

The Tokubetsu Kenshu Course

Course Description

The Tokubetsu Kenshu Course is a new course being offered by Tsuneo Ando Shihan at Yoshinkan Aikido Ryu. The course runs over 11 months and the syllabus covers kamae, the basic movements, the basic techniques, advanced, applied and self-defence techniques, teaching methods, jiyuwaza and some weapons work. Students will study not only the correct form of Yoshinkan Aikido techniques but also how those techniques can be used to develop and attain center power.

Classes will be held 6 days a week at Ryu Dojo and at the larger community dojo in Urayasu (please see the attached training schedule). Students will be taught exclusively by Ando Shihan and his uchi deshi but they will also be expected to train with general Ryu Dojo members. This means that students will be challenged to push their limits with strict and physically demanding training as well as by having to adapt to students of all levels including children. This is based on the philosophy that only the truly strong can be truly gentle and also that one learns through teaching. Students will also be expected to attend and volunteer at various dojo functions and community events (see attached calendar).

The Tokubetsu Kenshu Course is designed to foster personal growth and create well-rounded aikido professionals who can integrate back into and be of service to their communities after completing the course. For this reason, students will have the opportunity to study teaching theory as well as gain practical hands-on experience teaching both children and adults classes, with instructor feedback and peer review. Time is also set aside for Japanese language and cultural study.

Although the course is just under a year long, students are encouraged to continue training at Ryu Dojo for a year or two either before or after completing the course in order to absorb as much of Ando Sensei's teaching as possible and to truly understand the meaning of "*aiki soku seikatsu*".

Application Requirements and Course Guidelines

The first Tokubetsu Kenshu Course will run from the 6th of May 2011 until the 28th of March 2012. The welcome lunch and orientation will be held on Wednesday the 20th of April 2011. (It is recommended that students try to plan their arrival in Japan a month or two before the start of the course to acclimatize as much as possible before the course starts. Also, if you purchase a return ticket please ensure that the ticket is still valid until after the end of the course).

The course is open to men and women from 18-40 years of age.

Applications should be submitted as soon as possible before the deadline of Thursday the 31st of March 2011. Applications should be sent to us by mail or e-mail and should include the following:

- Fully completed application form.
- Brief resumé or personal history including any relevant educational or employment information.
- Letter of recommendation from your teacher or other person of authority (applicants who are currently registered members of a Yoshinkan Aikido Dojo are also required to submit a letter of permission from the Yoshinkan Aikido Honbu Dojo).

Space on the course is limited to 6 students and applicants will be served on a first come first serve basis. (Yoshinkan Aikido Ryu reserves the right to refuse applications without providing a reason).

Tuition fees are:

Monthly fee - 31,500 JPY

Yearly fee - 2,000JPY

Sports insurance (per year) - 1,600 JPY (not required if students are already covered)

Ryu Dojo joining fee - 2,100 JPY (not required if you are already a registered member of another Yoshinkan Aikido dojo)

On completion of the course to set standards, students will be able to test for their Yoshinkan Aikido shodan. Students who already hold their Yoshinkan Aikido shodan and are eligible will be able to test for one level above their current rank (students who are currently registered members of another Yoshinkan Aikido Dojo will require the permission of their teacher and of the Yoshinkan Aikido Honbu Dojo in order to test). Please note that completion of the course does not guarantee that students will be eligible to test or that they will pass their tests. Students will also receive a certificate stating that they completed the course to set standards.

Some applicants may be eligible for financial assistance from the Japanese government. Students wishing to apply for this assistance must submit their applications by Monday the 15th of November in order for us to meet the application deadline of Wednesday the 1st of December. Please contact us if you would like more information about this.

Tokubetsu Kenshu Course Regulations

Students must abide by the laws of Japan. Students are considered ambassadors for both their own country and for Yoshinkan Aikido Ryu. As such, they are expected to conduct themselves according to high moral and social standards at all times. Student should be respectful of the cultural conventions of their host country.

They are expected to be respectful towards their seniors, instructors and fellow students. They are also expected to train at all times with a spirit of teamwork and co-operation with their fellow students.

Students will be punctual, organised and follow instructions from their seniors and instructors promptly. Students are expected to attend all classes. If students are unable to train due to illness or injury, they are expected to attend class as an observer. If they are unable to observe classes, a doctor's certificate is required.

Students will pay their monthly tuition fees promptly and in advance (ie before the end of the previous month). Students have the option of paying for the entire year or for 6 months in advance. Students who pay for the year in advance will receive a discount. Please discuss payment options with us. Students who do not pay their tuition fees may be expelled from the course. In the case of financial difficulties, please inform us immediately. Yoshinkan Aikido Ryu will provide assistance wherever possible but will not be held responsible for any financial problems that occur.

If any problems arise or incidents occur, please inform us promptly.

Students who do not abide by the Course Regulations or the laws of Japan or who do not fulfill attendance requirements may be expelled from the course and have their visas revoked (if Yoshinkan Aikido Ryu is the sponsor). Students may also be expelled for intentionally causing damage to property or injury to other students or for disrupting training in any way.

General Guidelines

Applicants are responsible for organising their own visas initially. Please contact the Japanese Embassy or Consulate in your home country to enquire about visa requirements and eligibility. Yoshinkan Aikido Ryu will provide assistance with visas where possible after students have completed a two-month probationary period.

Due to the training schedule and visa restrictions, students will be unable to work full-time. For this reason, it is recommended that you bring with you enough money to live off for the duration of the course and supplement this with part-time work. For basic accommodation, food, transportation and tuition fees students will require about 150,000 JPY per month. Yoshinkan Aikido Ryu will provide assistance with finding accommodation where possible. There are numerous websites offering information on living and working in Japan.

Students are expected to look presentable at all times. Some dojo functions will require a suit/business dress. Piercings should be removed during training for safety reasons. Japanese summers are very hot and humid. Dogis should be changed, washed and dried frequently out of respect for your fellow students. You will require at least 3 dogis. Dogis can be ordered and purchased through Ryu Dojo.

Students will be able to spend the time in between classes either in the dojo or at Ryu House (across the road from the dojo). Ryu House has shower and cooking facilities, washing machine and a fridge. Tuesday through Friday students will be able to order lunches through the dojo.

The information contained in this package is intended to provide a broad outline for students who may be interested in applying for the course. If you have any questions or would like more specific information, please contact us at yoshin@aikidoryu.or.jp.

Please note that the course syllabus, training schedule and tuition fees may be subject to change.

Weekly Training Schedule:

MON:	TUES:	WED:	THURS:	FRI:	SAT:	SUN:
OFF	8:30 Report to dojo.	8:30 Report to dojo.	8:30 Report to dojo.	8:30 Report to dojo.	8:30 Report to dojo.	8:30 Report to dojo.
	Cleaning	Cleaning	Cleaning	Cleaning	Cleaning	Cleaning
	9:30-11:00 Ryu Dojo (Ando Sensei)	9:30-11:00 Chuo Budokan Tokubetsu Course (Ando Sensei)	9:30-11:00 Ryu Dojo (Ando Sensei)	9:30-11:00 Chuo Budokan Tokubetsu Course (Ando Sensei)	9:30-10:30 Chuo Budokan Kids class, yukkuri course (Ando Sensei)	9:30-10:30 Chuo Budokan Kids class, yukkuri course (Ando Sensei)
	11:20-12:00 Ryu House Lunch	11:20-12:00 Ryu House Lunch	11:20-12:00 Ryu House Lunch	11:20-12:00 Ryu House Lunch	11:30-12:30 Ryu House Lunch	10:30-11:30 Chuo Budokan General training (Ando Sensei)
	12:30-13:30 Ryu Dojo Tokubetsu Kenshu (Uchi deshi - TBA)	12:30-13:30 Ryu Dojo Tokubetsu Kenshu (Uchi deshi - TBA)	12:30-13:30 Ryu Dojo Tokubetsu Kenshu (Uchi deshi - TBA)	12:30-13:30 Ryu Dojo Tokubetsu Kenshu (Uchi deshi - TBA)	12:30-14:00 Ryu House Cultural Study	
	14:00-15:00 Ryu Dojo Kenshu (Ando Sensei)	14:00-15:00 Ryu Dojo Kenshu (Ando Sensei)	14:00-15:00 Ryu Dojo Kenshu (Ando Sensei)	14:00-15:00 Ryu Dojo Kenshu (Ando Sensei)	14:00 Line up and report to Ando Sensei. Training finishes	12:00 Line up and report to Ando Sensei. Training finishes.
	15:00 Line up and report to Ando Sensei. Training finishes.	15:00 Line up and report to Ando Sensei. Training finishes.	15:00 Line up and report to Ando Sensei. Training finishes.	15:00 Line up and report to Ando Sensei. Training finishes.	15:15-16:15 Chuo Budokan General training (optional) (Ando Sensei)	

Yearly Event Calendar:	
APRIL	20 th - Welcome lunch and orientation
MAY	Golden Week spring vacation 6 th - Course starts Urayasu City Aikido Demonstration
JUNE	
JULY	Summer tests Kids Summer Training Camp
AUGUST	1st-7th - Summer Training Summer party Summer vacation
SEPTEMBER	Gasshku
OCTOBER	Yamanashi Aikido Demonstration (May be subject to change.) Urayasu Sports Fair
NOVEMBER	All Japan Yoshinkan Aikido Demonstration (May be subject to change.)
DECEMBER	Winter tests Year-end party Dojo cleaning Winter vacation
JANUARY	New Years party Kagamibiraki Demonstration
FEBRUARY	1st-7th - Winter Training Junior Aikido Demonstration
MARCH	Spring tests (instructors tests) Kashima/Kattori Shrines visit Graduation party

Tokubetsu Kenshu Course Application

Yoshinkan Aikido Ryu



(Photo)

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Applicants Name	(Given Names)	(Family Name)
Katakana		
Address		
Phone Number	(Tel)	(Fax)
Email Address		
Date of Birth (y/m/d)	/ /	Age:
Emergency Contact	(Name)	(Phone #)
		Sex (M / F)

Current Dojo		Began Aikido (y/m/d)	/ /
Instructor's Name		Current Rank	Dan
Instructor's Signature		Test Date (y/m/d)	/ /

Address in Japan			
Need assistance in finding accomodation (Y / N)	Date of Arrival	/	/
Visa Status	Expiry Date	/	/
Work while in Japan	(Phone #)		
Need assistance in aquiring a visa (Y / N)			

Why do you want to join the TOKUBETSU KENSHU COURSE?

Date (y/m/d)	/ /	Signature	
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