

Aikido Kokikai South Everett

Dojo Information



Aikido Kokikai South Everett
12322 Hwy 99 #96
Everett, WA 98204
(425) 347-9025
www.everettaikido.com
aikido.instructor@gmail.com

CONTENTS

Welcome to the Dojo.....3

About Kokikai.....3

About Our Dojo.....3

 Training Schedule4

 Membership Fees4

 Joining Fee5

 Recurring Memberships6

 Monthly Memberships6

 Yearly Memberships6

 Family Discounts6

 Drop-in Fees.....7

How We Practice7

 Warm-ups7

 Ki Exercises7

 Rolls8

 Techniques.....8

The Basic Principles9

 Keep One point.....9

 Relax Progressively9

 Correct Posture.....9

 Positive Mind10

Adult Practice10

 Etiquette10

 Hygiene11

 Testing11

 Weapons Practice12

Seminars and Camps.....12

Kids Practice.....12

Etiquette13

Discipline.....13

Hygiene13

Testing14

Weapons Practice14

Seminars and camps14

Transitioning to Adult Classes.....15

Playing on the Mat.....15

Friends and Family.....15

Watching Class.....15

Kids and the Waiting area.....16

Shoes and Blankets16

Parking16

Conclusion16

Appendix A: Tracking Attendance17

Appendix B: Vocabulary.....17

WELCOME TO THE DOJO

Welcome to Aikido Kokikai South Everett. Whether you are a potential student interested in getting information about Kokikai Aikido, or a new student seeking to learn more about our dojo and its community, this packet has been designed to answer questions and provide you with some guidance on how to ensure you make the most out of your aikido practice.

Perhaps the most important item to remember is that our dojo is community-focused. We recognize that our best training is the result of working together as a group, rather than simply following the advice of a single instructor. Through community effort, each individual who steps on the mat has the opportunity to internalize Kokikai techniques and principles and modify them to suit their personal physical and mental perspectives—in essence, turning *Kokikai* Aikido into *their* aikido.

If, at any time, you have questions, concerns, or suggestions, please do not hesitate to talk with the Chief Instructor, David Shevitz. You can talk with him in person, call him at the dojo (425.347.9025), or e-mail him at aikido.instructor@gmail.com.

ABOUT KOKIKAI

Aikido Kokikai, developed by Sensei Shuji Maruyama, is a highly-efficient form of self-defense. But don't be fooled—it offers much more than that. Training in Aikido Kokikai focuses on each individual becoming centered, relaxed, and confident—with both the mind and body working together simultaneously. With these tools in place, we not only become powerfully proficient at self-defense; we become better equipped to enjoy our daily lives and enrich the lives of others. Most importantly, Aikido Kokikai offers us the opportunity to learn how to control ourselves, so that we can deal with any situation gently, efficiently, and calmly.



**Sensei Shuji Maruyama,
Founder, Kokikai Aikido**

ABOUT OUR DOJO

Aikido Kokikai South Everett originally started in the Silver Firs YMCA located just off Puget Park Drive, back in 2002. David Shevitz and his wife, Jen, had just moved to the area from living in Ballard. Unwilling to give up on his

aikido practice, he approached the YMCA and asked if they would like to add aikido to their curriculum. The rest, as the saying goes, is history.

In 2006, the growth of both the aikido program and the YMCA itself led to the decision to move the dojo into its current location. By having a space dedicated to aikido practice, the hope was that the dojo would continue to grow, as well as be able to support a larger variety of aikido classes. This dojo has quickly risen to become one of the largest Kokikai Aikido dojos in the United States, and is a cornerstone of Kokikai practice in the Northwest.

If you're interested in learning more about Kokikai in general, or about our founder, Sensei Maruyama, a great resource is www.kokikai.org.

TRAINING SCHEDULE

The dojo is open for classes 5 days a week. The following is a list of all of our classes:

Monday:	5:30-6:30pm, Kids Class 6:30-8:00pm, Teen/Adult Aikido
Tuesday:	5:30-6:30pm, Kids Class 6:30-7:30pm, Teen/Adult Aikido 7:30-8:30pm, Teen/Adult Aikido
Wednesday:	6:30-8:00pm, Teen/Adult Aikido
Thursday:	5:30-6:30pm, Kids Class 6:30-7:30pm, Teen/Adult Aikido 7:30-8:30pm, Teen/Adult Aikido
Saturday:	9:00-10:00am, Kids Class 10:00-11:00am, Weapons Class (open to teens/adults) 11:00am-12:00pm, Teen/Adult Aikido

Students are welcome to come to as many or as few classes each week. The important goal in training is consistency—training once per week every week, for example, is better than training three days one week, then only once the following week.

For an up-to-date schedule and calendar, please see our web site, www.everettaikido.com.

MEMBERSHIP FEES

One of Shevitz-sensei's pet peeves is when a martial arts club refuses to disclose their membership fees up front. Too often, clubs advertise beginner's specials, only to later encourage (or require) the student's family to sign a contract.

Our fee structure is very simple. First, all new memberships have a one-time joining fee. Then, there are three types of memberships: recurring, monthly, and annual. We also offer discounts for multiple members of the same family.

At Aikido Kokikai South Everett, we do not use contracts in any way shape or form. Effective aikido training requires that both the student and the instructor approaching their training relationship with mutual respect and

sincerity. We also recognize that, for some, aikido is to become a regular fixture of their daily lives; for others, aikido may only a brief (although hopefully meaningful) experience.

Aikido Kokikai South Everett does not offer refunds on membership dues.

JOINING FEE

The joining fee for new members is \$60. This fee includes the cost of a training uniform. If more than one member of the same family joins the dojo, the joining fee for all additional members is cut in half to \$30. For example, if a mother opts to join the dojo at the same time as her son, the total joining fee they would pay is \$90.

RECURRING MEMBERSHIPS

A recurring membership uses either PayPal or the student's own bank to have membership dues paid automatically. We prefer this type of membership because it allows the instructors to focus more on the teaching curriculum and less on administrative tasks. Many students also appreciate this option, because it is one less check to write. Recurring membership fees are as follows:

Kids: \$60/month

Teens: \$70/month

Adults: \$80/month

See the Discounts section for more information about discounts applied to multiple dojo members from the same family.

MONTHLY MEMBERSHIPS

For those individuals who choose not to use a recurring membership option, the dojo offers a monthly membership. The fees for this membership type are as follows:

Kids: \$75/month

Teens: \$85/month

Adults: \$95/month

Dues must be paid by the first of each month; late payments incur a \$20 late fee. See the Discounts section for more information about discounts applied to multiple dojo members from the same family.

YEARLY MEMBERSHIPS

For some individuals, paying yearly is the best option. The dojo does offer a yearly membership option. Those choosing to pay for the entire year pay for only 11 months; the 12th month is free.

The fees for this membership are as follows:

Kids: \$660

Teens: \$770

Adults: \$880

FAMILY DISCOUNTS

When more than one member of a family joins the dojo, a discount of 10% is applied to all memberships. This discount applies to immediate family members only. Family members do not have to join at the same time to receive this discount; for example, a father may choose to join the dojo after his daughter has been training for several months. In this case, the discount applies starting the first month the father joins the dojo.

DROP-IN FEES

Occasionally, we are asked about drop-in fees for those individuals who can only train on an occasional basis. The drop-in fee (also known as a **mat fee**) is \$15.

HOW WE PRACTICE

A common question asked of new students is how aikido is practiced at our dojo. This is a great question! Many dojos are unable to articulate why they practice the way they do. At Aikido Kokikai South Everett, we believe it is important that everyone have a solid understanding of not only what they are practicing, but how they should practice it.

If, at any time, you have questions about practice, please ask an instructor. It is far better to have a question than it is to do something simply because "everyone else is doing it."

WARM-UPS

Both kids and adult classes start with basic warm-ups that are intended to get the body moving and ready for practice. It's important to remember that these exercises are not stretches; they are not designed to increase mobility or flexibility. There are several reasons for this, but the primary reason is a simple one: stretching doesn't require the use of a mat, and we try to make the best use of our time on the mat as we can.

Parents and kids will notice that the kids' classes frequently have more warm-ups than adult classes. This is for three reasons.

1. More time during warm-ups gives kids the chance to work through some of their energy, so they can be a little more focused during class.
2. A critical component for self-defense is an understanding of how your body moves. Warm-ups provide an opportunity for kids to get used to how they can move, so they can then learn how to move correctly.
3. They are fun! We often poll the kids to see what parts of practice they like best. Warm-ups (and especially the opportunity to choose what warm-ups they're going to do) are always near the top of the list (usually right below "throwing the instructors.")

KI EXERCISES

Ki exercises usually follow immediately after warm-ups. These exercises are portions of self-defense technique that have been extracted from the techniques themselves in order to practice them separately. One way of looking at Ki exercises is to think of aikido as piece of music. Like all music, there are some parts that are harder to play than others. To master these more difficult parts, we practice them on their own and then later practice the entire song from start to finish. Ki exercises are very similar: by practicing them on their own, we can ensure that the movement is reliable during an actual technique.

Shevitz-sensei also uses the following analogy when describing Ki exercises: "If an aikido technique is a sentence, then think of Ki exercises as words. You can combine any number of Ki exercises together to build a technique; conversely, you can break any technique down to its core Ki exercises."

ROLLS

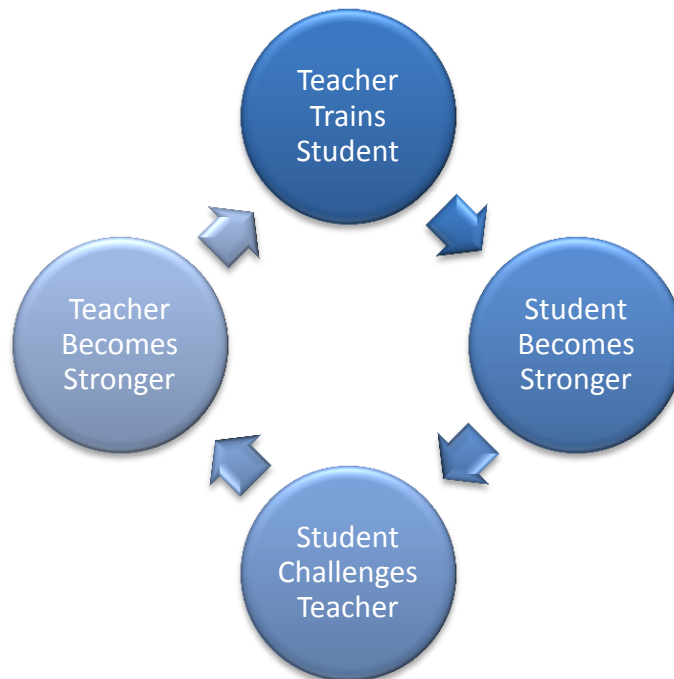
After warm-ups are concluded, some time is spent working on a variety of rolls. The standard sequence is:

- Small forward rolls
- Small backward rolls
- Large rolls

New students (whether they are adults or children) are often placed in the middle of the mat with a senior student or instructor to practice basic falls. At all times, we emphasize that a student should take their time learning how to roll—it is a skill that simply requires consistent practice. In over 15 years of studying aikido, Shevitz-sensei has never encountered a student who did not eventually learn how to roll. However, it is also very important that students take care of themselves as they learn how to roll by avoiding the temptation to roll too fast—just as with running, swimming, and other activities.

TECHNIQUES

After warm-ups and rolls, the bulk of class is spent studying one or more self-defense techniques. At our dojo, you will not find infallible instructors, who are always right on every occasion. Instead, the instructor team uses its expertise to foster a dialog between teacher and student, through which everyone has the opportunity to learn and improve. This methodology is reflected in what we refer to as the Training Cycle:



Techniques are often divided into three different categories:

- **Principle techniques** (practiced regularly). These techniques are not necessarily applicable for common self-defense scenarios, but offer immense value in terms of how to take balance, keep someone off balance, or another important facet of self-defense strategy.

- **Self-defense techniques** (practiced frequently). These techniques are more in-line with common self-defense scenarios.
- **Demonstration techniques** (practiced rarely). These are “fun” techniques that, while occasionally elaborate, are often great fun to do and to watch.

THE BASIC PRINCIPLES

One of the core tenets of our practice is called the Four Basic Principles. As the name implies, these are four ideas that govern the strategy and techniques we study both on and off the mat. These four principles are:

- Keep One Point
- Relax Progressively
- Correct Posture
- Positive Mind

KEEP ONE POINT

One point is your center of balance. In Kokikai, we consider the center of balance to be a couple of inches below the navel, against the spine. All of our movements are intended to originate from this center—as opposed to our head or shoulders. Many of the exercises and warm-ups we do on the mat are designed to help cultivate an awareness of one point. As many students discover: by having one point, you become far stronger and far more stable than you think is possible.

RELAX PROGRESSIVELY

A common statement in aikido is: “Relax more!” In Kokikai Aikido, we define being relaxed as “using only the muscles and power that is absolutely necessary.” The human body tends to be lazy by default, using the largest muscle groups to perform a task whenever possible. This results in movements that use a lot more power and a lot more tension than is necessary. In the dojo, we focus on how to make our movements more economical and more efficient—by making our movements more relaxed—our reflexes become sharper and our technique becomes more reliable.

Notice that we say “relax progressively.” The idea is that you can always be more relaxed and more correct. It is a never-ending journey.

CORRECT POSTURE

One of our favorite principles is correct posture. Why? The ideas of one point, relaxation, and positive mind are often hard to grasp. But correct posture is something that any of us can improve, because it is physically visible to the eye. A common training tool for beginners is to ask them to always check their posture during practice. It is a simple tool that can dramatically improve the technique.

POSITIVE MIND

When we refer to having a positive mind, we refer to a mindset that is clear of worry or anticipation. The mindset is similar to a student facing a final exam after weeks of study. The student does not know if she will pass or not. She only knows that she has done everything in her power to get ready, and is calmly prepared for any outcome. This mindset opens the student to perceive how to best use a technique against an attacker, and reduces the risk that the student might anticipate what an attacker could do.

ADULT PRACTICE

Now that you have some idea of how our dojo operates, it is important to understand what you as a need to know in order to train effectively.

The most important element is **to approach the dojo, your instructors, and your fellow students with respect**. Our dojo has practitioners from all walks of life: some old, some young; some physically fit, some attempting to become so; some very large, and some very small; some very experienced, some brand new to martial arts. Each student offers you an opportunity to learn and be challenged. If you are relatively fit, working with someone who is less so offers you the chance to be patient. If you are inexperienced, working with someone who has trained for a long time gives you the chance to accelerate your understanding of techniques. In the “real world,” we don’t get to pick and choose who may attack or confront us; therefore, everyone in the dojo has something to teach and something to learn from everyone else.

Our dojo is relatively informal, and infused with humor and understanding. Nonetheless, we also take our training very seriously. Sometimes our informal attitude is misinterpreted as a lack of commitment—nothing could be further from the truth. Aikido works best when you are relaxed, comfortable, and focused. This is the atmosphere we strive to create and maintain.

ETIQUETTE

To ensure that you are able to train safely and effectively, please follow these guidelines for etiquette. While these guidelines do not cover all situations, they should provide you with enough of a foundation to ensure that you treat (and are treated) with respect and courtesy.

- Be on time for class if at all possible.
- If you are late for class, sit in seiza (kneeling posture) at the edge of the mat and wait until an instructor bows you in.
- Sit in seiza immediately when the instructor calls for it.
- Do not seek specific people to train with; train with the person immediately to your left or to your right, unless you have already trained with them.
- When offered advice by the instructor, please say “thank you Sensei.”
- Bow towards the kamiza (front of the dojo) when you step on and off the mat.
- If you are training with someone who you feel is not treating you respectfully, politely tell that person that you need to step off the mat for a moment. Then, get the instructor’s attention and explain the situation.
- Help those you practice with by training with focus, commitment, and respect for your partner’s ability.
- Please avoid using fragrances, perfumes, hand creams, lotions, and other scents when you know you will be at the dojo.

HYGIENE

In aikido, we are often in very close contact with our partners and opponents. Consequently, good hygiene is very important. This includes:

- Ensuring that your uniform is clean
- Removing all jewelry (except wedding bands) before stepping on the mat.

We understand that some jewelry is not easily removed. The dojo is not responsible for injuries sustained due to wearing of such jewelry.

- Any cuts or scrapes are bandaged and taped before you step onto the mat.
- Keep fingernails and toenails clipped short and filed smooth.
- If you find that you are bleeding on the mat, stop and immediately let your partner know. Step off the mat to bandage the injury, and have your partner handle the cleaning of any blood that has gotten on the mat.
- When you enter the dojo, remove your shoes. Dojo students must wear flip-flops or slippers when walking around the dojo. You are welcome to store your slippers in one of the cubbies located near the dojo entrances.
- Do not wear sunglasses or hats in the dojo.

TESTING

Kokikai Aikido has a minimal ranking system. The following table lists the different ranks, along with the general skill level expected for each.

Rank	Belt Color	Description
6 th Kyu	Orange	Fundamental elements of Kokikai Aikido movement
5 th Kyu	Orange	Transition from static movement to motion
4 th Kyu	Blue	Understanding rhythm
3 rd Kyu	Blue	Understanding timing
2 nd Kyu	Brown	Power and center
1 st Kyu	Brown	Efficiency
Shodan (1st Degree Black Belt)	Black	Grace and competency

Starting at 2nd kyu, students must test at a national event with Sensei Maruyama present. These events occur three times a year in various parts of the country. The Greater Seattle area hosts one of these events once every three years. There are exceptions to this rule; these are handled on a case-by-case basis. In general though, those who have the opportunity to test in front of Sensei invariably have a very positive (if extremely challenging) experience.

WEAPONS PRACTICE

Aikido traditionally focused on three training weapons:

- Jo (short staff)
- Bokken (wooden sword)
- Tanto (knife)

Kokikai Aikido's perspective on weapons is that, while they supply value to training, they should not be over-emphasized. The age in which these weapons were legitimate for self-defense has long passed—guns and other weapons have overtaken them. At Aikido Kokikai South Everett, we study these weapons to further our understanding of the basic principles, and because it is often very fun! But, because it is not a vital component to training, we do not require students to purchase their own set of training weapons. Shevitz-sensei is happy to help students acquire these tools should they elect to do so, however.

SEMINARS AND CAMPS

As mentioned in the Testing section, students seeking to test for brown belt or higher must do so at a national event attended by Sensei Maruyama. These events are called Camps, and are essentially weekend-long events that are attended by Kokikai practitioners from all over the world. There are three camps:

- Winter Camp: typically occurs in March and is located in Princeton, NJ
- Summer Camp: occurs in July and is located in Philadelphia, PA
- Fall Camp: occurs in mid-November and rotates location between San Francisco, CA, Phoenix, AZ, and Seattle, WA

In addition to camps, Aikido Kokikai South Everett attempts to bring in other senior Kokikai instructors to provide alternate perspectives on training. We attempt to keep the costs of these seminars to a minimum. A typical seminar might cost between \$50 and \$75 for a weekend-long seminar. Attending seminars is encouraged, but not required; however, regular Saturday classes are often suspended during seminar weekends.

KIDS PRACTICE

Our kids' curriculum differs from the adult curriculum in a few keys ways. First, we have a specific philosophy that governs what techniques we teach kids:

In kids' class, we focus on techniques that are effective against adult opponents.

Our rationale for this philosophy is simple: if a technique is effective against an adult, then it is also going to be effective against someone their own size. This philosophy primarily applies to our self-defense techniques; we often will also work on principle techniques in order to challenge kids to further coordinate the mind and body.

For the most part, nearly everything listed in the section, *Adult Practice*, applies equally well to kids. The following sections contain a few additional modifications that parents and kids should keep in mind.

ETIQUETTE

As always, correct practice starts and ends with respect for yourself, your fellow students, and your instructor. In addition, we also remind students of the following:

- Do not talk during class unless you are asked a question.
- Sit in seiza immediately when asked.
- Give your undivided attention to your instructor when being taught, and to your partner when practicing.
- If you wear your uniform to the dojo, it must be kept clean.
- After you pass your first test, you are responsible for tying your own belt.
- Do not get water or leave to use the bathroom unless you ask permission from the instructor.
- Do not talk to your parents while you are training.
- Sit in order of rank—and do so quickly.
- Refer to any instructor wearing a hakama as “Sensei.”
- If you wear a colored belt, you **must** set an example for those junior to you.

Failure to comply with these guidelines (and those outlined in the [Adult Practice](#) section) will result in disciplinary action. See the Discipline section, following.

DISCIPLINE

We are studying a martial art. Consequently, it is very important that we do everything we can to ensure that everyone is practicing safely. Often, we tell students that we have one simple rule:

Listen and do what the instructor says.

Failure to follow etiquette guidelines can result in disciplinary action. This action can take many forms, including:

- Verbal warning from the instructor
- Sitting off the mat until the instructor allows you back
- Losing your place in line (in other words, sitting at the end with the white belts regardless of rank)
- Losing your rank until you redeem yourself

Parents should be aware that the instructors do everything possible to keep students informed about why they are being disciplined, and what they can do to resolve the issue. If you have any questions, please talk to Shevitz-sensei.

HYGIENE

The hygiene guidelines listed in [Adult Practice](#) apply to kids as well. In addition, we ask students to keep the following in mind:

- As much as possible, try to use the restroom before class starts
- If you sneeze, please ask the instructor for permission to wash your hands or use hand sanitizer
- If you are sick, please stay home and get well!

TESTING

Aikido Kokikai South Everett has a comprehensive testing system that is designed to build a student's abilities as a martial artist and prepare them for eventually joining the adult ranks. Each kids' rank has three levels: A, B, and C, with each level building on the previous one. The following table lists the different ranks, along with the skills they are asked to demonstrate.

Kids' Rank	Belt Color	Description
12th Kyu (Ages 5 to 8)	Blue	Wrist grabs and escapes
11th Kyu (Ages 5 to 8)	Orange	Shoulder grabs
10th Kyu (Ages 8 and older)	Yellow	Wrist grabs and escapes
9th Kyu	Purple	Shoulder grabs
8th Kyu	Green	Punches and kicks
7th Kyu	Red	Shomenuchi, Yokomenuchi, and freestyle

Parents might notice that 12th and 10th kyus have similar categories, as do 11th and 9th kyus. This is primarily because some kids start at 10th kyu because of their age. However, the 10th and 9th kyus have slightly more complex technique requirements to reflect the better control an older child has. Also, the abilities of a 6 year old are very different from a 10 year old, so repeating some techniques is very beneficial.

At our dojo, it is also important that everyone realize that testing is a dojo-wide event, whether you are on the test list or not. Consequently, the standard rule for kids at the dojo is that they can at most test once every other test day. This fosters an understanding that sometimes, testing is about their own accomplishments; and sometimes, testing is about helping others show their accomplishments.

It is generally considered poor etiquette to ask when you are going to test next.

WEAPONS PRACTICE

Kids often ask about weapons practice. Due to the size of the average kids' class, we do not often practice with weapons. However, we do occasionally use them if we can do so safely.

SEMINARS AND CAMPS

Kids' seminars and camps happen much less frequently than others. Typically, when there is an adult seminar, we ask the visiting instructor if they would like to teach a special kids class. Often, the answer is an enthusiastic yes, but this is not always the case. When these special classes occur, we generally only ask a donation from students; however this is not a requirement. On rare occasions, we must cancel the kids' class during a seminar or camp weekend. Advanced notice is given should this occur.

One camp we try to offer students is a week-long summer camp, held at the dojo. This is a fun opportunity for students to learn more technique, as well as study other Japanese arts such as origami, calligraphy, and so on. These camps are scheduled on a per-year basis and fill up very quickly, so be sure to ask Shevitz-sensei as the summer months approach.

TRANSITIONING TO ADULT CLASSES

One of our goals at Aikido Kokikai South Everett is that, eventually, a member of the kids' classes transitions to the adult classes. These transitions on a case by case basis, and typically depend on a number of factors, including:

- The age of the student. Typically, students are around the age of 12 before they transition to adult classes
- The skill level and maturity of the student.
- Student interest
- Parental approval

In most cases, students transitioning to adult classes remain at the kid membership level. The primary reason for this is that students cannot test for adult ranks until they are at least 13. Students who are too young for adult ranks but are nonetheless in adult classes still test using the kids' test requirements, but it is not uncommon for them to skip ranks as a reflection of their skill and participation.

PLAYING ON THE MAT

It is very common for kids to want to play on the mat before and after class. Playing on the mat in between classes is only allowed if they have both their parents' and the instructor's permission.

FRIENDS AND FAMILY

Our dojo is extremely community- and family- oriented. We recognize that everyone who gets on the mat does so with the support of others—be they parents, spouses, or kids. This section covers a few guidelines that should help ensure your comfort while off the mat.

WATCHING CLASS

We encourage parents and children to watch class. However, it is very important that parents do their best to act as observers only. The instructor team at Aikido Kokikai South Everett has over 50 years combined experience in teaching aikido; we ask that you respect that. It is very easy for a parent to think that a certain movement doesn't look right and should be corrected. However, as we tell members of the adult class: it is often easy to identify an incorrect movement. What is not easy is identifying which incorrect movement should be adjusted for which student, and at what time. Often, an instructor might not correct a student standing with the wrong foot forward, for example, because the focus is instead on the arm position or some other part of the technique.

One of the key elements to good training is knowing where and when to focus. Please help your child by allowing them to focus on the instructor or their training partners. You can do this by keeping your voice down and not trying to interact with your child while they're on the mat.

We do encourage parental involvement; however, we prefer it to be in the form of questions before or after class. We are always happy to answer questions and explain what we are doing and why.

KIDS AND THE WAITING AREA

It is very common for kids to play in the waiting area while their parents train (or sometimes, just to hang out with friends a little longer). When kids play, we ask that they keep the following in mind:

- Please treat the dojo as a library. Keep your voices down.
- Rough-housing and horseplay are NOT tolerated off the mat.
- Keep the dojo neat. If you play a game, put it away when you're done.
- Stay in the waiting area. Do not play in the walkway behind the mat. Also, do not play in the lobby area by the front door.

SHOES AND BLANKETS

Students who are training on the mat are required to leave their shoes at the door and wear slippers while in the dojo. We do not enforce this requirement for adults.

Also, we understand that the dojo can get cold during winter months. We attempt to keep the dojo as comfortable as possible for those who are training, but that can often leave those who are observing a little chilly. Please make use of the blankets in the dojo to keep you warm. (We also have hot water and a variety of teas that you are welcome to partake of as well!)

PARKING

As many have already discovered, we are a great dojo located in an unusual space. Fortunately, our location allows us to have ample parking for our students.

We recommend that students use the parking located behind the dojo in the alley between buildings D and E. In the event that no parking is available, it is acceptable to park out front; however, please be aware that there are other businesses that are still in operation even in the evenings. DO NOT block any overhead doors, and respect any No Parking signs. We appreciate your help in ensuring that we remain good neighbors with the other businesses.

CONCLUSION

At Aikido Kokikai South Everett, we attempt to create a positive, relaxing community that nonetheless focuses intently on studying aikido safely and effectively. We hope this packet answers many of your questions, but we understand that it would be impossible for us to answer everything. Should you have any additional comments or questions, please contact Shevitz-sensei at (425) 347-9025, or e-mail him at aikido.instructor@gmail.com.

APPENDIX A: TRACKING ATTENDANCE

A variety of factors are considered before a student is asked to test. One of these factors is the number of hours practiced since the last test. In an effort to keep track of these hours, the dojo has a folder system in which students keep track of which days they are on the mat. Students receive a calendar sheet for them to use when they register—please let Shevitz-sensei know if you do not have one.

Students, whether they are adults, teens, or kids, are responsible for their own attendance sheets. In addition, we ask that you keep the following in mind:

1. If you are late to the dojo, fill in your sign-in sheet AFTER class.
2. Attendance is only one factor for testing. It is highly recommended that you do not ask when you are going to test next.

APPENDIX B: VOCABULARY

Some people find it surprising that our dojo has a relative lack of Japanese terminology. There are multiple reasons for this, but perhaps the most important one is simplest: while we study a Japanese martial art, there is nothing inherently special about using a Japanese term over an English one. For example, a common Japanese term used in Aikido is **hari**. This term is frequently translated to mean **center**. If that's the translation, and English is our primary language in the dojo, why not simply use the word **center**? In Kokikai Aikido, we focus on the applied meaning of a concept; the language used to express that concept is less important.

Still, because we are studying a Japanese art, we do use some Japanese terms. The following table contains many of the common terms you'll hear while at the dojo:

Term	Pronunciation	Definition
Aikido	Eye-kee-doh	Path of meeting energy
Bokken	Boh-kehn	Wooden sword
Dan	Dahn	Degree (used for black belt ranks)
Funekogi (undo)	Foo-neh koh-gee (oon-doh)	Rowing (exercise)
Geri	Gey-ree	Kick
Gi	Gee	Uniform
Hamni	Hahm-nee	Forward stance. Usually referred to as left hamni or right hamni, depending on which foot is forward.
Hari	Hah-ree	Center
Ikkyo	Ee-kyoh	First position jointlock
Irimi	Ee-ree-mee	Enter
Jo	Joh	Wooden staff
Kaiten nage	Ki-tehn nah-gee	Wheel or rotary throw
Kata	Kah-tah	Shoulder
Katate	Kah-tah-tey	Wrist
Ki	Kee	Mind-body coordination
Kokikai	Koh-kee-ki	Dynamic Spirit society/group
Kokyu nage	Koh-kyoo nah-gee	Timing throw
Kotegaeshi	Koh-the-guy-esh-ee	Wrist-turn-out jointlock
Kubishime	Koo-bee-shee-may	Choke

Term	Pronunciation	Definition
Kyu	Kyoo	Level (used for ranks)
Maai	Mah-eye	Distance
Mune-tsuki	Moo-neh skee	Face punch
Nage	Nah-gey	One who throws; defender
Nidan	Nee-dahn	Second degree black belt
Nikkyo	Nee-kyoh	Second position jointlock
Sandan	Sahn-dahn	Third degree black belt
Sankyo	Sahn-kyoh	Third position jointlock
Seiza	Say-zah	Kneeling, or seated posture.
Shodan	Shoh-dahn	First degree black belt
Shomenuchi	Shoh-men-noo-chee	Top of head strike
Shomenuchi (undo)	Sho-men-noo-chee (oon-doh)	Top of head strike (exercise)
Tanto	Than-toh	Wooden knife
Tekubi furi (undo)	Tay-koo-bee foo-ree (oon-doh)	Arm shake (exercise)
Tenkan	Tehn-kahn	Turn
Tori	Toh-ree	Hold
Tsuki	Skee	Punch
Ude mawashi (undo)	Oo-day mah-wah-shee (oon-doh)	Arm-swing (exercise)
Udekemi nage	Oo-day-kay-may nah-gey	Arm throw
Uke	Oo-keh	Attacker
Ukemi	Oo-keh-meh	Attacking and/or falling
Undo	Oon-doh	Exercise
Ushiro	Oo-shee-roh	Behind
Yokomenuchi	Yoh-koh-mehn-noo-chee	Side of head strike
Zanshin	Zahn-sheen	Awareness
Zengo (undo)	Zehn-goh	Two direction (exercise)