



Aikilife

## WELCOME

### Information for Adult Beginners

Beginners are always welcome. You may join the Beginners' class at any time. New students are required to complete 8 Beginners' classes before joining the general class.

**Overview of Beginners' Course:** The purpose of the Beginners' class is for you to practice skills you will need to train safely in the general class. You will learn to fall safely, to avoid the line of attack, fundamental principles of centering, distance and extension, and simple aikido techniques.

**Finding us:** We are at the Garran Scout Hall, 123 Kitchener St, Garran, next to the oval behind Canberra hospital. See map on web site: [www.aikilife.com.au](http://www.aikilife.com.au)

**Facilities:** The Scout Hall has a kitchen with tea & coffee facilities available for us to use, male and female toilets, a shower, and of course a big hall. Being next to an oval surrounded by big old trees, we often do our weapons training outside.

**Change Rooms:** Men, please change on the mezzanine level upstairs. Ladies may change in the kitchen or ladies' room.

**What to Wear:** Loose, comfortable clothing, pants should cover knees. If you have a keiko-gi (uniform) from another martial art, you are welcome to wear it. To make it easier to move on & off the mat, slip-on shoes are ideal.

**Personal Hygiene:** No jewelry on the mat. Long hair must be tied back, fingernails & toenails clean & trimmed (or taped), feet clean.

**Arrive Early:** Please arrive early to allow time to assist with setting up and cleaning mats, to warm up and to focus before class begins.

**Association Membership:** Aikido Takemusu Canberra operates as a dojo of the Takemusu Aiki Association Inc., Sydney. All students participating in classes at Aikido Takemusu Canberra must be members of the Association. The Membership and Indemnity form must be completed prior to joining the Beginners' class.

**Beginner's Joining Fee:** \$30 annual membership plus \$65 for 8 classes. At least 8 classes must be attended to 'graduate' to general classes. Once you have graduated, the class fee is \$10 /class or \$70 / month unlimited classes. (See schedule).

**Payments:** Payment of membership fee and beginners' class fee must be completed prior to your first class. Please pay into bank account: Aikido Takemusu Canberra, BSB:732713, Account:670577. Alternatively you may pay cash on the day.

**Remember to Bring:** completed indemnity form, water bottle, slip-on shoes.

*We look forward to welcoming you soon!*

Queries? Please contact Ann on 0449 508 068 or email [ann@aikilife.com.au](mailto:ann@aikilife.com.au)