

## Shanghai International Aikido Club Regulation

1. Beginners can attend lessons at Tuesday and Thursday from 7-8pm. 8pm -8:30pm, beginners can do the reviewing practice. After that, beginners can stay to watch the advancer's lesson or just go home.  
Lessons on Sunday start from 2-4pm. After attended 30 lessons, beginners are qualified to attend lessons on Saturday. (Please prepare weapon by yourself.)
2. Beginners who have taken 30 lessons and at the same time his or her training level have reached requirement of instructors are qualified to attend lessons at Tuesday and Thursday 8-9pm with advancers.
3. Members (including new comers who haven't been club members yet) who need to stop attending their lessons for more than one month because of work, study, injury and etc. must inform Dojo in person.  
Messages conveyed by other member are not acceptable. If Member stopped attending their lessons without any notification for more than 3 months, his or her membership will be expelled.
4. After stopped attending lessons for a long time(more than one month), Member must follow rules as below:
  - 1) To those who have stopped lessons for more than a month, training rules are as below:  
(except for black belt who can adjust the training according to his or her condition. )
    - On Workday lesson, At least for one lesson (according to how long you have stopped your training) can't attend the advancer's lesson. You must do reviewing training with beginners.  
After that you can stay to watch the advancer's training or go home.
    - On Sunday lesson, when members are practicing certain Waza under the condition of Up To certain Level (Kyu), you cannot in, you must watch this kind of training together with beginners even your level (Kyu) is reach or above the requirement. ●On Saturday lesson· · · There is no limitation in principle.
  - 2) Members who stopped attending lessons for more than a week but less than a month or not in good condition please do not attending lessons if you are ready. Dojo encourages the member to take good care of them.
  - 3) Dojo will not welcome the members to watch training just because he/she is too tired to attend or sitting at side instead of training though he/she is attending the lesson.
  - 4) Please practice hard to get the strong breath strength (endurance, Kokyuryoku) to take a whole lesson.
5. Special membership is referring to those black belts who cannot attend lessons regularly due to busy work.  
But special members (recognized by Dojo) also need to pay the annual member fee every year.  
Special members can pay the training fee of each lesson at the same way as visitors'.
6. About Hakama:
  - 1) Ladies up to level 4 is qualified to wear Hakama while training for protect them from injury.  
(Gentleman are allowed to wear Hakama only after they get black belt. Considering this, ladies, please train hard.)
  - 2) Latecomer (Including those failed to change clothes in time) , can not wear Hakama to attend the lesson of the day. (except black belt) You cannot get enough warm up exercise due to coming late, thus wearing Hakama cannot protect you, which is the very reason we are wearing it during training.
  - 3) Ladies who are not black belt yet must attend lesson without wearing Hakama voluntarily for several times a month in order to confirm her step movement is correct or not.
  - 4) Can't embroider one's name on the Hakama before getting a black belt.
  - 5) Please do not start to wear Hakama until preparation (lay out Tatami and mat) is done before every lesson. We should take the preparation as priority.
7. If you have borrowed any belt, Tshirt or supporters form Dojo, make sure you have washed it before return it back.
8. When you plan to attend practice or seminar of other Dojo, you need to get the permission of the Dojo first, then report to our Dojo-cho to get the permission please.
9. When you unfortunately have an accident during lessons and want to pay off by insurance bought at Dojo, please apply within 5 days.
10. Our Dojo is operating by all the members voluntarily, please understand.