ukemi, Shikkoho, Tairyoku yosei
<b>Kihon Waza</b>
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Hanmihandachi ryote-mochi shihonage
Yokomen-uchi shihonage 1, 2
Yokomenchi ikkajo osae 1, 2
Katate-mochi ikkajo osae 1, 2
Ushiro ryote-mochi ikkajo osae 1, 2
Suwariwaza shomen-uchi nikajo osae 1, 2
Kata-mochi nikajo osae 1, 2
Suwariwaza shomen-uchi sankajo osae 1, 2
Ushiro ryote-mochi sankajo osae 1, 2
Katate-mochi yonkajo osae 1, 2
Kata-mochi sokumen iriminage 1, 2
Suwariwaza yokomen-uchi shomen iriminage 1, 2
Katate-mochi hijiate kokyunage 1, 2
Shomen-tsuki kotagaeshi 1, 2
Suwariwaza yokomen-uchi kotagaeshi 1, 2
Review, Shinsa Geiko

## Dai San Kihon Waza

Kihondosa, All Ukemi, Shikkoho	Enbu Kamoku, Shinsa Kamoku
Kihon Waza	Kihondosarenzoku, Kihondosatokanrenwaza
Shomen-uchi shihonage	Tanto soho, Kankyuwaza, Goshinwaza
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Suwariwaza katateaya-mochi nikajo osae 1, 2	Shomen-uchi jiyuwaza
Katate-mochi sankajo osae 1, 2	Yokomen-uchi jiyuwaza
Ushiro ryokata-mochi sankajo osae 1, 2	Katate-mochi jiyuwaza
Suwariwaza shomen-uchi yonkajo osae 1, 2	Ryote-mochi jiyuwaza
Kata-mochi yonkajo osae 1, 2	Shomentsuki jiyuwaza
Suwariwaza katate-mochi sokumen iriminage 1, 2	Kata-mochi jiyuwaza
Ushiro ryote-mochi sokumen iriminage 1, 2	Shomen/yokomen-uchi jiyuwaza
Ryote-mochi shomen iriminage 1, 2	Ushiro ryote-mochi jiyuwaza
Shomen-uchi hijiate kokyunage 1, 2	Ushiro ryohiji-mochi jiyuwaza
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Ryote-mochi kotagaeshi 1, 2	Tantotori jiyuwaza
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Review	Futaridori jiyuwaza
Shinsa Geiko	Sannindori jiyuwaza

Course content is subject to change.