

Redlands Aikikai

Description of Aikido Classes

Beginning Series

For new students, Redlands Aikikai offers a training program with black belt level instructors. The Series, which requires a minimum of 32 days of training, consists of a sequence of two levels:

Basics: Kihon I Class: This class is provided for new students for their first 16 days of training and beyond. Students will learn safe rolling and receive detailed instruction in basic aikido posture, movement and technique, including weapons handling. At this stage, students may use a 4 foot wooden dowel as a training tool, but are advised to purchase Aikido weapons as soon as possible. You will have the opportunity to train with more experienced students in a helpful atmosphere. Loose, comfortable clothing is acceptable when starting (but do obtain a training uniform as soon as possible: a training uniform (*gi*) is included with any Beginner's package). Most students continue to attend the Kihon I and Kihon II classes after becoming eligible for later classes.

Basics: Kihon II Class: Please add this class after 16 days of training. This class expands the detailed instruction of aikido technique and includes more sophisticated weapons training. You are also welcome to come to the Keiko III class after the 16 initial days.

You will be eligible to take the test for our first belt rank of 6th kyu after 30 days training

Once or twice a month we introduce the more traditional *Keiko* training of later classes into the Kihon classes. These are more experiential and with less explanation than at the Kihon levels, but at this stage the pace is easier than that of more advanced classes. After 32 days training (or by invitation), you may attend the **Keiko IV Classes** (see below)

You are not expected to attend all classes you are eligible for but are welcome to attend as many as you can

At the completion of your three-month introductory period, you are considered a regular member of Redlands Aikikai (even if you have not yet completed the Beginning Series above) and you will become a member of our national affiliate, Aikido Schools of Ueshiba, which certifies our ranks. More information is available on our website: www.aikidoredlands.org

Description of Regular Aikido Classes

Kihon (Basics) I: For newer students. More experienced students are on hand to help beginners learn. Includes basic weapons handling with the wooden sword and staff and all empty-hand and weapons requirements for the first rank (6th kyu).

Kihon (Basics) II: This class expands on the Kihon I class, introducing more sophisticated *ukemi* (rolling; attacker's role) as well as further weapons practice. Includes all requirements for 5th kyu rank and more (requires 60 days of training beyond 5th kyu).

Keiko III and Weapons Keiko III: Includes techniques from prior classes, as well as covering requirements for the 4th kyu rank.

Keiko IV and Weapons Keiko IV: This is traditional, sincere Aikido practice (*keiko* in Japanese), with the highest, consistent level of training in both empty-hand and weapons work and including multiple person attacks and other scenarios. Techniques include those required for 3rd kyu through black belt ranks, but the emphasis is on principle and forging the spirit, not just technique. Taught by Prakash Sensei or his senior assistant.

Aikido Kids: A class combining cooperative games, aikido principles and techniques offered after school for children aged 6-13 with dedicated instructors. An advanced class is also offered, by invitation, for children over 8 years of age.

Recommended experience for Aikido Classes

Level I: None

Level II: After 16 days of training in Aikido

Level III, IV: After 32 days of training in Aikido

(Students at any level are welcome and encouraged to continue to attend lower-level classes as possible)

Seminars

4-hour seminars are held periodically on Sundays, TBA. Each has a previously announced theme, and beginning series students may be invited to train for all or a part of the seminar.

Weekend seminars with leading teachers of international standing are held a number of times a year: all students are welcome and encouraged to attend.

Weapons Policy: *For insurance, safety and liability reasons, Redlands Aikikai does not lend training weapons for student use in the dojo. It is the individual student's responsibility to acquire, receive Sensei's approval for and safely maintain training weapons.*

No metal weapons are allowed in the dojo without the Head Instructor's written consent.