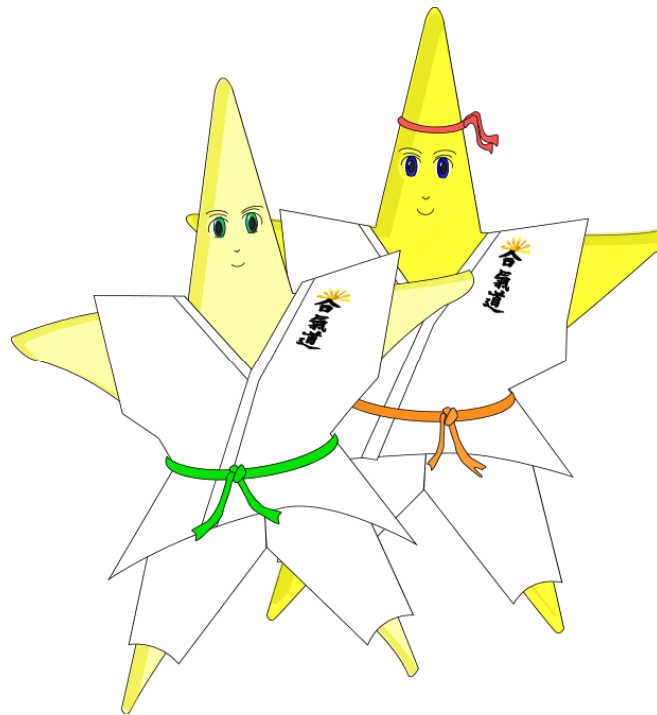


# ***Rising Stars***

# ***Aikido***



## ***Junior Induction Booklet***

***Founder Members of the UTA  
(United Traditional Aikido)***

***Members of BAB. the Governing Body for Aikido in  
the United Kingdom***



**Dear Parent/Carer,**

On behalf of United Traditional Aikido and Rising Stars Aikido I would like to welcome your child to the club and provide you with some information about our activities. The Association/Club provides opportunities for young people between the ages of 4 and 16 to receive coaching in Aikido. All coaching is by qualified coaches who are trained and have been screened for their suitability for working with young people.

We welcome parents to all training sessions and other events and value your support. We are keen to try and involve parents in the club and would like to invite you to visit us on Friday nights at The Campus from 1900 to 2100 where you can meet Association/Club members and find out more about the club.

Training sessions take place on Saturday at 09.30 until 10.30 and 1030 until 1130 at The Campus, Weston-super-Mare.

Photographic and video equipment is occasionally used for training under strict conditions. You will be given the choice whether you wish your child to be excluded from this but you must understand that at large training and fund raising events it is very difficult to monitor this. Please make your child aware of your wishes so that they may refuse in your absence.

Arrangements should be made for your child to travel to and from training sessions. We would appreciate it if students can arrive promptly and are collected promptly at the end of the session, if they are not making their own way home. If you are going to be late picking your child up, please contact Phil Benge or Helena Benge-Nilsdotter on 07786 513973 and let them know.

The cost of each training session is £2.50 per hour and the club has an annual membership fee of £7.50.

We would be grateful if you could complete the attached junior club membership form. For the safety of your child it is important that the club is informed of any medical condition or allergies that may be relevant should your child fall ill or be involved in an accident whilst at the club.

If you would like to talk to someone at the club about this information or your child's involvement within the club, please contact the Club Coordinators, Phil Benge or Helena Benge-Nilsdotter on 07786 513973 or speak to any instructor before or after the lesson.

We thank you for your cooperation and look forward to meeting you at some point in the future.

Yours sincerely,

**H. Benge-Nilsdotter**

Date: 24<sup>th</sup> July, 2011

Name: Helena Benge-Nilsdotter

Club Coordinator

# Rising Stars & Sun Aikido

## Training:

**Monday at St Martins School, Spring Hill, Worle**

Juniors & Seniors: 7pm to 9pm – Ages 12 and upwards

**Friday at The Campus, Barnsby Way, W-S-M**

Juniors & Seniors: 7pm to 9pm – Ages 12 and upwards

**Saturday at The Campus, Barnsby Way, W-S-M**

Juniors: 9.30am to 10.30am – Ages 5 -12

Juniors & Seniors: 10.30am to 12am – Ages 12 and upwards

## Costs:

Training: £2.50 per 1hour session 5 – 15 Year Olds  
£5.00 per 2 hour session 16 and upwards

Licence: £7.50 Junior, £17.50 Senior, £12.50 senior (unwaged)

Gradings: £10 – Adults  
£5 – Juniors (Belt)  
£2.50 – Juniors (Tab)  
£1.50 – Juniors (Badges)

You can buy the clothing and equipment from a retail outlet of your choice providing it is suitable for use and follows the guidelines of the club. Alternatively you are able to purchase the required items through the club on request

## Compulsory for Club Training:

Aikido Gi. This must be white. Females are required to wear a white t-shirt underneath.

## Club History:

The club opened its doors for the first time at St Martins School in January 2001. After a few successful years it spread its wings to encompass training at The Campus and Wyvern Community School. In January 2006, Rising Stars Aikido Club first trained and has grown from an initial class of 25 children to a regular attendance of 100 children over the two sessions.

## Types of Activity offered:

Our style of Aikido is based on the traditional teachings of Morihei Ueshiba, the founder of Aikido. Our instruction starts with a warm up and breathing exercises which are then followed by exercises and techniques that, while are useful in their own right are designed to promote the development of Aikido. During the 5 – 12 years juniors' class, games are also played to help develop young Aikidoka's to flourish.

## Instructors:

The club is run on a voluntary basis. There are six instructors whose ongoing training is through courses they attend. All Instructors carry professional indemnity insurance and CRB clearance. Senior students also assist with the teaching under the instructor's watchful eye but to become trained instructors they need to go through a similar course structure. No-one is able to become a registered instructor until they attain senior black belt status (age 18+).

**Instructor Information:**

Phillip Benge	Registered Instructor – 4 <sup>th</sup> Dan Governing Body Verified Instructor First Aid Certificate
Helena Benge-Nilsdotter	Registered Instructor – 2 <sup>nd</sup> Dan Governing Body Verified Instructor First Aid Certificate
Allan Carchrie	Registered Instructor – 2 <sup>nd</sup> Dan Governing Body Verified Instructor
John Creed	Registered Instructor – 2 <sup>nd</sup> Dan Governing Body Verified Instructor
Paul Newnham	Registered Instructor – 1 <sup>st</sup> Dan Governing Body Verified Instructor

**Records:**

<b>Parental Permission forms</b>	Needs completion at first training session
<b>Licence Application forms</b>	Each student is given leeway of two sessions to try out before licensing with the association. A licence should be applied for by the 3 <sup>rd</sup> lesson at the latest and renewed annually.
<b>Accident Recording</b>	Copy available on request
<b>Constitution</b>	Copy available on request
<b>Child Protection Policy</b>	We abide by the Child Protection Policy as laid down by the Governing Body for Aikido in the United Kingdom. Copy available on request. Our Child Protection Officer is David Mason Telephone 01934 521950
<b>Child Welfare Officer</b>	Claire Burgess Telephone 01934 417764

**Gradings:**

Students grade when they are considered ready and this decision is solely at the discretion of the instructors. Please do not put undue pressure on a child as everyone develops at their own speed.

**Safety Issues:**

Whilst every endeavour is made to keep students as safe as possible, it must be remembered that Aikido is a martial art and an effective form of self-defence. Accidents can happen and this must be kept in mind before deciding to train with us.

**Equipment:**

Mats are used at every session and are checked thoroughly each time they are used. Foot control equipment used includes plastic foot cones and skipping ropes which are maintained in good condition.

Premises are hired and thus maintained by the landlord in each case. Risk assessments are carried out before each session commences and it is the responsibility of everyone taking part in the training to ensure good standards are maintained. Please report any possible hazards to an instructor immediately.

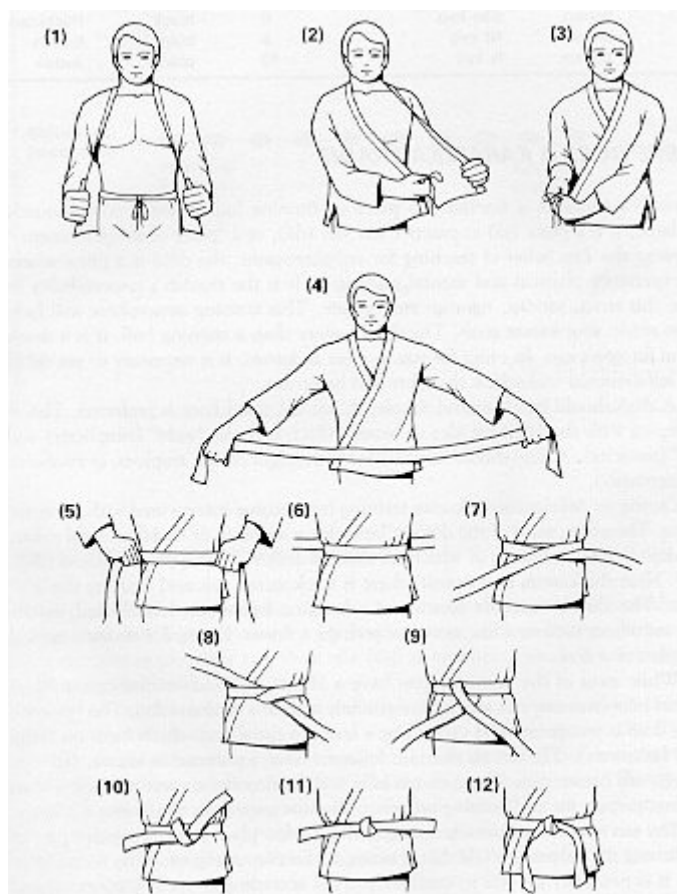
# Clothing

Initially it is recommended that a track suite and t-shirt should be worn until a gi is worn.

## How to Tie the Gi and Belt

Refer to Illustration 1 and the explanations below for assistance in wearing the gi top and tying the belt.

1. Grab the both sides of the gi top.
2. Wrap the right half of the gi top against your upper body.
3. Wrap the left half of the gi top over top the right side,



*Illustration 1*

You are now ready to tie the belt.

The belt is looped around your waist and tied in front in a square knot as follows:

4. Fold your belt in half to find the centre
5. Holding the belt with both hands in front of your body, place the centre of the belt at the centre of your waist
6. Wrap the belt around your waist, crossing it behind you, and bringing the two ends in front of your body again
7. Cross the belt in front of you, left over right

8. Tuck the end of the belt that is in your left hand completely under the section of belt around your waist and pull that end straight up.
- 9 thru 11. Using the two ends of the belt, tie a square knot.
12. The ends of your belt should be even in length after the belt is tied. When tied, any tabs on the belt should be on the wearer's left side.

For ages 5 to 7 gradings a badge issued for each of the following testing:

Here are a few examples.



Forward Break-fall



Backwards Break-fall



Counting in Japanese



Belt Tying



Presentation



Basic Technique



Advanced Technique



Footwork

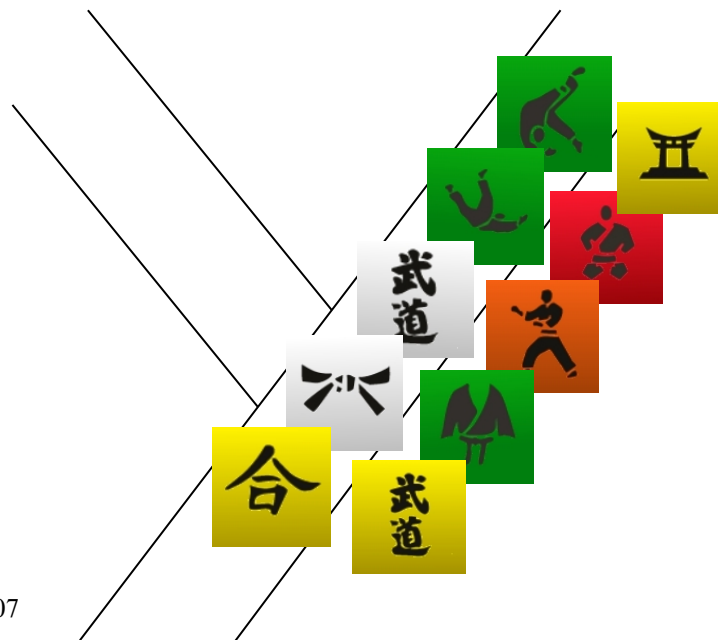


Etiquette



Terminology

The badges are placed on the edge of the left side of the gi and in no particular order



# DOJO RULES AND ETIQUETTE

Members must:

1. Apply for a licence through the club from the United Traditional Aikido immediately upon being accepted into the Dojo.
2. Must **not** smoke, swear, chew, spit, or commit any other act likely to offend the etiquette of the Dojo.
3. Members **must not** use their skill outside the Dojo unless in defence of their physical well being. They must always restrain themselves to minimum usage in such situations.
4. Adhere to the policies on equal opportunities, racial, sexual and disability discrimination and Child Protection.
5. Report any accidents immediately to the senior instructor.
6. Help to keep the Dojo as safe to train in as possible and report any obvious hazards to the senior instructor.
7. Make sure you are aware of the Fire Safety precautions and Exits.
8. Bow upon entering and leaving the Dojo.
9. Address any instructor as 'Sensei' and any senior students as 'Sempai' whilst in the Dojo.
10. No one is to leave the class without first obtaining permission from an instructor.
11. Any member arriving late must take up a kneeling position at the back of the Dojo and await permission from the instructor before joining the class.
12. Finger and toe nails must be kept clean and short.
13. Gis must be kept clean and in good condition.
14. Jewellery (rings, bracelets, neck chains, etc.) must not be worn during training. If you can't get a ring off then tape must be wrapped around it.
15. The use of mobile phones in class is not permitted without the express permission of an instructor.
16. This list is not exhaustive and common sense must be used by all students at all times. You will always be held accountable for your own actions.

# **Code of Conduct for Parents/Carers**

- Encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding the good performances of all.
- Never punish or belittle a child for making mistakes.
- Publicly accept officials' judgments.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times
- Encourage and guide participants to accept responsibility for their own performance and behaviour.

# Code of Conduct for Junior Members

Rising Stars Aikido is fully committed to safeguarding and promoting the well being of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with *Sensei Phil, Senior Instructor*.

*As a member of Rising Stars Aikido you are expected to abide by the following junior club rules:*

- All members must participate within the rules and respect coaches and other officials and their decisions.
- All members must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
- Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- Members must wear a clean ironed white gi (suite) and all females are required to wear a t-shirt underneath for training sessions, as agreed with the coach/team manager.
- Members must pay any fees for training or events promptly.
- Junior members are not allowed to smoke on club premises or whilst representing the Association/Club at competitions.
- Junior members are not allowed to consume alcohol or drugs of any kind on the Association/Club premises or whilst representing the Association/Club.

# PARENTAL CONSENT FOR AIKIDO ACTIVITIES WITH RISING STARS AIKIDO

I agree to .....(Student's Full Name)

taking part in the activities of Aikido instruction and I acknowledge the need for him/her to behave in a responsible manner.

## MEDICAL INFORMATION ABOUT YOUR CHILD

Has your child ever suffered from any of the following?

Asthma.....	YES / NO	Diabetes.....	YES / NO
Epilepsy.....	YES / NO	Heart Complaints.....	YES / NO
Allergies.....	YES / NO (if YES, please specify).....		
Head Injuries	YES / NO (if YES how long ago?).....		
	Was he/she unconscious?	YES / NO	
	If YES for how long?.....		

Any other conditions requiring medical treatment? YES / NO

If YES, please give brief details:.....  
.....

If you have answered YES to any question, is the condition under medical control? YES / NO

Does the child need to carry medication with them? YES / NO

If YES, how is the form of medication taken?.....

Please outline any special dietary requirements of the child and the type of pain relief medication which may be given if necessary.  
.....

To the best of your knowledge, has the child been in contact with any contagious or infectious diseases or suffered from anything in the last four weeks that may be contagious or infectious?

YES / NO

If YES, please specify: .....

Is the child allergic to any medication or is there anything in a normal first aid box which is unsuitable for use on him/her. YES / NO

If YES, please specify:  
.....

When did the child last have a tetanus injection?.....

I will inform the person in charge as soon as possible of any changes in the medical or other circumstances before the commencement of any activity.

**Ethnicity**

In order to help the club monitor its membership can you please tick one of the following boxes to identify your ethnic group/origin

**A White**

British

Irish

Any other white background (please specify):

**B Mixed**

White & Black Caribbean

White & Black African

White & Asian

Any other mixed background (please specify):

**C Asian or Asian British**

Indian

Pakistani

Bangladeshi

Any other Asian background (please specify):

**D Black or Black British**

Caribbean

African

Any other Black background (please specify):

**E Chinese or other ethnic group**

Chinese

Any other (please specify):

**Student's Full Name**.....**DOB:**.....

**OTHER CONDITIONS WHICH MAY AFFECT TRAINING**

Does the child suffer from any of the following:

Dyslexia.....	YES / NO	Slight / Severe
Dyspraxia.....	YES / NO	Slight / Severe
Learning Difficulties.....	YES / NO	Slight / Severe
Co-ordination Problems.....	YES / NO	Slight / Severe

Any other comments you may like to make to assist us:

.....

.....

.....

**DECLARATION**

I agree to .....(student's name) receiving medication as instructed and any emergency dental, medical or surgical treatment, including anaesthetic or blood transfusion, as considered necessary by the medical authorities present. I understand the extent and limitation of insurance cover provided.

Emergency contact.....

**Contact telephone numbers (plus code):**

Home.....

Mobile.....Work.....

Home Address.....

.....

Alternative Emergency Contact if different from above.....

.....

.....

Name of Family Doctor.....

Address & Tel. No... ..

.....

.....

**Changes in details must be relayed to the person in charge immediately and records amended.**

Signed.....Parent/Carer.

Date.....

Full Name (capitals).....

**This form must be taken by the person in charge to the activity.**

For Parent(s)/Carer(s) information.

**The Club's Child Welfare Officer is: Clair Burgess - Tel: 01934 417764**