

About Practice at Hombu Dojo (updated 6/24)

Changes as of June 24 (1 new item)

● Regarding the use of masks

From Monday June 27, 2022, in correspondence with the June 10th 2022 guidance from MEXT on the prevention of heatstroke, Hombu Dojo will implement the following changes regarding masks in practice.

Your understanding and cooperation is appreciated.

1. Not wearing a mask while practicing is recommended.
2. Persons who wish to wear a mask during practice may continue to do so.
3. Masks must be worn in all other parts of Hombu Dojo (hallways, changing rooms, bathrooms, etc)

Requests for Participation in Practices

● About Visitor Practice Fee Participation

Notification about the resumption of Visitor Practice Fee and cost change

From Sunday, October 31, the Aikido Hombu Dojo will resume accepting Visitor Practice Fees under the following conditions.

Start Date: From October 31st, 2021 (Sunday)

Price: Fee: ¥ 1,650 (tax included) → **¥ 2,200 (tax included)**

Applicable to Visitor members (persons whose main dojo is not the Aikido Hombu Dojo)

Aikido Hombu Dojo members must participate in at least one of the courses available, paying its monthly fee.

● Weekend Course Membership Option

From April 2022, a “Weekend” monthly course option will be available for persons to practice on Saturdays and Sundays.

※The current “Weekday” course will continue to cover practice on Monday through Saturday.

Cost: ¥8,800

Coverage: Beginner and Regular classes on Saturdays and Sundays
(Blackbelts are not allowed in Beginner classes)

Start: April 2022

Applications: Payment will be accepted starting **Saturday Match 26th 2022**

● Multiple Practice Participation

From March 22, 2022 (Tuesday), Hombu Dojo will allow participation in multiple practices per day.

When participating in multiple practices per day, **turn in your card and complete the necessary paperwork for each practice**. Even if participating in multiple classes in a row, please make sure to resubmit your card at the front desk for each practice.

✂Blackbelts are not allowed to practice in the Beginner Class.

● Saturday Evening Beginner Class

From April 2022, a Beginner class will be held at the following time.

Time and Day: Every Saturday 18:00 – 19:00 (first class is April 2nd)

Location: 2nd Floor Dojo

Instructor: Oyama Yuji Shihan

● Sanitize hands, gargle

Upon entering the dojo, as well as before and after practice, please wash hands, gargle, and use hand sanitizer

● Mask Usage

From 27 June 2022, in light of the guidance from MEXT, the Aikikai Foundation has revised its guidelines regarding mask use in practice (see below).

Your understanding and cooperation is appreciated.

1. Not wearing a mask while practicing is recommended.
2. Persons who wish to wear a mask during practice may continue to do so.
3. Masks must be worn in all other parts of Hombu Dojo (hallways, changing rooms, bathrooms, etc)

● Body Temperature and Health Check

Temperatures will be checked at the front desk. Please write your membership number, the class you will participate in, your body temperature, and other symptoms on the log at the front desk. People in poor health will not be allowed to practice. As a guide, people

with temperatures of 37 degrees or more and those coughing will not be allowed to practice.

- **Confirmation of Contact Information**

The Aikido Hombu Dojo is requesting updated contact information from all members. Persons who have not registered, or who have changed contact information, please inform the front desk, or fill out the online form.

Online form: <https://bit.ly/2TDbZq1>

- **About Blackbelts in the Beginners' Classes**

To avoid overcrowding, black belts will not be allowed in the beginners' class.

- **Disclaimer**

While the Aikikai Foundation and the Aikido Hombu Dojo work hard to prevent the spread of COVID-19 infection, we cannot be held responsible in the case of infection. You participate in practice at your own risk. Please receive the consent of your family members and other related parties before resuming practice.

Behaviors in the Changing Rooms and in Dojos

- **In the Changing Room**

Please do not hold conversations in the changing rooms. Based on crowding, staff may guide entrance to changing rooms. Please be conscientious of each other. When not in use, the 4th floor dojo may be used as a men's changing room. When not in use, the 2nd floor meeting room may be used as a women's changing room. Please store all luggage in the lockers of the changing rooms.

- **In the Dojos**

When lining up, please be sure to leave appropriate space open between yourself and other practitioners. To avoid overcrowding, participants may be divided into groups. Personal practice after class is not allowed.

- **Hakama**

To avoid overcrowding, please put on and remove hakama in the dojo.

About Practice

- **About Contents of Practice**

Training is carried out while wearing masks, with no-contact portions.

- **Schedule (as of April 1 2022)**

Aikido Hombu Dojo Time Table (from 1 April 2022)

<http://www.aikikai.or.jp/eng/pdf/2022/20220328ENtemporarytimetable.pdf>

Other

- **Water Breaks during Practice**

In order to prevent the spread of infection, you may not use the water fountains.
Please bring your own water bottle.

- **About Swords, Staffs, and Practice Gear**

Please bring your practice gear home every day.
The use of the 5th Floor Drying Area is prohibited.

- **Conversations at the Entrance**

Please do not hold conversations or gather in front of the entrance in order to prevent the spread of infection.

- **Parking Areas**

You may use the parking areas.

※If deemed necessary to prevent the spread of infection, more restrictions may be implemented. As the situation changes the requirements may change without warning. When there are changes, they will be posted on the Aikikai homepage, so please check it regularly.

Aikikai Foundation

T E L : 03-3203-9236

Email : aikido@aikikai.or.jp