



# YOSHINKAN AIKIDO TEACHER COURSE

## Information and Application Package

The Honbu Dojo has created this information package for prospective teachers of Yoshinkan Aikido.

The intent of this package is to enable prospective teachers to make a more informed decision about whether to come to Japan and take the course.

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.

Applicants will be chosen based on their essay and the effort they have made to involve themselves in the Yoshinkan Aikido community.

Preference will be given to applicants who receive a favorable recommendation from a Yoshinkan aikido instructor.

## **GUIDELINES FOR PROSPECTIVE TEACHERS**

Before coming to Japan and commencing the Course it's very important to seriously consider what you are about to undertake. Although this is NOT the Senshusei Course, the Teacher Course is designed to be very exacting, both physically and mentally, so correct preparations are necessary.

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.

Try and obtain a reasonable level of fitness - the first month is particularly difficult physically. It's a time when old injuries will recur, especially if you have had a serious disability in the past.

The Course is run over a 3-month period. When purchasing your air ticket ensure that it is valid until after the finishing date of the course.

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.

These guidelines have been prepared to assist you in your decision on whether to participate in the course or not. It requires intense dedication but is an invaluable experience. You are advised to think carefully before committing yourself. Consider the level of commitment, the level of fitness and, in your own mind whether you are mature enough to participate in such a specialized course. We look forward to hearing from you.

## **TEACHER COURSE - 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 fee of 52,500 yen per month and a dojo entrance fee of 10,500, totaling 168,000 yen. Please note prices are subject to change with or without notice.**
  
- 4. Upon completion of the course trainees will be considered for Instructor Certification. Refer to AYF bylaws fee table for payment.**
  
- 5. If problems arise or incidents occur during the course, instructors must be notified immediately. In the case of financial problems the Domestic Guarantor must take responsibility and not the sponsor in Japan.**
  
- 6. Trainees can and will be directed to discontinue training and may be 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 or International Instructor Course regulations.**
  - Injury or poor training habits.**
  - Bad Behaviour**

### **Application Requirements**

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

1. **Resume of personal history including education and work experience.**
2. **Letter of introduction / recommendation from Yoshinkan Aikido instructor or person of authority, including contact address and phone number.**
3. **Letter of reason for making the application to be hand-written by applicant.**
4. **Signed application form.**

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Note: Acceptance as a trainee does not guarantee graduation. Only trainees that have successfully completed the course to set standards will graduate.

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

Applications are accepted on a first come basis. Honbu dojo reserves the right to refuse applications without explanation.

#### **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.

**Letter** explaining why you want to do the course: This letter should be hand-written and signed and dated. You should explain your Yoshinkan Aikido history, interest in Aikido in general and your reasons for wanting to take the course. 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 course for other reasons.

Taking the course is a serious commitment. When you send in your application you are stating that you are fully committed to the course. The Honbu Dojo, from that point on, will be spending some time and effort on your behalf arranging your first accommodation, and preparing for your arrival and the start of the next course.

**Application:** The application form must be filled out by both the recommending instructor and the applicant.

#### **INFORMATION ABOUT JAPAN AND THE COURSE**

**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.

**Preparation:** The course is very demanding, physically, mentally and emotionally. Try to be in good physical condition (with special emphasis on cardiovascular training). You should try to improve your flexibility in your hips, knees, ankles, shoulders and wrists. You will also need to work on having a strong lower body and at the same time having "soft and relaxed knees". Mental preparation is probably the most important. You need to prepare yourself to train hard and push yourself every day. (see training / attitude / commitment section.)

**Living Expenses:** Living in Japan is expensive (this can not be stressed too much). If you share a room in a gaijin (foreigner) house you can expect to pay about 40,000yen per month (i.e. the room will cost ¥ 80,000 for two people). This room will probably be a six mat room (6 Japanese tatami mat are about 6 square meters). The kitchen, lounge, and bathroom / shower facilities are shared.

**Food:** Food is also expensive. You can try to eat cheaply, but it is important during the course to eat nutritional and well-balanced meals - high in carbohydrates, vitamins, and nutrients. In the dojo, between classes, it is very important to replenish your fluids. To eat right it can cost 50,000yen /month. Again, sharing food can moderate the cost.

**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 for 3 months. In the course it is expected that you push yourself to what you believe is your limit, and then push yourself further. You are expected to show strong spirit and to try to increase your spirit through training. You are expected to show the utmost respect for all the Honbu Dojo staff, other students and the general public. 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 course, to aikido and to improving yourself must be intense.

**What to Bring:** You don't need to bring a lot; it won't fit in your apartment anyway. You need to bring clothes and two 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.

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This application/information package was designed to cover many of the questions you may have about the course. 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. It is better to make an informed decision than the wrong decision.

Although this program is open to all, acceptance is not guaranteed. Honbu dojo reserves the right to refuse applications without explanation. Please note the above information, prices and training times are subject to change with or without notice.

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