



# Shodokan London Aikido Club Information

[www.shodokanaikido.co.uk](http://www.shodokanaikido.co.uk)  
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## What is Aikido?

Aikido is a modern Japanese martial art founded in the early 20th Century by Morihei Ueshiba (1883-1969). After mastering the classical styles of Judo, Kendo and Jujitsu, he developed Aikido a defensive martial art based on spiritual teaching.

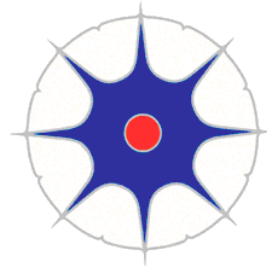
Aikido is today's fastest growing recreational activity with Japanese origins that go back many centuries, from ancient fighting methods taught, used and perfected by the Samurai in feudal Japan.

The main hombu is in Japan, led by Nariyama Shihan. Within Europe it is guided by the Rijiki, a committee of senior grades 4th Dan and above, led by Sensei Newcombe 7th Dan.

## Philosophy

Aikido follows the philosophy of encouraging harmony and avoidance of confrontation. We are all training to learn and to help each other.

Aikido is non-violent. Student's soon learn how to improve their self-awareness and as you progress through the grades, you grow in self-confidence.



## Health & Fitness

All ages can enjoy and improve their health and fitness by attending regular classes. When practiced regularly it will assist in developing a fitter, more supple and stronger body with improved flexibility, reflexes and reactions.

## Adults Weapons Training First Sunday of each month

On the 1st Sunday of each month, the class is dedicated to weapons training that covers Bokken and Jo skills which links to the main Aikido syllabus.

## Syllabus & Grading Development

Everyone develops at their own pace, however to progress steadily through the grades it is recommended attendance of 2 to 3 classes per week, including courses & seminars.

## Courses, Seminars & Competitions

Many of the clubs will hold specific courses, competitions and socials. These are great opportunities to meet senior instructors and mix with members from other clubs. Event details appear in the club newsletter.

## Joining Information

Complimentary first trial lesson.  
Discounted quarter payment schemes.  
Introduction discounts.

When you are ready to join, you need to apply for Shodokan membership. This annual fee covers your annual insurance, Japanese grading book and makes a small contribution towards the running of the club. A health questionnaire is also required.

## Training Kit & Preparation

Tracksuit gear is fine until you are ready to commit. Gi's are readily available from sports stores or on-line through Blitz. *Hygiene:* Aikido is a close contact sport, therefore it is only respectful to come to a class with clean kit, a good standard of personal hygiene, trimmed fingernails/toenails and no jewelry whilst training.

## Clubs Listing

A full list of all clubs can be found on the website [www.shodokanaikido.co.uk](http://www.shodokanaikido.co.uk)

## Club Newsletter

If you would like to be on the mailing list please email [shodokan.london@googlemail.com](mailto:shodokan.london@googlemail.com). Newsletter contributions welcomed.

## Etiquette

### Arrival & Departure

Bow whenever you enter or leave the training venue.  
Bow when you first step onto the mat.  
No footwear, drinking or eating on the mat.  
Make the time to introduce yourself and new joiners to others, as a welcoming club atmosphere is essential.

### Start of the lesson

Line up from senior to junior grade, facing your Sensei.  
The highest graded student in the line will say "Seiza" which means kneel, then "Shomen". This means look to the front of the class. Everyone will kneel, the Sensei will bow to you and you will then bow back to the Sensei - this is to show respect, thanks for teaching and working with each other.

### During the lesson

Bow to your partner before you practice the technique and say "onegai shimasu" (please). When finished say "domo arigato gozaimashita" (thank you very much). Listen carefully for instructions from your Sensei.  
If you need a drink, a rest or need to leave, please ask your Sensei first.  
Be friendly and professional.

### End of the lesson

Line up in the same position as the start of the of lesson.  
There will be a few moments of meditation (moku) when we are all kneeling, this helps clear our minds at the end of training and for us to think about the lesson.  
When leaving the mat, bow to your Sensei, then depart in seniority of belt eg: black belts leave first, then brown, then blue, down through the grades.

### COUNTING

One	ichi	(i-chi)
Two	ni	(knee)
Three	san	(san)
Four	shi	(shi)
Five	go	(go)
Six	roko	(ro-ku)
Seven	schichi	(shi-chi)
Eight	hachni	(ha-chi)
Nine	kyuu	(ku)
Ten	ju	(ju)

### GLOSSARY

Dojo - Training venue  
Hajime - Begin / Start  
Moksu - Meditation  
Rei - Bow  
Seiza - Kneeling position  
Sensei - Teacher  
Yoi - Get ready

A more extensive glossary is available from your instructor.

Tai-sabaki - Avoidance exercise  
Tegatana-dosa - Hand blade movements  
Tori - Defender, receiving the technique  
Uke - Attacker, doing the technique  
Utsoku - Foot movements  
Yami or Matte - Wait / Stop  
Randori - 'Freestyle' attack / avoidance

### KYU GRADES

8th Red  
7th Red  
6th Red  
5th Yellow  
4th Orange  
3rd Green  
2nd Blue  
1st Brown

### DAN GRADES

1st to 8th Dan - Black  
  
A syllabus for all the grades are available from your instructor.