

KEN SHIN KAI YOSHINKAN AIKIDO ORGANISATION UK



PRINCIPAL COACH
GARRY MASTERS 7TH DAN

CHIEF INSTRUCTOR
RICHARD LEWIS 5TH DAN

SECRETARY
DEE MASTERS
kskaikido@outlook.com

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. Please wear or bring **sandals or flip flops** as appropriate footwear must be worn AT ALL times whilst not on the mat to prevent dirt being transferred from the floor area to the surface of the mats.
- We advise you to read through this information in advance of attending a class. Please bear in mind 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 4 weeks for no additional charge. After this “trial” period you will be required to pay a monthly training fee, which includes all annual membership and insurance fees.
- 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.
- Please check the website (www.kenshinkai.org.uk) regularly for all news and information, including the **Cancellations** page www.kenshinkai.org.uk/cancellations.aspx. We also have groups available on Facebook (Kenshinkai Members, Kenshinkai Juniors and Kenshinkai Yoshinkan Aikido) and/or feel free to friend request “Kenshinkai Aikido”.
- Training uniforms and equipment can be purchased from your club instructor (at competitive prices), just ask, 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 DBS checked (where relevant), to discuss any child protection matters 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.

KEN SHIN KAI YOSHINKAN AIKIDO ORGANISATION UK

DOJO (CLUB) LISTING

***** ALL CLASSES ARE OPEN TO BEGINNERS *****

Members are welcome to train at ANY class listed below. Please work at a level you are comfortable with, 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

www.kenshinkai.org.uk/cancellations.aspx

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

Classes: **Friday (Juniors 7+): 7.00pm - 8.00pm**
Friday (Adults 16+): 8.00pm - 9.30pm
Sunday (Juniors 7+): 10.00am - 11.00am
Sunday (Intermediate 12+): 11.00am - 12.00pm
Sunday (Adults 16+): 11.00am - 1.00pm

Additional Info: * Classes are usually held in the Gym/Hall and Sports Hall (enter via main door and turn right)
* Traditional Weapons (jo, bokken, tanto) classes available on the last Friday of the month.
* IF MAIN DOOR IS LOCKED ENTRANCE IS VIA THE SPORTS DECK WHICH IS ACCESSED VIA A GATE AT THE SOUTH END OF THE SCHOOL BUILDING. NEXT TO FENCING.

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

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

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

Classes: **Tuesday (Adults 16+): 8.30pm – 10.00pm**

Additional Info: * Traditional Weapons (jo, bokken, tanto) classes available on last Friday of the month (7.00pm – 9.00pm).

SENIOR INSTRUCTORS

- Garry Masters – 7th Dan Principal Coach
- Richard Lewis – 5th Dan Chief Instructor
- Roger Bish – 6th Dan
- Malcolm Courts – 5th Dan
- Dee Masters – 4th Dan
- Mark Coldbreath – 3rd Dan
- Eric Woodgate – 3rd Dan

MEMBERSHIP INFORMATION SHEET

INSURANCE

- All members will be issued with “limited” Personal Accident (PA) Insurance on joining. You are advised to review the limited cover that is provided.
- Insurance is provided via the British Aikido Board (BAB). For further details on the Insurance Cover please refer to the BAB website (www.bab.org.uk) or speak with a Club Instructor.
- It is recommended that you take out your own private Personal Accident insurance, 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

- Please arrive at the Dojo and be changed into your Gi at least 15 minutes before training begins.
- Bow on entering or leaving a Training Area.
- Please 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 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 TRAINING FEES

*** FIRST LESSON FREE ***

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

HAMPSHIRE (PORTSMOUTH AND FAREHAM)

Monthly Fee	Membership Type	Avg cost if attending 8 classes per month (16 classes p/m available to members)	Payment Method
£20 (per month)	Hampshire – Junior (under 17)	£2.50 per class	Standing Order
£25 (per month)	Hampshire - Student / Unemployed / Leisure Card / Senior Citizen	£3.12 per class	Standing Order
£30 (per month)	Hampshire – Adult	£3.75 per class	Standing Order
£10 (per class)	Pay as You Go - Adult or Junior	N/A	Cash/Bank Transfer

*Joining fee (see monthly fee) payable on second session, cash or bank transfer, includes 4 weeks training fees.

WALES (LLANDRINDOD WELLS)

Monthly Fee	Membership Type	Avg cost if attending 5 classes per month	Payment Method
£15 (per month)	Llandrindod Wells (Wales) - Student / Unemployed / Leisure Card / Senior Citizen	£3 per class	Standing Order
£20 (per month)	Llandrindod Wells (Wales) - Adult	£4 per class	Standing Order
£7 (per class)	Pay as You Go - Adult	Cash/Bank Transfer	N/A

*Joining fee (see monthly fee) payable on second session, cash or bank transfer, includes 4 weeks training fees.

CURRENT OFFERS

- £5 per month discount on junior training fees for each additional child living at the same address (providing one junior at that address is paying full price).

Terms and Conditions

- No refunds will be given for non-attendance or cancellations however refunds will be considered if you are absent for a minimum of 4 weeks 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).

MONTHLY FEES - STANDING ORDER PAYMENT DETAILS

Once you have completed your initial "free" period of training, of up to four weeks, which is included in your joining fee, please ensure that you setup your monthly standing order. Fees must be paid every month even during holiday time, as holidays, cancellations etc. are taken into account when calculating the monthly fee.

DUE: SETUP WITHIN 4 WEEKS OF JOINING (4 WEEKS INCLUDED WITH JOINING FEE)
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)

PLEASE PRINT CLEARLY AS UN-READABLE APPLICATIONS WILL BE REJECTED

Personal Details:

First Name:	Date of Birth (dd/mm/yyyy):	/	/
Last Name:			
Address:	Phone (Home):		
	Phone (Mobile):		
Town:			
County:			
Postcode:	Emergency Contact Name:		
Email:	Emergency Contact Number:		

PLEASE CIRCLE THE CORRECT ANSWER

Do you suffer from any disability, illness or injury that may affect your practice of Aikido?	YES / NO (If YES give details on back)
Do you require any medication (e.g. Inhaler, Tablets) to be available to you at all times?	YES / NO (If YES give details on back)
Have you ever practiced a Martial Art?	YES / NO (If YES give details on back)
Do you hold a current BAB Licence?	YES / NO (If YES give details on back)
How did you hear about this club? (e.g. Internet, Friend, Poster, Leaflet etc.)	

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 AND KNOW THAT I CAN OBTAIN ANY ADDITIONAL INFORMATION FROM THE KENSHINKAI WEBSITE (WWW.KENSHINKAI.ORG.UK) OR FROM THE BRITISH AIKIDO BOARD (BAB) WEBSITE 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

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

SIGNATURE: _____ (Parent or Guardian if under 18)

PRINT NAME: _____ (Parent or Guardian if under 18)

DATE: _____

CLUB INSTRUCTOR: _____ (PRINT NAME)

CLUB INSTRUCTOR: _____ (SIGNATURE)

DATA PROTECTION

At Kenshinkai we take the privacy of our members data seriously and will only use your personal information for club administration purposes and for communicating with you about your membership. Only the Membership Secretary and Treasurer will be able to access your details. As a British Aikido Board (BAB)-affiliated club we will provide your name, contact details and date of birth to the BAB to administer your membership of the BAB including any relevant insurance cover. The BAB may use your data to communicate with you about your membership. More information about how the BAB uses data can be found at www.bab.org.uk. We will never share or sell your data without your prior permission.

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MEMBERSHIP FORM (page 2 of 2)

Disability / Health Information (e.g. anything that may affect your training etc.):

General Information (e.g. other martial arts practiced, BAB Licence from another club, etc.):

British Aikido Board (BAB) Insurance:

Please note that 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 the Kenshinkai website for all details. If attending external seminars (not hosted by Kenshinkai) please discuss insurance cover with the host of the seminar.

TO BE COMPLETED BY THE ORGANISATION

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>	<u>Affiliated</u>	<input type="checkbox"/>	<u>Other</u>	<input type="checkbox"/>
CLUB:	ALNS	Goryukai	<input type="checkbox"/>	Guest	<input type="checkbox"/>
	FLC	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	LWSC (Powys)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TO BE COMPLETED BY YOUR LICENCE OFFICER:

Membership No:	<input type="text"/>	<input type="text"/>
BAB Licence No:	<input type="text"/>	<input type="text"/>
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.