



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

- Towel
- Toiletries
- Personal first aid items
- Note book
- Pyjamas
- Sleeping bag and pillow
- Ear plugs and eye mask (The dojo has no curtains and, as it is on the intersection of two main roads and you are sleeping communally, nights may be neither dark nor quiet)
- Foam sleeping squabs will be supplied but attendees are welcome to bring inflatable mattresses if they prefer

You will be allocated a 90 litre box in which to store the majority of your belongings and there will be a cupboard in which to store toiletries and other small personal items. Please plan carefully and keep your luggage to a minimum.

Meals

In keeping with the communal nature of the Intensive, meals are to be considered a group affair, both in their preparation and consumption. Meals are a source of nourishment to maintain your health and energy over the week, not a treat or distraction. **Prepare and eat your three main meals in the dojo.** Enjoy them as another opportunity to come together as a group.

It is to be expected that there may be a variety of nutritional needs and habits amongst the attendees, Nonetheless, please do your best to accommodate everyone's needs, compromising as necessary.

Some suggestions regarding meals;

- Have a simple breakfast during the 7:30~9:00 break
- Create a roster of people to prepare meals, and to clean up afterwards. Working in pairs and changing roles daily is recommended
- Some attendees may have limited budgets, try to be considerate of this and plan frugally
- Keep lunches simple; sandwiches, cold meats, salads etc. Something that each person can put together themselves from a collection of ingredients laid out on a table and the leftovers kept for the following day
- Prepare dinner during the break between the second afternoon class and the evening class. Think simple and nutritious rather than exciting.
- There is a slow cooker and rice cooker which can make your dinner preparations much easier
- Eat dinner very soon after the evening class is finished so that you have plenty of time to digest and clean up before sleep
- On Saturday evening there will be a dinner outside the dojo to celebrate the workshop and gradings.

Dojo Facilities

The dojo is simply appointed but previous attendees have found it quite adequate for their needs during Intensives

- Mat area - 200 square metres of training space with high ceiling
- Kitchen/common room - stove/oven, microwave, fridge/freezer, sink, tables, benches, cookware, crockery, glassware, cutlery
- Showers x 2 (Keep showers to a maximum of 3 minutes as there is limited hot water and out of consideration for others needs)
- Toilets x 2
- Laundry - there is a washing machine but no dryer; clothes may be hung up on retractable line in mens changing room or on folding racks but must be tidied away for evening classes. There are laundromats 10 minutes walk away
- Internet - please note that **there is no internet connection** available at the dojo
- Supermarket - at the Westfield shopping centre 5 minutes walk away

Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 Wake up	6:00 Wake up	5:00 Wake up	6:00 Wake up	6:00 Wake up	7:00 Wake up	7:30 Wake up
6:30~7:30 Bukiwaza	6:30~7:30 Bukiwaza	6:00 Dawn Service	6:30~7:30 Bukiwaza	6:30~7:30 Bukiwaza	Breakfast	Breakfast
Breakfast	Breakfast	9:00~10:00 Bukiwaza	Breakfast	Breakfast	8:00 Dojo open	8:30 Dojo open
9:00~10:00 Taijutsu	9:00~10:00 Taijutsu	10:30~11:30 Taijutsu	9:00~10:00 Taijutsu	9:00~10:00 Taijutsu	9:30~12:00 Workshop	9:30~12:00 Workshop
Break & lunch	Break & lunch	Break & lunch	Break & lunch	Break & lunch	Lunch	Lunch
1:00~2:00 Bukiwaza	1:00~2:00 Bukiwaza	1:30~2:30 Bukiwaza	1:00~2:00 Bukiwaza	1:00~2:00 Bukiwaza	1:30~4:00 Workshop	1:30~3:30 Workshop
Break	Break	Break	Break	Break		Clean up
2:30~3:30 Taijutsu	2:30~3:30 Taijutsu	3:00~4:00 Taijutsu	2:30~3:30 Taijutsu	2:30~3:30 Taijutsu	6:00 Dinner	5:00 End
Break	Break	Break	Break	Break		
6:30~7:30 Taijutsu	6:00~8:05 Taijutsu	6:00~8:05 Taijutsu	6:00~8:05 Taijutsu	6:30~7:30 Taijutsu		
Dinner	Dinner	Dinner	Dinner	Dinner		
10:00 Lights out	9:30 Lights out	10:00 Lights out	10:00 Lights out	10:00 Lights out	10:00 Lights out	