

## **About Practice at Hombu Dojo** (updated 1/7)

In accordance with the Emergency Declaration issued by the government, the Aikido Hombu Dojo has implemented the following measures. We place the highest priority on maintaining the health and wellness of our members and staff. We apologize for any inconvenience this may cause and appreciate your understanding and cooperation.

### **Changes as of Jan 1 (1 item is new)**

#### ① **Scheduled Practice Time has Changed**

From January 12, 2021 (Tues), the following classes' times have changed.

Regular Class (Monday – Saturday) 19:00 – 20:00 ⇒ **18:45 – 19:45 New time**

Beginner Class (Monday – Friday) 18:45 – 19:45 ⇒ **18:30 – 19:30 New time**

## **Requests for Participation in Practices**

### ● **Sanitize hands, gargle**

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

### ● **Wear a Mask**

Wear a mask at all times in the dojo. You will not be allowed in without one.

Please follow the instructor's indications about wearing and removing your mask during the class.

### ● **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**

Please fill in the online form, or the form at the front desk.

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

- **About Monthly Practice Fees**

In regards to the money that has already been withdrawn (3/27), it will be applied to your first month back at practice, so please speak to the front desk when you come back.

- **About One-day “Visitor” Practice Fee**

To avoid overcrowding, we will not accept one-day-rate participants

- **About Practicing Multiple Times a Day**

To avoid overcrowding, please only participate in one practice per day.

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

To avoid overcrowding, blackbelts will not be allowed in the beginners’ class.

- **About Participation by Members of Aikikai-Affiliated Dojos**

Members of Aikikai-affiliated dojos (members who practice at dojos other than Hombu Dojo) will be permitted to practice at Hombu Dojo provided they enroll in one of the monthly courses (Monday – Saturday Course, Every Day Course, Sunday Course, Women’s Special Course) beginning September 14<sup>th</sup> (Monday).

- **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 4<sup>th</sup> floor dojo may be used as a men's changing room. When not in use, the 2<sup>nd</sup> 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

#### **【Regular Class】**

Weekday 6 : 30、 08 : 00、 15 : 00、 ※19 : 00  
Saturday 6 : 30、 08 : 00、 10 : 30、 15 : 00、 ※19 : 00  
Sunday 9 : 00、 11 : 00

**※From January 12, 2021 this practice starts at 18:45.**

#### **【Beginner Class】** (Blackbelts are not allowed)

Weekday 7 : 00、 ※18 : 45  
Saturday 7 : 00、 09 : 30  
Sunday 10 : 00

**※From January 12, 2021 this practice starts at 18:30.**

#### **【Children's Class】** (From 7/21 changes as follows)

Tuesday Junior 16 : 00~17 : 00  
Senior 17 : 00~18 : 00

Friday	Junior 16 : 00~17 : 00 Senior 17 : 00~18 : 00
Saturday	Junior 13 : 45~14 : 45 Senior 15 : 00~16 : 00
Sunday	Junior 9 : 30~10 : 30 Senior 10 : 30~11 : 30

### **【Aikido Academy】**

Aikido Academy will occur at the regular time.

### **【Women's Special Course】**

Women's Special Course will occur at the regular time.

### **【Women's Class】**

The Women's Class is temporarily cancelled.

## 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

Bokuto and Jo (swords and staffs) have been removed from the dojo to prevent the spread of infection. Also, please bring your practice gear home every day.  
The use of the 5<sup>th</sup> 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

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