

# Aikido Shobukan Dojo Youth Program Orientation Information for Youth Members

## About Aikido

The purpose of practicing aikido is to train both the mind and body, with the goal of fostering positive transformations individually and in society. Aikido does not involve competition. It is an art and practice that welcomes individuals of all ages and genders.

## About ASD Youth Program

Aikido Shobukan Dojo (ASD) was founded by Mitsugi Saotome sensei, a direct disciple of Aikido's founder, Morihei Ueshiba sensei.

The ASD Youth Program has a rich history, directed for 26 years by the late Mr. Lewis Cuffy and Ms. Sara Bluestone, devoted students of Saotome sensei. During those years, Mr. Cuffy's mentorship created a successful Aikido program for children and teens. The program's uniqueness lies in its deep-rooted history and the dedication of its community members, including instructors, students, and their families.

## Enrollment and Re-enrollment Procedure

To register for the program, please follow these two steps:

1. Complete the Contact Form (Form #3).
2. Sign up for Zen Planner to set up your payment account, following the registration guide (Form #4). **New students as well as continuing students need to ensure that they are registered in Zen Planner.**

Please submit the completed Contact Form to the lead instructor before the student joins/rejoins the class. For instructions on how to sign up for Zen Planner, refer to the separate instruction sheet. (Form #4).

## Tuition and Fee

\$75.00 (first child), \$65.00 (second child), \$55.00 (third child)

**Gis** (training uniform to practice Aikido)

- ★ Gis can be ordered at the following site: <https://www.e-bogu.com/High-quality-8-oz-Bleached-Karate-Uniform-Junior-p/usm-kar-uni-k8oz-white-jr.htm> .

- ★ Kiyota Company, Inc.  
Website: <https://kiyotacompany.com>  
Type: Physical store  
Address: 2326 N. Charles St. Baltimore, MD 21218  
Phone: (410) 366-8275  
It is recommended to call prior to visiting.

- ★ Bujin Design  
Website: <https://www.bujindesign.com>  
Type: Online store
  
- ★ Another option is to come to the Dojo and look through old Gis that some parents have donated. They have no price, and we only ask that when the child/teen outgrows the Gi, it be washed and returned.

### **Weapons**

The dojo uses wooden and bamboo swords and wooden staff called jo. Weapons are provided or bring your own if you have them.

### **Inquiries/Communication:**

For any questions regarding the program, please contact:

Jose Antonio Rivas, Youth Program Lead Instructor  
Email: [aikidosdyouthprogram@gmail.com](mailto:aikidosdyouthprogram@gmail.com)

### **Examination System in Aikido (Kyu Testing)**

The kyu test assesses the level of proficiency in the art. Youth Program members are called to test when they are ready per the lead instructor's and mentor of the program's invitation to a scheduled test at the dojo. For the list of kyu test techniques, please refer to the separate *Guidelines for Training*.

### **Dojo Etiquette for Students**

- Please bow to the front when entering and leaving the practice area.
- Always bow to the front when stepping on or off the mat.
- If you arrive late, please wait beside the mat sitting in seiza until the instructor signals for you to join.
- When the instructor demonstrates a technique, sit quietly and attentively in seiza. After the demonstration, bow to the instructor.
- Respect both those who are more experienced and those less experienced. Never force your ideas on others.
- If you understand the movement and are working with someone who doesn't, you may guide that person through it rather than trying to correct them, unless you are authorized to do so.
- Fingernails and toenails must be short. Feet must be clean. Shoes are never allowed on the mat.
- Refrain from wearing any jewelry during the practice.
- When you sit and watch a class, please do so respectfully, avoiding propping up your legs on the furniture or reclining.
- When you enter the dojo, greet the instructors and your peers, and when you leave the mat, remember to thank them.