

KEN SHIN KAI YOSHINKAN AIKIDO ORGANISATION UK



PRINCIPAL COACH
GARRY MASTERS
garry@kenshinkai.org.uk

CHIEF INSTRUCTOR
ROGER BISH
roger@kenshinkai.org.uk

SECRETARY
DEE MASTERS
ksk@kenshinkai.org.uk

WELCOME TO KEN SHIN KAI

In order to help you become familiar with our Organisation we have produced this Information pack. However if you have any further questions please don't hesitate to ask an Instructor.

- Come along and watch a session or alternatively if you wish to "have a go" then the **FIRST SESSION IS FREE**. Wear t-shirt and jogging bottoms and bring a drink.
- We advise you to read through this information and watch Aikido for the first session, to decide whether this is the martial art for you. Please bear in mind however, that the sessions are varied and it is impossible to get a full understanding of Aikido by watching one session only.
- For insurance reasons you will be required to fill in a membership form to provide you with Insurance for your first session. Filling in a membership form does **NOT** obligate you to join.
- If you do wish to join you must pay a joining fee at the second session that you attend. The joining fee will enable you to train at as many sessions as you wish for up to a period of one month for no extra charge. After this initial period you will be required to pay a monthly training fee, which includes an annual membership fee and insurance fee. Please note that NO additional fees are charged for regular training sessions.
- Training fees are payable on a monthly or pay as you go basis (which means **YOU ARE IN CONTROL** of the payments). You are free to cancel your membership at any time.
- Club newsletters are available at most sessions and on the website. On joining please make sure that you check the newsletter and website regularly, as there will sometimes be cancellations and changes to training times throughout the year.
- Training uniforms and equipment can be purchased on request, however it is recommended that you train for at least one month before you decide to purchase a training uniform or equipment.
- Weapons classes (Jo, Bokken and Tanto) and Junior classes are available in some areas.
- ALL Instructors are First Aid Qualified and have been CRB checked (where relevant), to discuss any child protection issues please contact the Club Welfare Officer (see website).

We hope that you decide to learn the art of Aikido, and that you will enjoy the time spent with the Ken Shin Kai (Yoshinkan) Aikido Organisation UK.

(Please see the website for all additional information)

www.kenshinkai.org.uk

KEN SHIN KAI YOSHINKAN AIKIDO ORGANISATION UK

DOJO (CLUB) LISTING

Classes may vary slightly, but all follow a standard syllabus, all classes attended are eligible for grading purposes. Please work at a level you are comfortable with as your club instructor will help you to develop your Aikido at a pace that is suitable for you.

**All information is available on our website at www.kenshinkai.org.uk
Please check the website regularly for details of any cancellations**

- **ADMIRAL LORD NELSON SCHOOL, DUNDAS LANE, PORTSMOUTH, PO3 5XT**

Classes: **Friday (Adults 16+): 7.30pm - 9.30pm**
Sunday (Juniors 7+): 9.30am - 11.00am
Sunday (4th Kyu & above ONLY): 11.00am - 1.00pm

Club Instructor (Adults): Garry Masters – 6th Dan
Club Instructor (Juniors): Tracey Bradley – 4th Dan
Club Welfare Officer: Richard Lewis (see website for contact details)
Additional Info: Classes are held in the Gym/Hall and Sports Hall, enter via main door and turn right.

- **FAREHAM LEISURE CENTRE, PARK LANE, FAREHAM, PO16 7JU**

Classes: **Monday (Adults 18+): 8.00pm – 9.30pm**

Club Instructor: Malcolm Courts – 4th Dan
Club Welfare Officer: Richard Lewis (see website for contact details)

- **HIGHBURY CAMPUS, TUDOR CRESCENT, COSHAM, PORTSMOUTH, PO6 2SA**

Classes: **Wednesday (Adults 16+): 8.00pm - 9.30pm**

Club Instructor: Roger Bish – 5th Dan
Club Welfare Officer: Richard Lewis (see website for contact details)
Additional Info: Park in the second car park on the left, classes are held in the new sports hall.

- **FIVE RIVERS LEISURE CENTRE, HULSE ROAD, SALISBURY, SP1 3NR**

Classes: **Friday (Adults 18+): 7.00pm - 9.00pm**

Club Instructor: Richard Lewis – 2nd Dan
Club Welfare Officer: Dee Masters (see website for contact details)

- **LLANDRINDOD WELLS SPORTS CENTRE, DYFFRYN ROAD, LLANDRINDOD WELLS, POWYS, LD1 6AN**

Classes: **Wednesday (Adults 16+): 8.15pm – 10.00pm**
Some additional Friday classes available (see website for details)

Club Instructor: Mark Coldbreath – 2nd Dan
Club Welfare Officer: Richard Lewis (see website for contact details)

MEMBERSHIP INFORMATION SHEET

INSURANCE

- All members must hold Personal Accident (PA) Insurance, which will be issued to you within one month of joining. All Instructors must hold PA Insurance, Professional Indemnity (PI) Insurance and a First Aid qualification.
- Insurance is provided via the British Aikido Board. For further details on the Insurance Cover please refer to the British Aikido Board website (www.bab.org.uk).
- If you are self-employed or do not get paid sick leave it is recommended that you take out additional Personal Accident insurance (privately), to cover any time you may have off work due to injury, as this is not covered by the BAB PA Insurance policy.
- If you have any further questions regarding insurance you must direct these through your Club Instructor to the Principal Coach as the BAB does not take enquiries from individuals, only from Organisation representatives.

CODE OF CONDUCT FOR PARENTS / GUARDIANS / CARERS

ANY member under the age of 18 is classed as a Junior member. This section should be read by anyone who has signed a membership form on behalf of a junior member.

- Encourage your child to learn the rules and understand them.
- Discourage unfair play and arguing with instructors.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept instructors' judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.
- Encourage and guide participants to accept responsibility for their own performance and behaviour.

GENERAL RULES

- ALWAYS arrive at the Dojo at least 15 minutes before training begins.
- ALWAYS bow on entering or leaving a Dojo or Training Area.
- ALWAYS assist with the putting out and putting away of Tatami (Training Mats).
- All jewellery and watches MUST be removed before practice.
- Make sure all nails are trimmed short so as not to cause undue injury to others.
- Complete Training Uniforms (Gi's) are preferred. Always keep your Gi clean and laundered.
- If you arrive late and training has already begun, you MUST WAIT at the side of the mat until an Instructor invites you to join the class.
- When speaking or being spoken to by your Instructor you should ALWAYS address him or her by the term 'SENSEI'. This means Instructor / Teacher and is a mark of respect.
- During class, any student wishing to leave the mat or practice something other than the technique shown, MUST first ask permission of the Instructor.
- When the Instructor is off the mat, treat the senior student with the same RESPECT you do the Instructor.
- NEVER shout, curse or become angry on the mat. If there is a disagreement, ask the Instructor what is right.
- On NO account should you practice Aikido whilst under the influence of drink or drugs. If you are found doing so, your membership to the club will be revoked.
- If you return to training after a period of absence, of three months, or more. You MUST wear a white belt until your Instructor feels that you have trained sufficiently, whereby you can continue training at the level at which you left.

KEN SHIN KAI YOSHINKAN AIKIDO ORGANISATION UK

KEN SHIN KAI - MONTHLY FEE PAYMENT FORM

Ken Shin Kai allows all new members to watch and/or take part in a first session *** Free of Charge ***

Ken Shin Kai offers new members, one month's training included with their Joining Fee, which allows you to try out Yoshinkan Aikido for 1 month and see if this is the Martial Art for you.

Your monthly training fee entitles you to train at ANY of the classes available (Portsmouth, Fareham, Salisbury and Wales) up to a maximum number of sessions per month.

You are free to cancel your membership at ANY time with no additional payments required.

TRAINING FEES

COST	MEMBERSHIP TYPE	PAYMENT METHOD	DETAILS	AVG. COST
£15 per month	Junior (under 16)	Standing Order	Unlimited training.	£3.75 per session
£20 per month	Pay Monthly (4)	Standing Order	Train up to 4 sessions per month.	£5.00 per session
£30 per month	Pay Monthly (8)	Standing Order	Train up to 8 sessions per month.	£3.75 per session
£35 per month	Pay Monthly (Unlimited)	Standing Order	Unlimited training.	£3.00 per session
£5 per session	Pay As You Go	Cash or Cheque	Payable at each session attended, late payments not accepted.	£5.00 per session

DISCOUNTS

- £5 per month discount (on advertised prices) for Students, Leisure Card holders, Unemployed and Senior Citizen's on Pay Monthly memberships. Proof may be requested.
- £5 per month discount (on advertised prices) for each additional child living at the same address (providing one junior at that address is paying full price) on Junior membership. Proof may be requested.

Terms and Conditions

- Joining fee payable on second session includes one month's training fees (Adults £20, Students, Leisure Card holders, Unemployed, Senior Citizens and Juniors £15)
- Monthly fees include: Annual Membership, Training and Insurance fees and therefore are payable every month whether you attend classes or not
- No refunds will be given for non-attendance or cancellations however refunds will be considered if you are absent for a minimum of 1 month and can provide a doctor's note
- If you wish to cancel your membership it is YOUR responsibility to cancel your standing order payment (we have no ability to cancel or amend your standing order)

STANDING ORDER PAYMENT DETAILS

Once you have completed your initial "free" period of training, please ensure that you setup your standing order, for your payment of monthly training fees on the 25th of the month to pay for the following month.

DUE: 25TH OF MONTH TO PAY FOR NEXT MONTHS TRAINING

BANK A/C NO: 10538787
BANK SORT CODE: 20-69-34
ACCOUNT NAME: KEN SHIN KAI HAMPSHIRE
REFERENCE: PLEASE USE THE NAME OF THE MEMBER AS A REFERENCE

KEN SHIN KAI YOSHINKAN AIKIDO ORGANISATION UK

MEMBERSHIP FORM (page 1 of 2)

This form **MUST** be completed **BEFORE** you commence training.
PLEASE PRINT CLEARLY AS UN-READABLE APPLICATIONS WILL BE REJECTED
In order to minimize paper work, all records are stored on a home computer.

Personal Details:

First Name:	Sex:	Male	Female
Last Name:	Date of Birth: (dd/mm/yyyy)	/	/
Address:	Tel: (Home)		
	Tel: (Work)		
Town:	Tel: (Mobile)		
County:			
Postcode:	Emergency Contact Name:		
Email:	Emergency Contact Number:		

PLEASE CIRCLE THE CORRECT ANSWER

Health Matters:

Do you suffer from any disability, illness or injury that may affect your practise of Aikido? (If YES, please give details on back in Health Matters.)	Yes / No
Do you require any medication (e.g. Inhaler, Tablets) to be available to you at all times? (If YES, please give details on back in Health Matters.)	Yes / No

General Information:

Have you ever practised a Martial Art?	Yes / No (If YES, please give details on back.)
Do you hold a current BAB Licence?	Yes / No (If YES, please give details on back.)
Have you ever been convicted of a crime of violence?	Yes / No (If YES, please give details on back.)

Advertising (IMPORTANT PLEASE COMPLETE WITH DETAILS):

How did you hear about this club? E.g. Facebook, Poster etc.?	
---	--

I AM AWARE THAT THE PRACTICE OF AIKIDO & SELF-DEFENCE INVOLVES THE RISK OF SERIOUS INJURY

I HAVE READ AND UNDERSTOOD THE INFORMATION CONTAINED IN THIS MEMBERSHIP FORM AND I AGREE TO ABIDE BY THE RULES OF THE ORGANISATION. I UNDERSTAND THAT IT IS MY RESPONSIBILITY TO INFORM THE ORGANISATION OF ANY ILLNESS OR INJURY, WHICH MAY AFFECT MY PRACTICE OF AIKIDO, BY REQUESTING AND COMPLETING A NEW MEMBERSHIP FORM SHOULD I FEEL THAT ANY OF THE INFORMATION CONTAINED IN THE FORM THAT I HAVE SUBMITTED HAS CHANGED.

I HAVE READ AND UNDERSTOOD THE INFORMATION CONTAINED IN THE MEMBERSHIP INFORMATION SHEET (GENERAL RULES, INSURANCE AND CHILD PROTECTION ETC.) AND KNOW THAT I CAN OBTAIN INFORMATION ON * INSURANCE FROM THE BRITISH AIKIDO BOARD (BAB) WEB SITE AT WWW.BAB.ORG.UK OR FROM A CLUB INSTRUCTOR (PLEASE DO NOT CONTACT THE BAB DIRECTLY).

I UNDERSTAND THAT IT IS RECOMMENDED THAT I OBTAIN MY OWN PERSONAL ACCIDENT INSURANCE, SHOULD I NEED COVER IN ADDITION TO THE LIMITED BAB COVER THAT IS PROVIDED

SIGNATURE: _____ (Parent or Guardian if under 18)

PRINT NAME: _____

DATE: _____

CLUB INSTRUCTOR: _____ (PRINT NAME)

CLUB INSTRUCTOR: _____ (SIGNATURE)

***BAB Insurance is only valid when training in a registered dojo, with a registered instructor. Member-to-member insurance is only valid when training with members that are also insured with BAB Insurance. See Insurance page on website for all details, if attending external seminars (not hosted by Kenshinkai) please discuss insurance cover with the host of the seminar.**

KEN SHIN KAI YOSHINKAN AIKIDO ORGANISATION UK

MEMBERSHIP FORM (page 2 of 2)

Disability:

What is the nature of your disability?

- Visual impairment
- Hearing impairment
- Physical disability
- Learning disability
- Multiple disability
- Other (please specify):

Health Matters:

General Information:

BAB Licence Details:

Issued By: _____ Number: _____ Expiry Date: _____

TO BE COMPLETED BY YOUR CLUB INSTRUCTOR:

Membership Type: <i>(Please tick below)</i>		Start Date: <i>(dd/mm/yyyy)</i> / /			
Adult	<input type="checkbox"/>	Student	<input type="checkbox"/>	Junior	<input type="checkbox"/>
Renewal	<input type="checkbox"/>	New Applicant		<input type="checkbox"/>	<input type="checkbox"/>
Association	<u>Ken Shin Kai</u>	<input type="checkbox"/>	<u>Affiliated</u>	<input type="checkbox"/>	<u>Other</u>
CLUB:	ALNS	<input type="checkbox"/>	Goryukai	<input type="checkbox"/>	Guest
	FLC	<input type="checkbox"/>		<input type="checkbox"/>	
	HC	<input type="checkbox"/>		<input type="checkbox"/>	
	FR (Salisbury)	<input type="checkbox"/>		<input type="checkbox"/>	
	LWSC (Powys)	<input type="checkbox"/>		<input type="checkbox"/>	

TO BE COMPLETED BY YOUR LICENCE OFFICER:

Membership No:		
BAB Licence No:		
Licence Issued: <i>(dd/mm/yyyy)</i>	/	/
Joining Fee Paid: <i>(dd/mm/yyyy)</i>	/	/

We reserve the right to decline your application at any time, without stating a reason.

www.kenshinkai.org.uk