



Seven Day Residential Intensive Guidelines

Overview

The seven days of this programme are for the communal, focussed and intense study of aikido. As such, please commit yourself to working cooperatively and supportively with your fellow attendees throughout the week to make progress in your understanding and expression of aikido. The regulations and advice below are for the purpose of supporting you in this endeavour. Please read through them and be clear about them as you will be asked to commit to them at the commencement of the Intensive.

Regulations

These regulations apply for the duration of the Intensive, from 5:00pm Sunday 22nd April to 5:00pm Sunday 29th April 2018. Failure to comply with these regulations may see you expelled from the Intensive without compensation.

- **Follow Sensei's instructions.** Listen carefully to what is asked of you and do your best to act accordingly. Seek clarity if you are not sure. You may be exposed to new challenges and approaches to training and living during this programme, please be open and enthusiastic in meeting them.
- **Live at the dojo.** You may not leave for personal business or for relief from the Intensive environment without the expressed permission of Sensei
- **Commit yourself fully to the programme.** Do not engage in activities that distract you from it. Do not bring your work into the Intensive. Please prepare your loved ones for reduced contact with you during this period and organise to communicate with them in such a way as to value those relationships while remaining focussed in the dojo. Keep other outside communication to a minimum including social media.
- **Participate in all classes and adhere to the timetable.** Bring your full effort to training. If you are injured or become sick you must still do your best to engage in classes, even if it is from the side of the mat. The daily schedule has been carefully planned to allow for adequate training, preparation and consumption of meals, chores and rest, please follow it faithfully.
- **Carry out all additional training requirements and chores as requested.** You will be assigned personal training tasks and may also be given group work assignments in addition to daily chores.
- **Do not use consciousness altering substances.** No alcohol, drugs, etc may be consumed. If you are taking prescribed medications please make Sensei aware of this. (A beer with dinner on Saturday evening will be alright.) If you are a smoker please limit your consumption or take this as an opportunity to quit.
- **Live and work cooperatively and in support of one another.** The Intensive is a communal endeavour. Taking a selfish approach to your training and daily affairs will not yield the same benefits as developing a powerful group spirit.
- **Be on time for all things**
- **Keep the dojo and living areas clean and tidy at all times.** Basic chores are outlined below. Be proactive in looking after the place in which you are living and training. Have the attitude of doing more and sooner.
- **Maintain your personal hygiene.** Keep yourself, your clothes and personal belongings clean. (At least two dogi are required and more would be sensible as laundering facilities are limited.)
- **Demonstrate a high standard of behaviour and etiquette.** Living in a communal environment and engaging in substantial physical activity can strain you physically, emotionally and socially. Committing to being positive, polite and supportive of the programme and those around you will make for a more enjoyable and rewarding experience.

Chores

The dojo is your home for the length of the Intensive, take good care of it. Preparing a roster to share chores and handle cooking duties fairly amongst the group is strongly recommended. Please see to the items below and also be proactive in considering and dealing with the care of the dojo.

- On waking - store away sleeping gear and mattresses, sweep the dojo, dust shomen, and sweep out and dampen genkan
- Vacuum clean wood floors, kitchen, changing rooms, toilets and showers daily
- Keep kitchen clean and tidy and surfaces wiped down throughout the day. Do not leave dirty dishes.
- Clean and mop toilets and showers at least every other day, more often if required
- Keep flat surfaces dusted
- Sweep mats before evening classes
- Open the genkan door 30 minutes before evening classes
- Clear rubbish bins when necessary

What to bring

- Dogi (minimum of two sets)
- Ken & jo (Must be of adequate quality for safe training. If not, you may be asked to purchase a new one for \$90)
- Sports shoes
- Jandals or similar slip on footwear
- Work clothes

