

About Practice at Hombu Dojo (updated 11/11)

Aikido Hombu Dojo has implemented the following measures. We place the highest priority on maintaining the health and wellness of our members and staff. We apologize for any inconvenience this may cause and appreciate your understanding and cooperation.

Changes as of November 11 (2 new items)

① Regarding participation in multiple classes per day

From 12 November 2021 (Friday) the Aikido Hombu Dojo will allow participation in multiple practices per day.

When participating in multiple classes, you must submit your membership card to the window and do the appropriate procedure before each class.

When participating in two classes in a row*, you must resubmit your membership card to the front desk.

*When participating in the Regular 17:30~18:30, and 19:00~20:00 classes, etc.

Yudansha may not participate in Beginners Class.

② Regarding a time-change for Aikido Academy Intermediate Course

From 13 November 2021 (Saturday), in order to prevent crowding in the changing rooms Aikido Academy Intermediate Course's practice time has changed as below.

Aikido Academy Intermediate Course

Day: Saturday

Time: 17:30~19:00 ⇒ 17:45~19:15

Requests for Participation in Practices

● About Visitor Practice Fee Participation

Notification about the resumption of Visitor Practice Fee and cost change

From Sunday, October 31, the Aikido Hombu Dojo will resume accepting Visitor Practice Fees under the following conditions.

Start Date: From October 31st, 2021 (Sunday)

Price: Fee: ¥ 1,650 (tax included) → ¥ 2,200 (tax included)

Applicable to Visitor members (persons whose main dojo is not the Aikido Hombu Dojo)

Aikido Hombu Dojo members must participate in at least one of the courses available, paying its monthly fee.

If you have any further questions regarding this matter, please feel free to ask our staff at the front desk.

● Sanitize hands, gargle

Upon entering the dojo, as well as before and after practice, please wash hands, gargle, and use hand sanitizer

● Wear a Mask

Wear a mask at all times in the dojo. You will not be allowed in without one.

Please follow the instructor's indications about wearing and removing your mask during the class.

● Body Temperature and Health Check

Temperatures will be checked at the front desk. Please write your membership number, the class you will participate in, your body temperature, and other symptoms on the log at the front desk. People in poor health will not be allowed to practice. As a guide, people with temperatures of 37 degrees or more and those

coughing will not be allowed to practice.

- **Confirmation of Contact Information**

Please fill in the online form, or the form at the front desk.

Online form: <https://bit.ly/2TDbZq1>

- **About Monthly Practice Fees**

In regards to the money that has already been withdrawn (3/27), it will be applied to your first month back at practice, so please speak to the front desk when you come back.

For those members whose monthly fee (May 2021) has already been withdrawn, it will be applied to June 2021.

- **About Blackbelts in the Beginners' Classes**

To avoid overcrowding, blackbelts will not be allowed in the beginners' class.

- **Disclaimer**

While the Aikikai Foundation and the Aikido Hombu Dojo work hard to prevent the spread of COVID-19 infection, we cannot be held responsible in the case of infection. You participate in practice at your own risk. Please receive the consent of your family members and other related parties before resuming practice.

Behaviors in the Changing Rooms and in Dojos

- **In the Changing Room**

Please do not hold conversations in the changing rooms. Based on crowding, staff may guide entrance to changing rooms. Please be conscientious of each other. When not in use, the 4th floor dojo may be used as a men's changing room. When not in use, the 2nd floor meeting room may be used as a women's changing room. Please store all luggage in the lockers of the changing rooms.

● In the Dojos

When lining up, please be sure to leave appropriate space open between yourself and other practitioners. To avoid overcrowding, participants may be divided into groups. Personal practice after class is not allowed.

● Hakama

To avoid overcrowding, please put on and remove hakama in the dojo.

About Practice

● About Contents of Practice

Training is carried out while wearing masks, with no contact portions.

● Schedule (as of November 13 2021)

【Regular Class】

| | |
|----------|---|
| Weekday | 6 : 30、 08 : 00、 15 : 00、 17 : 30、 19 : 00 |
| Saturday | 6 : 30、 08 : 00、 10 : 30、 15 : 00、 17 : 30、 19 : 00 |
| Sunday | 9 : 00、 10 : 30 |

【Beginner Class】 (Blackbelts are not allowed)

| | |
|----------|---|
| Weekday | 7 : 00、 18 : 30 (M, W, F) 18:45 (Tues, Thurs) |
| Saturday | 7 : 00、 09 : 30 |
| Sunday | 10 : 00 |

【Children's Class】 (From 7/21 changes as follows)

| | |
|----------|--|
| Tuesday | Junior 16 : 00~17 : 00 Senior 17 : 00~18 : 00 |
| Friday | Junior 16 : 00~17 : 00 Senior 17 : 00~18 : 00 |
| Saturday | Junior 13 : 45~14 : 45 Senior 15 : 00~16 : 00 |
| Sunday | Junior 9 : 30~10 : 30 |

Senior 10 : 30~11 : 30

【Aikido Academy】

| | | |
|---------------------|------------------------|-----------------------|
| Beginners Course | Monday · Thursday: | 18:30-20:00 |
| Intermediate Course | Wednesday: 18:30-20:00 | Saturday: 17:45-19:45 |
| Advanced Course | Tuesday · Friday: | 18:30-20:00 |

【Women's Special Course】

Tuesday, Friday 10 : 30~11 : 30

【Women's Class】

Tues&Thurs 17:30-18:30

Other

● Water Breaks during Practice

In order to prevent the spread of infection, you may not use the water fountains.
Please bring your own water bottle.

● About Swords, Staffs, and Practice Gear

Bokuto and Jo (swords and staffs) have been removed from the dojo to prevent the spread of infection. Also, please bring your practice gear home every day.
The use of the 5th Floor Drying Area is prohibited.

● Conversations at the Entrance

Please do not hold conversations or gather in front of the entrance in order to prevent the spread of infection.

● Parking Areas

You may use the parking areas.

- ※ **If deemed necessary to prevent the spread of infection, more restrictions may be implemented.**
- ※ **As the situation changes the requirements may change without warning. When there are changes, they will be posted on the Aikikai homepage, so please check it regularly.**

Aikikai Foundation

T E L : 03-3203-9236

Email : aikido@aikikai.or.jp