

# *Aiki Pandas* Aikido

## Junior Induction Booklet

Members of BAB. the Governing Body for Aikido in the United Kingdom



---

## Download

Please visit the website and download the following:

Student Induction Booklet

Parental Consent form

---

## Contents

[Welcome](#)

[Training](#)

[Costs](#)

[Compulsory for Club Training](#)

[Club History](#)

[Types of Activity offered](#)

[Instructors](#)

[Records](#)

[Gradings](#)

[Safety Issues](#)

[Equipment](#)

[Clothing](#)

[Badges](#)

[Dojo Rules and Etiquette](#)  
[Code of Conduct for Parents/Carers](#)  
[Code of Conduct for Junior Members](#)

---

**Dear Parent/Carer,**

On behalf of Aikido Development Society and Aiki Pandas we would like to welcome your child to the club and provide you with some information about our activities. The Association/Club provides opportunities for young people between the ages of 6 and 14 to receive coaching in Aikido. All coaching is by qualified coaches who are trained and have been screened for their suitability for working with young people.

We welcome parents to viewing events and value your support but unfortunately humbly request that during normal Aikido training evenings, that all parents/guardians vacate the training Dojo for discipline and Health & Safety reasons. We are keen to try and involve parents in the club and would like to invite you to meet with us and other Association/Club members and find out more about the club.

Training sessions take place on Thursday at 6:30pm until 7:30pm at Woodford County High School for Girls.

Photographic and video equipment is occasionally used for training under strict conditions. You will be given the choice whether you wish your child to be excluded from this but you must understand that at large training and fund raising events it is very difficult to monitor this. Please make your child aware of your wishes so that they may refuse in your absence.

Arrangements should be made for your child to travel to and from training sessions. We would appreciate it if students can arrive promptly and are collected promptly at the end of the session, if they are not making their own way home. If you are going to be late picking your child up, please contact Rai McLaren 07903341624 or Mathew Robinson 07840163358 and immediately. Please note that we have a 'Late Collection Policy' in line with Child Protection Policies.

The cost of each training session is £5.00 per hour and the club has an annual membership fee of £15.00 to cover Insurance.

We would be grateful if you could complete the attached junior club membership form. For the safety of your child it is important that the club is informed of any medical conditions or allergies that may be relevant should your child fall ill or be involved in an accident whilst at the club.

If you would like to talk to someone at the club about this information or your child's involvement within the club, please contact the Club Coordinators, Rai McLaren 07903341624 or Mathew Robinson 07840163358 or speak to any instructor before or after the lesson.

We thank you for your cooperation and look forward to meeting you at some point in the future.

Yours sincerely,

***Rai McLaren, Mathew Robinson and Andrew Emms*** Date: 10th February, 2014

---

# **Aiki Pandas**

## **Training**

**Thursday at Woodford County High School for Girls, High Roadm IG8 9LA**

**6:45pm until 7:45pm**

Ages 6 - 14

## **Costs**

Training:

£5.00 per 1 hour session 6 – 14 Year Olds

Licence:

£15.00

Gradings:

£10 – (Belt)

£2.50 (MON)

£1.50 – (Badges)

You can buy the clothing and equipment from a retail outlet of your choice providing it is suitable for use and follows the guidelines of the club. Alternatively you are able to purchase the required items through the club on request.

## **Compulsory for Club Training**

Aikido Gi. This must be white. Females are required to wear a white t-shirt underneath.

## **Club History**

The club is a new endeavor from members of the Aikido Development Society Club to give young people an opportunity to increase confidence, learn new skills and develop a sense of discipline within a non-aggressive martial art. The Aikido Development Society has been around for a number of years with 6<sup>th</sup> Dan Steve Billett acting as chairman as well as promoting Aikido across the country, having been a founding member of the National Governing body for Aikido, British Aikido Board (BAB).

## **Types of Activity offered**

Our style of Aikido is based on the ‘tomiki’ teachings of Morihei Ueshiba, the founder of Aikido. Our instruction starts with a warm up which are then followed by exercises and techniques that, while are useful in their own right are designed to promote the

development of Aikido. During class, games are also played to help develop young Aikidoka's to flourish as well as keep young people active and healthy.

## **Instructors**

The club is run on a voluntary basis. There are three coaches whose ongoing training is through courses they attend. All Coaches carry professional indemnity insurance and DBS clearance. Senior students also assist with the teaching under the Coaches watchful eye but to become trained coaches they need to go through a similar course structure. No-one is able to become a registered coach until they attain brown belt status as a minimum. (age 18+). Currently, there are two Full time serving police officers and one special constable who make up part of the coaching and assisting team.

### **Coach Information**

Steve Billet - ADS Chairman

Registered Coach – 6<sup>th</sup> Dan

Coach Instructor

Ann Billett - Child Protection Officer

Registered Coach – 2nd Dan

Coach Instructor

Rai McLaren - Administrator and Secretary

Registered Coach – 1<sup>st</sup> Kyu (Brown belt)

First Aid at Work, Emergency Life Support qualified

Safeguarding Children and Coaching Young Persons

Mathew Robinson - Senior Coach and Syllabus Director

Registered Coach – 1<sup>st</sup> Kyu (Brown belt)

Emergency Life Support qualified

Safeguarding Children and Coaching Young Persons

## **Records**

### **Parental Permission form**

Needs completion at first training session

### **Licence Application form**

Each student is given leeway of two sessions to try out before licensing with the association. A licence should be applied for by the 3rd lesson at the latest and renewed annually.

### **Accident Recording**

Copy available on request

### **Constitution**

Copy available on request

### **Child Protection Policy**

We abide by the Child Protection Policy as laid down by the Governing Body for Aikido in the United Kingdom (BAB).

Copy available on request.

Our Child Protection Officer is Ann Billett and Stuart Adams.

Contact to be found through the Aikido Development Society Contacts.

### **Child Welfare Officer**

Sarah McLaren

## **Gradings**

Students grade when they are considered ready and this decision is solely at the discretion of the Coaches. Please do not put undue pressure on a child as everyone develops at their own speed.

## **Safety Issues**

Whilst every endeavour is made to keep students as safe as possible, it must be remembered that Aikido is a martial art and an effective form of self-defence. Accidents can happen and this must be kept in mind before deciding to train with us.

## Equipment

Mats are used at every session and are checked thoroughly each time they are used.

Premises are hired and thus maintained by the landlord in each case. Risk assessments are carried out before each session commences and it is the responsibility of everyone taking part in the training to ensure good standards are maintained. Please report any possible hazards to a coach immediately.

## Clothing

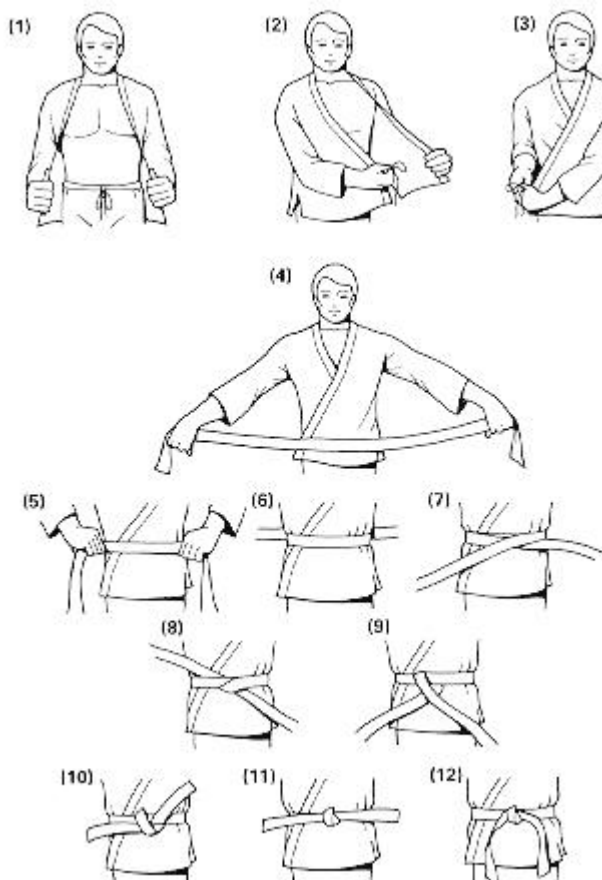
Initially it is recommended that a track suit and t-shirt should be worn until a gi is worn.

### How to Tie the Gi and Belt

Refer to Illustration and the explanations below for assistance in wearing the gi top and tying the belt.

1. Grab both sides of the gi top.
2. Wrap the right half of the gi top against your upper body.
3. Wrap the left half of the gi top over top the right side.

### Error! Reference source not



found.

You are now ready to tie the belt.

The belt is looped around your waist and tied in front in a square knot as follows:

4. Fold your belt in half to find the centre
5. Holding the belt with both hands in front of your body, place the centre of the belt at the centre of your waist
6. Wrap the belt around your waist, crossing it behind you, and bringing the two ends in front of your body again
7. Cross the belt in front of you, left over right
8. Tuck the end of the belt that is in your left hand completely under the section of belt around your waist and pull that end straight up.
- 9 through 11. Using the two ends of the belt, tie a square knot.
12. The ends of your belt should be even in length after the belt is tied. When tied, any tabs on the belt should be on the wearer's left side.

## Badges

For all ages there are grading badges issued for each of the following:

Here are a few examples.



Error! Reference source not found.

Error! Reference source



not found.

Forward Break-fall    Backwards Break-fall



Error! Reference source not found.

Counting in Japanese Belt Tying



Error! Reference source not found.

Presentation

Basic Technique **Error! Reference source not found.**



**Error! Reference source not found.**

Advanced Technique Footwork



**Error! Reference source not found.**

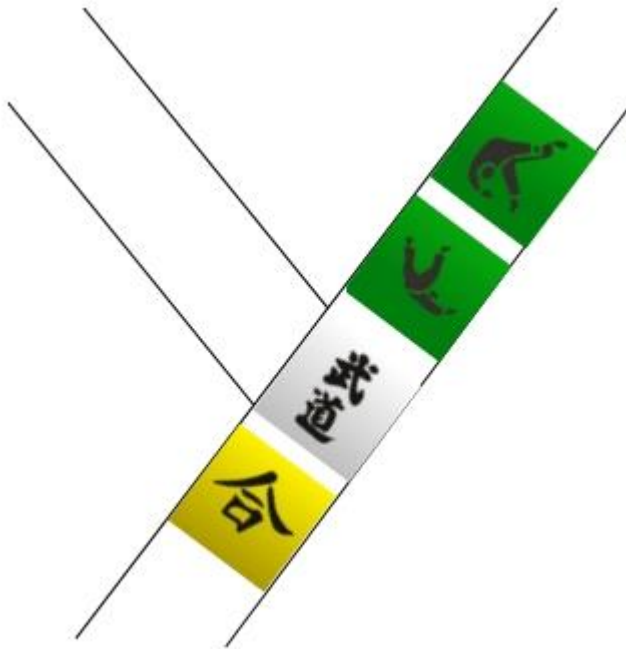
Etiquette

Terminology

**Error! Reference source not found.**

The badges are placed on the edge of the left side of the gi and in no particular order

**Error! Reference source not**



**found.**



# **Dojo Rules and Etiquette**

Members must:

1. Apply for a licence through the club immediately upon being accepted into the Dojo.
2. Must not smoke, swear, chew, spit, or commit any other act likely to offend the etiquette of the Dojo.
3. Members must not use their skill outside the Dojo unless in defence of their physical well being. They must always restrain themselves to minimum usage in such situations.
4. Adhere to the policies on equal opportunities, racial, sexual and disability discrimination and Child Protection.
5. Report any accidents immediately to the senior coach.
6. Help to keep the Dojo as safe to train in as possible and report any obvious hazards to the senior coach.
7. Make sure you are aware of the Fire Safety precautions and Exits.
8. Bow upon entering and leaving the Dojo.
9. Address any coach as 'Sensei' and any senior students as 'Sempai' whilst in the Dojo.
10. No one is to leave the class without first obtaining permission from a coach.
11. Any member arriving late must take up a standing position at the edge of the mat area and await permission from the coach before joining the class.
12. Finger and toe nails must be kept clean and short.
13. Gis must be kept clean and in good condition.
14. Jewellery (rings, bracelets, neck chains, etc.) must not be worn during training. If you can't get a ring off then tape must be wrapped around it.
15. The use of mobile phones in class is not permitted without the express permission of a coach.
16. This list is not exhaustive and common sense must be used by all students at all times. You will always be held accountable for your own actions.

## **Code of Conduct for Parents/Carers**

Encourage your child to learn the rules and play within them.

Discourage unfair play and arguing with officials.

Help your child to recognise good performance, not just results.

Never force your child to take part in sport.

Set a good example by recognising fair play and applauding the good performances of all.

Never punish or belittle a child for making mistakes.

Publicly accept officials' Judgments.

Support your child's involvement and help them to enjoy their sport.

Use correct and proper language at all times.

Encourage and guide participants to accept responsibility for their own performance and behaviour.

## **Code of Conduct for Junior Members**

Aiki Pandas is fully committed to safeguarding and promoting the well being of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with any of the coaches.

As a member of Aiki Pandas you are expected to abide by the following junior club rules:

All members must participate within the rules and respect coaches and other officials and their decisions.

All members must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.

Members should keep to agreed timings for training and competitions or inform their coaches if they are going to be late.

Members must wear a clean ironed white gi (suite) and all females are required to wear a t-shirt underneath for training sessions, as agreed with the coach.

Members must pay any fees for training or events promptly.

Junior members are not allowed to smoke on club premises or whilst representing the Association/Club.

Junior members are not allowed to consume alcohol or drugs of any kind on the Association/Club premises or whilst representing the Association/Club.