

合氣道光氣會 AIKIDO KOKIKAI AUSTRALIA

Welcome to Aikido Kokikai

We've put together this information to help you in your decision making process to join us.

We hope you find it useful!

Our Vision

Our vision is to realise the finest self-defence ability and to develop and apply Kokikai Aikido training to improve the daily lives of Kokikai practitioners.

Our Mission Statements

- To provide a safe and comfortable environment in which both students and teachers can participate in Kokikai Aikido.
- To continue the growth of Kokikai Aikido within Australia.
- To maintain quality teaching of Kokikai Aikido.

Our Values

- Respect, motivate and support each other.
- Encourage self-development, good health, and a balanced lifestyle.
- Encourage a positive attitude to life through Aikido training.

Training guide

Etiquette and rules

- Be punctual. Turn up at least 10 mins before the sessions dressed & ready.
- Bring a clean gi and use deodorant.
- Trim your finer and toe nails.
- Do not train under the influence of alcohol or drugs. Seek professional advice in regards to any medication being taken.
- Keep the dojo clean. No bare feet on wooden floors. Wear footwear at all times when not on the mat.
- Train with common sense. Be gentle & cautious.
- **And most of all, listen carefully to your instructors and obey their instructions.**

What to bring and/or wear

- Loosely fit clothing for your first few lessons, a "Gi" (uniform) when regularly training.
- Bring small towel to remove excess sweat.
- Water bottle.
- Sandals or thongs to wear when off the matts.

About Kokikai Aikido

Kokikai Aikido founder Sensei Shuji Maruyama began his study of Aikido in 1955.

Aikido Kokikai Australia (AKA) was founded in 1989 by Shuji Ozeki under the founder and President of Aikido Kokikai International, Shuji Maruyama Sensei. Maruyama Sensei now lives and teaches at Kokikai headquarters in Nagoya, Japan. Maruyama Sensei comes to Australia to teach every one or two years.

With over 80 active members, AKA has a strong and reputable history in Australia. Our core principles as developed by Maruyama sensei are:

1. Keep One Point to develop calmness
2. Relax progressively
3. Find Correct Posture in everything
4. Develop your Positive Mind

Our place of training is called a "Dojo" and we have a total of 9 throughout the East and West coast of Australia.

If you have any questions about your Aikido training you should firstly talk to your local Dojo leader.

Dojo Locations and Instructors

Aikido Kokikai have various training locations across Australia. As a member of AKA Australia you are welcome to train at any of the dojos listed on our website - www.kokikaiaustralia.com.

How to join

Membership with Aikido Kokikai Australia is essential if you want to train with us.

Before you start your training you must fill in the AKA membership form, read and accept the terms and condition of training, sign the membership form and return it with your membership payment to your Dojo leader. An annual membership fee is payable once a year starting the 1st of July, you will be notified by your Dojo leader when renewal comes.

As a member of AKA you get ...

- to train across our network of dojos in Australia (subject to individual dojo mat fees).
- to train at Kokikai Aikido International dojos in Japan and USA.
- to attend our national seminars.

Annual calendar of Events

October	Annual Spring Camp & Senior grading with our founder Maruyama Sensei	University of NSW Dojo, Sydney & potential visits to other dojos
October	Kyu grading	All dojos
March / April	Annual Autumn Camp with Ozeki Sensei	University of NSW Dojo, Sydney & potential visits to other dojos
April	Kyu grading	All dojos
July	Annual membership renewal	All dojos