

## 34<sup>th</sup> International Senshusei Course Program

**Required age:** 18 to 40 years (male or female). Please note that the course is considered extremely physically challenging.

**Required Aikido level:** None.

**Required Japanese language level:** Some Japanese is recommended, although many students undertake the course with no knowledge of Japanese.

**Course duration:** April 2<sup>nd</sup> to December 21<sup>st</sup>, 2024 (9 months)

\*Orientation will be held at the end of March (attendance is obligatory). The date will be announced later.

### Training Schedule

Tuesdays ~ Fridays: 10:00 ~ 11:30, 12:00 ~ 13:30, 15:30 ~ 16:30

Saturdays: 10:00 ~ 11:00, 11:30 ~ 12:30, 13:00 ~ 14:00, 16:00 ~ 17:00

Sundays: Day off

Mondays and national holidays: Dojo closed

### Yearly Schedule

March: Orientation

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

May: Spring vacation (one week)

June: First Examination (6<sup>th</sup>-4<sup>th</sup> Kyu)

July: Month-long intensive summer training (Extra training hours)

August: Second Examination (3<sup>rd</sup>-1<sup>st</sup> Kyu), summer camp, summer party, summer vacation (one week)

September: Shodan test (1<sup>st</sup> Dan)

October: All-Japan Yoshinkan Aikido demonstration

November: Instructor's examination

December: Graduation ceremony

**Required visa:** Entry with a tourist visa. After some trial period Honbu Dojo will sponsor committed individuals for a cultural visa (this is classified as a non-working visa, and for the visa application the individual will need to demonstrate the financial ability to cover living expenses)

**Location:** Yoshinkan Aikido Honbu Dojo (Takadanobaba, Tokyo, Japan)

**Tuition fees:** JPY 33,000 per month.

There are extra costs besides monthly tuition;

JPY 11,000 (entrance fee), JPY 3,300 (registration fee) JPY 1,650 (textbook) and, if needed, approx. JPY 8,360 (dogi size4) \*3set at the beginning of the course.

approx. JPY 25,000 (summer camp fee) in July,

JPY 14,670 (Shodan fee) and JPY27,500 (instructor's license fee) upon passing the corresponding tests

\*Entrance fee, Registration fee, Textbook fee and 3 months' tuition should be paid by February 29th, 2024. Cancellations received after the 8-day cancellation period which will start from the day of the payment will not be eligible for refund. We will refund the tuition and fees, if the course is cancelled before the start due to insufficient enrolment (3 participants minimum) or other unforeseen circumstances.

**Equipment:** No equipment is necessary; however, participants will need at least three set of dogi for the year. These are available for purchase at Honbu dojo.

**Course capacity:** 6 persons.

**Application process:** prepare documents 1-3 as below and send to Honbu dojo in an envelope marked "Senshusei Application".

1. Senshusei application form (two sheets)
2. Doctor's note in English (stating you are both mentally and physically in healthy condition)
3. Resume

\*Zoom interview might be requested.

**Application mailing address:**

Yoshinkan Aikido Honbu Dojo

Toyo Building 2F, Takadanobaba 4-17-15, Shinjuku-ku, 169-0075 Tokyo, JAPAN

**Application deadline:** Must reach Honbu no later than February 14<sup>th</sup>, 2024

**Acceptance announcement:** Applicants will receive the result individually by e-mail by February 20<sup>th</sup>, 2024, inclusive

**Contact info:** E-mail; [ayfs@carol.ocn.ne.jp](mailto:ayfs@carol.ocn.ne.jp), Phone; +81 3 3368 5556

**Miscellaneous:** It is possible to join in the dojo's sports insurance program (JPY1,850 per year).