



HONBU STAY PROGRAM

Information and Application Package

Thank you for showing interest in the Honbu Stay Program. In the stay program you will experience dojo life from first thing in the morning until the end of the day.

The Honbu Dojo has created this information package for prospective students.

The intent of this package is to enable prospective students to make a more informed decision about whether to come to Japan and train.

If you decide to apply please be aware applications are accepted on a first come first serve basis.

The Honbu dojo has a large training area, but unfortunately there are limits to the number of applicants we can accept.

Preference will be given to large groups and applicants who receive a favorable recommendation from a Yoshinkan Aikido Instructor.

GUIDELINES FOR PROSPECTIVE STUDENTS

Before coming to Japan and commencing the Program it's very important to seriously consider what purpose and goals are with the program.

The cost of living in Japan is very high so you are advised to bring as much money as possible. At a bare minimum you will need 250,000 yen per month to live. This includes hostel like accommodation, tuition fees, transportation and food.

Remember that you will be living in a foreign country with different food and a different life-style from what you are used to. You may suffer from culture shock for a period of time.

TRAINEE REGULATIONS

1. While in Japan, trainees must respect and obey the laws of Japan. Trainees will be expected to maintain high moral and social standards in their daily lives.

2. On Aikido Yoshinkan premises the trainee will abide strictly by the rules prescribed. The trainee will be punctual, organized and follow respectfully all directions from the instructors.

3. Trainees are required to pay all fees before or upon arrival. The training fees are:

**1 night and 2 days 5,250 yen
6 nights and 7 days 29,400 yen
30 nights and 31 days 105,000 yen**

*** Tax included**

*** Cost covers accommodation only. Students will need to budget for their own food and other costs. One month maximum stay. Large groups are welcomed.**

4. If problems arise or incidents occur during the program, instructors must be notified immediately. In the case of financial problems the Domestic Guarantor must take responsibility and not a sponsor in Japan.

5. Trainees can and will be directed to discontinue training and dismissed from the dojo if any of the following occur:

- **Intentionally causing damage. Disruption or allowing accidents to occur either within or outside the Yoshinkan premise.**
- **Violating Japanese law.**
- **Violating the Yoshinkan regulations.**
- **Injury or poor training habits.**
- **Bad Behavior**

Application Requirements

Please provide the following on separate standard business size paper. One page per section.

1. **Resume of personal history including education, work experience and current photograph.**
2. **Letter of introduction / recommendation from a Yoshinkan Aikido Instructor or person of authority, including contact address and phone number.**
3. **Letter detailing the purpose of your visit including training goals, gradings, and other travel plans while in Japan.**
4. **Signed application form.**

Applications should be returned as soon as possible to the Honbu Dojo.

Applications are accepted on a first come basis.

DETAILED APPLICATION REQUIREMENTS AND EXPLANATION

Personal history or resume: This is self explanatory but you should make sure to include hobbies, interests, volunteering and any other "personal growth" experiences.

Recommendation: A letter of recommendation must be written and signed by a recognized Yoshinkan Aikido instructor. The letter should detail the instructor's faith in you and your ability to train hard, show spirit and commitment and to behave appropriately while staying at honbu. Students from other styles of Aikido or other Budo should get a similar letter from their instructors. However the Honbu Dojo may want more information about you and your Sensei's Budo history. Non Yoshinkan members maybe asked to have an introduction meeting with Kancho before entering the program.

Letter explaining why you want to do the program and your goals: This letter should be hand-written and signed and dated. You should explain your interest in Aikido in general and your reasons for wanting to stay at Honbu. You should also include your future plans, whether you intend to open a new Dojo or return to your present Dojo or whether you are doing the program for other reasons.

Application: The application form must be filled out by the applicant and signed.

INFORMATION ABOUT JAPAN AND THE PROGRAM

You are expected to take part cleaning or other services (at least 1-2 hours / day) and training (at least 3 classes a day) when in the dojo. During holidays or free time you are expected to leave the dojo by 8 am and return between 8:00-9:30 pm before the main gate closes.

Please remember that this is a Dojo not a youth hostel and the highest etiquette is required. Those not following this code will be asked to leave immediately.

Typical Daily Schedule

6:00-7:00	Wake-up / Shower
7:00-8:00	Training / Cleaning Duties
8:00-10:00	Breakfast / Shower / Cleaning Duties (8:30-9:30 Training Optional)
10:00-11:00	Training
11:00-17:00	Free Time Outside of the Dojo (15:00-16:00 Training Optional)
18:00-19:00	Training
19:30-20:30	Training
20:30-21:30	Free Time
21:30	Return (Dojo Doors Close)(22:00 Building Main Gate Closes)
22:30	Lights Out

This is a typical day schedule, but a customized schedule can be arranged to suit your specific needs and goals.

Visas: It is your responsibility to contact the Japanese Embassy or consulate in your home country and to get all required documentation / regulations for whatever visa you are applying for. There are a number of visa options when coming to Japan. The easiest way is to apply for a (90 day) Tourist Visa when entering Japan.

Training / Attitude / Commitment: The training at the Honbu Dojo is hard. Most people will never have done anything like it before. Even if at your home dojo you have hard practices a few times a week, it probably will not compare with hard practices 4 hours a day, 5 days a week. You are expected to follow commands given by the Sensei's immediately and without question. When given a command or feedback on any matter the correct response is Osu! In short, you should be giving everything you have and then some more to the sensei, the dojo and to your training. In order to do this, your commitment to the training, to aikido and to improving yourself must be intense.

What to Bring: You don't need to bring a lot. You need to bring standard traveling needs, clothes and dogi. On Dojo outings and at some ceremonies a suit and tie are required. Other than that regular clothing is fine. The Japanese tend to be well dressed wherever they are, if you tend to dress "down" you may find you are a little out of place. (being a foreigner - a little more out of place) If this bothers you bring some nice casual clothing.

It is also not appropriate to come to the dojo looking like a bum. There is no dress code per se but you need to look reasonable. In line with this you should be clean-shaven when training at the dojo. Beards are fine, but stubble is not.

At least two dogi will be needed during the summer months when it gets very hot and you will sweat a lot.

This application/information package was designed to cover many of the questions you may have about the program. However, it is impossible to cover everything that everyone wants to know. Should you have questions that are not covered in this package, please do not hesitate to contact the Honbu dojo.

Although this program is open to all, acceptance is not guaranteed. Honbu dojo reserves the right to refuse applications without explanation. Please note prices are subject to change with or without notice. The program is mainly for current Yoshinkan Aikido Students who wish to come to Japan and Honbu to deepen their studies and experience the culture, but it is also open to new comers who wish to learn Yoshinkan Aikido.
