

## About Practice at Hombu Dojo (updated 3/28)

Aikido Hombu Dojo places the highest priority on maintaining the health and wellness of our members and staff. As such, the following measures have been implemented.

### Changes as of March 28 (1 new item)

#### ● Scheduled Practice Time has Changed

Aikido Hombu Dojo Time Table will be changed from April 1 2022 as follows.

<http://www.aikikai.or.jp/eng/pdf/2022/20220328ENtemporarytimetable.pdf>

## 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.

#### ● Weekend Course Membership Option

From April 2022, a “Weekend” monthly course option will be available for persons to practice on Saturdays and Sundays.

※The current “Weekday” course will continue to cover practice on Monday through Saturday.

Cost: ¥8,800

Coverage: Beginner and Regular classes on Saturdays and Sundays  
(Blackbelts are not allowed in Beginner classes)

Start: April 2022

Applications: Payment will be accepted starting **Saturday Match 26<sup>th</sup> 2022**

## ● Multiple Practice Participation

From March 22, 2022 (Tuesday), Hombu Dojo will allow participation in multiple practices per day.

When participating in multiple practices per day, **turn in your card and complete the necessary paperwork for each practice**. Even if participating in multiple classes in a row, please make sure to resubmit your card at the front desk for each practice.

✂Blackbelts are not allowed to practice in the Beginner Class.

## ● Saturday Evening Beginner Class

From April 2022, a Beginner class will be held at the following time.

Time and Day:           Every Saturday 18:00 – 19:00 (first class is April 2<sup>nd</sup>)

Location:           2<sup>nd</sup> Floor Dojo

Instructor:       Oyama Yuji Shihan

## ● 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 Blackbelts in the Beginners' Classes

To avoid overcrowding, black belts 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 4<sup>th</sup> floor dojo may be used as a men's changing room. When not in use, the 2<sup>nd</sup> 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 April 1 2022)

<http://www.aikikai.or.jp/eng/pdf/2022/20220328ENtemporarytimetable.pdf>

## 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 5<sup>th</sup> 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

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