

# KEN SHIN KAI YOSHINKAN AIKIDO ORGANISATION UK

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**PRINCIPAL COACH**  
GARRY MASTERS 7<sup>TH</sup> DAN

**CHIEF INSTRUCTOR**  
RICHARD LEWIS 5<sup>TH</sup> DAN

**CLUB INSTRUCTORS**  
ROGER BISH 6<sup>TH</sup> DAN  
MALCOLM COURTS 5<sup>TH</sup> DAN  
MARK COLDBREATH 3<sup>RD</sup> DAN

**SECRETARY**  
DEE MASTERS  
[ksk@kenshinkai.org.uk](mailto:ksk@kenshinkai.org.uk)

## WELCOME TO KEN SHIN KAI

In order to help you become familiar with our Organisation we have produced this Information pack. However, if you have any further questions please don't hesitate to ask an Instructor.

- Come along and watch a session or alternatively if you wish to “have a go” then the **FIRST SESSION IS FREE**. Wear t-shirt and jogging bottoms and bring a drink. Please wear or bring **sandals or flip flops** as appropriate footwear must be worn AT ALL times whilst not on the mat to prevent dirt being transferred from the floor area to the surface of the mats.
- We advise you to read through this information in advance of attending a class. Please bear in mind that the sessions are varied and it is impossible to get a full understanding of Aikido by watching one session only.
- For insurance reasons you will be required to fill in a membership form to provide you with Insurance for your first session. Filling in a membership form does **NOT** obligate you to join.
- If you do wish to join you must pay a joining fee at the second session that you attend. The joining fee will enable you to train at as many sessions as you wish for up to 4 weeks for no additional charge. After this “trial” period you will be required to pay a monthly training fee, which includes an annual membership fee and insurance fees.
- Training fees are payable on a monthly or pay as you go basis (which means **YOU ARE IN CONTROL** of the payments). You are free to cancel your membership at any time.
- Please check the website ([www.kenshinkai.org.uk](http://www.kenshinkai.org.uk)) regularly for all news and information, including the **Cancellations** page. We also have groups available on Facebook (Kenshinkai Members, Kenshinkai Juniors and Kenshinkai Yoshinkan Aikido) and/or feel free to friend request “Kenshinkai Aikido” :-D
- Training uniforms and equipment can be purchased from your club instructor (at competitive prices), just ask, however, it is recommended that you train for at least one month before you decide to purchase a training uniform or equipment.
- Weapons classes (Jo, Bokken and Tanto) and Junior classes are available in some areas.
- All Instructors are first aid qualified and have been DBS (CRB) checked (where relevant), to discuss any child protection matters please contact the Club Welfare Officer (see website).

**We hope that you decide to learn the art of Aikido, and that you will enjoy the time spent with the Ken Shin Kai (Yoshinkan) Aikido Organisation UK.**

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## DOJO (CLUB) LISTING

**\*\*\* ALL CLASSES ARE OPEN TO BEGINNERS \*\*\***

Members are welcome to train at ANY class listed below. Please work at a level you are comfortable with, your club instructor will help you to develop your Aikido at a pace that is suitable for you.

**All information is available on our website at [www.kenshinkai.org.uk](http://www.kenshinkai.org.uk)  
Please check the website regularly for details of any cancellations**

- **ADMIRAL LORD NELSON SCHOOL, DUNDAS LANE, PORTSMOUTH, PO3 5XT**

*Classes:*                      **Wednesday (Adults 16+): 7.45pm - 9.15pm (Drama Room)**  
**Friday (Juniors 7+): 7.00pm - 8.00pm**  
**Friday (Adults 16+): 8.00pm - 9.30pm**  
**Sunday (Juniors 7+): 10.00am - 11.00am**  
**Sunday (Adults 16+): 11.00am - 1.00pm**

*Club Instructors:*            Garry Masters – 7th Dan  
Richard Lewis – 5th Dan  
Roger Bish – 6th Dan

*Additional Info:*              **Trial available for Juniors aged 6 years.**  
Classes are usually held in the Gym/Hall and Sports Hall (enter via main door and turn right) or Drama Room for Wednesday class (enter via main door and turn left, drama room is under stairs).  
Traditional Weapons (jo, bokken, tanto) classes for adults are available also see website for details.  
\* IF MAIN DOOR IS LOCKED ENTRANCE IS VIA THE SPORTS DECK WHICH IS ACCESSED VIA A GATE ON THE RIGHT OF THE SCHOOL BUILDING. NEXT TO FENCING.

- **FAREHAM LEISURE CENTRE, PARK LANE, FAREHAM, PO16 7JU**

*Classes:*                      **Monday (Adults 16+): 8.00pm – 9.30pm**

*Club Instructor:*            Malcolm Courts – 5th Dan

- **LLANDRINDOD WELLS SPORTS CENTRE, DYFFRYN ROAD, LLANDRINDOD WELLS, POWYS, LD1 6AN**

*Classes:*                      **Tuesday (Adults 16+): 8.30pm – 10.00pm**

*Club Instructor:*            Mark Coldbreath – 3rd Dan

*Additional Info:*              Traditional Weapons (jo, bokken, tanto) classes available on last Friday of the month (7.00pm – 9.00pm) email Club Instructor ([powys@kenshinkai.org.uk](mailto:powys@kenshinkai.org.uk)) for details.

## MEMBERSHIP INFORMATION SHEET

### INSURANCE

- All members will be issued with “limited” Personal Accident (PA) Insurance on joining. You are advised to review the limited cover that is provided.
- Insurance is provided via the British Aikido Board (BAB). For further details on the Insurance Cover please refer to the BAB website ([www.bab.org.uk](http://www.bab.org.uk)) or speak with a Club Instructor.
- It is recommended that you take out your own private Personal Accident insurance, to cover any time you may have off work due to injury, as this is not covered by the BAB PA Insurance policy. For example if you are self-employed or do not get paid sick leave etc.
- If you have any further questions regarding insurance you must direct these through your Club Instructor to the Principal Coach as the BAB does not take enquiries from individuals, only from Organisation representatives.

### CODE OF CONDUCT FOR PARENTS / GUARDIANS / CARERS

ANY member under the age of 18 is classed as a Junior member. This section should be read by anyone who has signed a membership form on behalf of a junior member.

- Encourage your child to learn the rules and understand them.
- Discourage unfair play and arguing with instructors.
- 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 good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept instructors' judgements.
- 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.

### GENERAL RULES

- ALWAYS arrive at the Dojo and be changed into your Gi at least 15 minutes before training begins.
- ALWAYS bow on entering or leaving a Training Area.
- ALWAYS assist with the putting out and putting away of Tatami (Training Mats).
- All jewellery and watches MUST be removed before practice.
- Make sure all nails are trimmed short so as not to cause undue injury to others.
- Complete Training Uniforms (Gi's) are preferred. Always keep your Gi clean and laundered.
- If you arrive late and training has already begun, you MUST WAIT at the side of the mat until an Instructor invites you to join the class.
- When speaking or being spoken to by your Instructor you should ALWAYS address him or her by the term 'SENSEI'. This means Instructor / Teacher and is a mark of respect.
- During class, any student wishing to leave the mat or practice something other than the technique shown, MUST first ask permission of the Instructor.
- When the Instructor is off the mat, treat the senior student with the same RESPECT you do the Instructor.
- NEVER shout, curse or become angry on the mat. If there is a disagreement, ask the Instructor what is right.
- On NO account should you practice Aikido whilst under the influence of drink or drugs. If you are found doing so, your membership to the club will be revoked.
- If you return to training after a period of absence, of three months, or more. You MUST wear a white belt until your Instructor feels that you have trained sufficiently, whereby you can continue training at the level at which you left.

# KEN SHIN KAI YOSHINKAN AIKIDO ORGANISATION UK

## KEN SHIN KAI - MONTHLY FEE PAYMENT FORM

Ken Shin Kai encourages new members to take part in (or watch) a first session  
**\*\*\* FIRST LESSON FREE OF CHARGE \*\*\***

Ken Shin Kai offers new members, four weeks training, included with the Joining Fee.  
This allows you to try out Yoshinkan Aikido and see if this is the Martial Art for you?  
Your monthly training fee entitles you to train at ANY of the classes currently available, see website  
for details of class locations and times [www.kenshinkai.org.uk](http://www.kenshinkai.org.uk)

You are free to cancel your membership at ANY time with no additional payments required.

### MONTHLY TRAINING FEES

*COST	MEMBERSHIP TYPE	PAYMENT METHOD	AVG. COST
£15 per month	Junior (under 17)	Standing Order	<b>From £1.88 per class</b>
£20 per month	Student / Unemployed / Leisure Card / Senior Citizen	Standing Order	<b>From £1.66 per class</b>
£25 per month	Adult	Standing Order	<b>From £2.08 per class</b>
£7 per session	Pay as You Go Adult or Junior. No early/late payments.	Cash	<b>£7.00 per class</b>

**\*Joining fee payable on second session attended. Includes 4 weeks training fees (Adults: £25, Students, Leisure Card holders, Unemployed, Senior Citizens: £20 and Juniors: £15). Proof of eligibility for discount may be requested.**

### CURRENT OFFERS

- £5 per month discount on junior training fees for each additional child living at the same address (providing one junior at that address is paying full price).
- £5 per month discount on Llandrindod Wells club training fees until 1<sup>st</sup> September 2018.

#### Terms and Conditions

- No refunds will be given for non-attendance or cancellations however refunds will be considered if you are absent for a minimum of 4 weeks and can provide a doctor's note.
- If you wish to cancel your membership it is YOUR responsibility to cancel your standing order payment (we have no ability to cancel or amend your standing order).

#### MONTHLY FEES - STANDING ORDER PAYMENT DETAILS

Once you have completed your initial "free" period of training, of up to four weeks, which is included in your joining fee, please ensure that you setup your monthly standing order. Fees must be paid every month even during holiday time, as holidays, cancellations etc. are taken into account when calculating the monthly fee.

**DUE:** SETUP WITHIN 4 WEEKS OF JOINING (4 WEEKS INCLUDED WITH JOINING FEE)  
**BANK A/C NO:** 10538787  
**BANK SORT CODE:** 20-69-34  
**ACCOUNT NAME:** KEN SHIN KAI HAMPSHIRE  
**REFERENCE:** PLEASE USE THE NAME OF THE MEMBER AS A REFERENCE

Website: [www.kenshinkai.org.uk](http://www.kenshinkai.org.uk) Email: [ksk@kenshinkai.org.uk](mailto:ksk@kenshinkai.org.uk)

# KEN SHIN KAI YOSHINKAN AIKIDO ORGANISATION UK

## MEMBERSHIP FORM (page 1 of 2)

This form **MUST** be completed **BEFORE** you commence training.  
**PLEASE PRINT CLEARLY AS UN-READABLE APPLICATIONS WILL BE REJECTED**  
In order to minimize paper work, all records are stored on a home computer.

### Personal Details:

First Name:	Sex:	Male	Female
Last Name:	Date of Birth:	(dd/mm/yyyy)	/ /
Address:	Tel:	(Home)	
	Tel:	(Work)	
Town:	Tel:	(Mobile)	
County:			
Postcode:	Emergency Contact Name:		
Contact Email:	Emergency Contact Number:		

### PLEASE CIRCLE THE CORRECT ANSWER

### Health Matters:

Do you suffer from any disability, illness or injury that may affect your practise of Aikido? (If YES, please give details on back in Health Matters.)	Yes / No
Do you require any medication (e.g. Inhaler, Tablets) to be available to you at all times? (If YES, please give details on back in Health Matters.)	Yes / No

### General Information:

Have you ever practised a Martial Art?	Yes / No (If YES, please give details on back.)
Do you hold a current BAB Licence?	Yes / No (If YES, please give details on back.)
Have you ever been convicted of a crime of violence?	Yes / No (If YES, please give details on back.)

### Advertising (IMPORTANT PLEASE COMPLETE WITH DETAILS):

How did you hear about this club? E.g. Facebook, Poster, Friend, Website, Leaflet etc.?	
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**I AM AWARE THAT THE PRACTICE OF AIKIDO & SELF-DEFENCE INVOLVES THE RISK OF SERIOUS INJURY**

**I HAVE READ AND UNDERSTOOD THE INFORMATION CONTAINED IN THIS MEMBERSHIP FORM AND I AGREE TO ABIDE BY THE RULES OF THE ORGANISATION. I UNDERSTAND THAT IT IS MY RESPONSIBILITY TO INFORM THE ORGANISATION OF ANY ILLNESS OR INJURY, WHICH MAY AFFECT MY PRACTICE OF AIKIDO, BY REQUESTING AND COMPLETING A NEW MEMBERSHIP FORM SHOULD I FEEL THAT ANY OF THE INFORMATION CONTAINED IN THE FORM THAT I HAVE SUBMITTED HAS CHANGED.**

**I HAVE READ AND UNDERSTOOD THE INFORMATION CONTAINED IN THE MEMBERSHIP INFORMATION SHEET AND KNOW THAT I CAN OBTAIN ANY ADDITIONAL INFORMATION FROM THE KENSHINKAI WEBSITE ([WWW.KENSHINKAI.ORG.UK](http://WWW.KENSHINKAI.ORG.UK)) OR FROM THE BRITISH AIKIDO BOARD (BAB) WEBSITE AT [WWW.BAB.ORG.UK](http://WWW.BAB.ORG.UK) OR FROM A CLUB INSTRUCTOR (PLEASE DO NOT CONTACT THE BAB DIRECTLY).**

**I UNDERSTAND THAT IT IS RECOMMENDED THAT I OBTAIN MY OWN PERSONAL ACCIDENT INSURANCE, SHOULD I NEED COVER IN ADDITION TO THE LIMITED BAB COVER THAT IS PROVIDED**

**SIGNATURE:** \_\_\_\_\_ (Parent or Guardian if under 18)

**PRINT NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**CLUB INSTRUCTOR:** \_\_\_\_\_ (PRINT NAME)

**CLUB INSTRUCTOR:** \_\_\_\_\_ (SIGNATURE)

**\*BAB Insurance is only valid when training in a registered dojo, with a registered instructor. Member-to-member insurance is only valid when training with members that are also insured with BAB Insurance. See Insurance page on the Kenshinkai website for all details. If attending external seminars (not hosted by Kenshinkai) please discuss insurance cover with the host of the seminar.**

Website: [www.kenshinkai.org.uk](http://www.kenshinkai.org.uk) Email: [ksk@kenshinkai.org.uk](mailto:ksk@kenshinkai.org.uk)

# KEN SHIN KAI YOSHINKAN AIKIDO ORGANISATION UK

## MEMBERSHIP FORM (page 2 of 2)

### Disability:

*What is the nature of your disability?*

- Visual impairment
- Hearing impairment
- Physical disability
- Learning disability
- Multiple disability
- Other (please specify):

### Health Matters:

### General Information:

### BAB Licence Details:

Issued By: \_\_\_\_\_ Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

### TO BE COMPLETED BY YOUR CLUB INSTRUCTOR:

<b>Membership Type:</b> <i>(Please tick below)</i>		<b>Start Date:</b> <i>(dd/mm/yyyy)</i> / /			
<input type="checkbox"/> <b>Adult</b>	<input type="checkbox"/> <b>Student</b>	<input type="checkbox"/> <b>Junior</b>			
<input type="checkbox"/> <b>Renewal</b>	<input type="checkbox"/> <b>New Applicant</b>				
<b>Association</b>	<u>Ken Shin Kai</u>	<input type="checkbox"/> <b>Affiliated</b>	<input type="checkbox"/> <b>Other</b>		
<b>CLUB:</b>	ALNS	Goryukai	Guest		
	FLC				
	LWSC (Powys)				

### TO BE COMPLETED BY YOUR LICENCE OFFICER:

<b>Membership No:</b>		
<b>BAB Licence No:</b>		
<b>Licence Issued:</b> <i>(dd/mm/yyyy)</i>	/	/
<b>Joining Fee Paid:</b> <i>(dd/mm/yyyy)</i>	/	/

**We reserve the right to decline your application at any time, without stating a reason.**