

Aikido Suenaka-Ha Ashland Visitor's General Release Waiver

<i>Name (please print):</i>	
<i>E-mail address:</i>	<i>Phone:</i>
<i>Introduced to AIKDPS by:</i>	
<i>Previous martial arts experience (please include art, style, dojo & rank):</i>	
<i>Previous sports experience:</i>	
<i>Please describe any current or past physical problems:</i>	
<i>I certify that I do not have any condition that would make me a danger to others in the class.</i>	
<i>Signature:</i> _____	<i>Date:</i> _____

IN CONSIDERATION of receiving instruction in the martial arts, and the art and science of ki development, I hereby make temporary application for training in Suenaka-ha Tetsugaku-ho Wadokai Aikido. All statements cited above are true and correct to the best of my knowledge. Upon acceptance I sincerely pledge to obey all rules and regulations. I am fully aware of the possibilities of bodily injury, including death, that I may sustain during, or as a result of, attending or participating in such activities. I hereby fully and unquestionably, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages or losses I may now receive or in the past, or in the future have against Aikido Suenaka-ha Ashland, Wadokai Aikido and the American International Ki Development and Philosophical Society, its executors, assigns, legal representatives, or members of a class or organizations owned, conducted or operated by any member of the American International Ki Development and Philosophical Society.

Signature of Enrollee: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____

(Must be signed by a parent or legal guardian if enrollee is under 18 years of age – may be waived if enrollee is married or military.)

Rules of the Dojo

- Bow to the shomen when entering and leaving the dojo and when stepping onto and off of the mat.
- If you arrive during training, kneel at the edge of the mat and wait for the instructor to invite you onto the mat.
- Remove all jewelry and piercings before practicing.
- Do not lean on the dojo walls.
- Do not cross your arms or put your hands on your hips. To do so is traditionally considered belligerent behavior or a challenge.
- Do not engage in horseplay, use profanity, tell off-color jokes, boast or otherwise behave dishonorably or discourteously.
- Practice only the art or technique that is being taught when on the mat.
- Do not come to practice if you are under the influence of alcohol.
- Turn off cell phones when in the dojo, unless you have permission to do otherwise.
- Do not bring weapons into the dojo unless you are lawfully licensed to carry them and then inform the dojo cho beforehand.
- Do not expose the soles of your feet when sitting. Sit in seiza or keep your legs crossed under you at all times.
- Observe good personal hygiene. Keep fingernails and toenails trimmed to avoid injuring your fellow students.
- Bandage minor wounds securely.
- Keep your gi clean. Women should wear a sports bra or tee shirt beneath their gi. Men are not permitted to wear tee shirts under their gi top.
- Physical, verbal, mental or sexual harassment or abuse is dishonorable behavior and will not be tolerated.
- Address yudansha by their names followed by sensei or shihan as applicable. Address others by the names followed by san.
- Always be mindful of others on the mat. If you bump into someone, bow and say gomen nasai (forgive me').
- When the instructor calls for your attention, immediately bow to your partner and quickly move to the edge of the mat.
- Do not speak while the instructor is talking.
- Raise your hand if you have a question and wait for the instructor to call upon you before asking it.
- Empty your cup. Receive correction with humility and gratitude and give correction with understanding, compassion and respect.