

About Practice at Hombu Dojo (updated 10/12)

Changes as of October 12th (2 new items)

Starting Monday, October 17th, 2022, the Aikido Hombu Dojo will change its requirements regarding COVID-19 in the following ways. Your understanding and cooperation is appreciated.

● Regarding Mask Usage

The recommendation to remove masks during practice will continue.

Persons who wish to continue to wear masks may do so.

The use of masks in the building, changing rooms, etc will become discretionary.

● Regarding the Body Temperature and Health Check log

The Aikido Hombu Dojo continues to require that you take your temperature and use hand sanitizer when entering the building. However, it is no longer required that you write out your temperature and class participation information.

When participating in multiple classes per day, you must still resubmit your membership card at the front desk.

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 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

The recommendation to remove masks during practice will continue.

Persons who wish to continue to wear a mask may do so.

The use of masks in the building, changing rooms, etc will become discretionary.

● Body Temperature and Health Check

Check your temperature at the front desk area. People in poor health will not be allowed to

practice. As a guide, people with temperatures of 37 degrees or more and those coughing are asked not 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.

● Hakama

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

About Practice

● 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

● 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 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.

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

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