

What is the international Senshusei Course?

The international Senshusei course is an 11-month program that allows dedicated students to learn Yoshinkan Aikido in the true spirit of Yoshinkan founder Gozo Shioda. The course focuses on body posture and correct form, allowing students to build a solid base to further their Aikido and pass that knowledge to others. Upon graduation, participants will earn a 1st degree black belt and instructor's license (able to grade up to 4th kyu). However, the course curriculum is considered very difficult and intense. Participants are expected to have a strong spirit, a high level of fitness, and follow instructions with an honest, open mind.

Training Schedule

Tuesdays through Fridays: 8:30 ~ 9:30, 10:00 ~ 11:30, 12:00 ~ 13:30

Saturdays: 8:30 ~ 9:30, 10:00 ~ 11:00, 11:30 ~ 12:30

Sundays: Day off

Mondays: Dojo closed

Yearly Schedule

April: Opening Ceremony, start of four-week probation period

May: Spring vacation (one week)

June: First Examination

August: Second Examination, summer camp, summer vacation (one week)

October: Yamanashi demonstration, all-Japan Yoshinkan Aikido demonstration

December: Shodan examination, winter vacation (two weeks)

January: "Breaking of the mirror" ceremony

February: Instructor's examination, graduation ceremony