



WELCOME

Information for Parents of Aikido Japanese Children

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.aikidoaus.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. We call this the 'dojo' – training place. Hungry children often like to have morning tea or lunch in the kitchen after class. Please remember we are guests in the scout hall, let's keep it clean and tidy.

Safety Rules:

For the safety of your children and their friends and siblings:

- No climbing on the railings,
- The stairs and mezzanine level are out of bounds,
- When outside the dojo, children must be accompanied by an adult at all times,
- Please be particularly careful of children in and around the carpark.

What to Wear: Loose, comfortable clothing, pants should cover knees – for carers too. To make it easier to move on & off the mat, slip-on shoes are ideal.

Personal Presentation: No watches or jewelry, pockets should be emptied, long hair tied back, fingernails and toenails clean and trimmed, hands and feet clean. Please have your child visit the bathroom *before* class.

Water Bottles: Please bring a water bottle for your child to each class and put it into the red Wiggles box next to the mats. Water bottles must contain water only please as anything else may stain the mats.

Display Folders: After your first class, you may like to bring a display folder so that your child has a special place to keep their Aikido-Japanese papers and stickers. This has worked well for other children; they become quite proud of and attached to their own creative work. We will have an example at the dojo for you to see.

Carers: For younger children, a responsible carer is required to participate with their child throughout the class. Carers are welcome to participate in older classes too!

Siblings: Sleeping siblings or siblings who can quietly occupy themselves (feel free to bring toys or colouring in etc.) are welcome in the dojo. Please ensure that siblings do not disrupt the class.

Queries? Please contact Ann on 04449 508 068 or email ann@aikilife.com.au



DOJO ETIQUETTE

Information for Parents of Aikido Japanese Kids

Aikido Japanese is practiced in keeping with the etiquette of a traditional Japanese dojo.

Arrive Early: Please arrive early to allow your child time to relax and focus. Children find it unsettling to join a class that is already in progress.

Bow-in & Bow-out: We follow the martial arts tradition of bowing in and bowing out of class. Bow-in time is the time for children to put on their 'aikido face'. Please explain to your children that once we have bowed in, it is time for listening, focusing, being respectful and disciplined. If you arrive late, you are still required to complete bow-in formalities, then wait to be invited to join the class.

Mats: We train on special mats. Stepping onto the mats is like entering a Japanese home: we take our shoes off. Shoes must then be put back on when leaving the mats. Mats must be kept clean. Please discourage your children from running around the hall in socks then bringing dust on their socks back onto the mats.

'Sensei': This word is Japanese for 'teacher'. In Japan, in the dojo and also at school in the classroom, children always address the teacher as 'Sensei'. I recommend that parents (when in hearing range of the children) also address me as 'Sensei' as children copy parents. Out of the dojo, feel free to call me Ann. Some parents have found it less confusing and more consistent for the children if I am always referred to as 'Sensei' (when in hearing range).

Note to Parents: Please be focused and respectful in the dojo during class; children will model your behavior. It is very disruptive to the class when adults are having personal chats, whether participating or watching.

Regular Attendance: Please note that as each class builds upon the last, regular attendance at classes will make your child more settled and confident.

Remember to Bring:

- To each class, please bring a water bottle, display folder, slip-on shoes.
- To your first class, please also bring your completed indemnity form and payment form.

We look forward to welcoming you soon!