

# MARTIAL ARTS - KEN SHIN KAI ORGANISATION UK

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**PRINCIPAL COACH**  
GARRY MASTERS 8<sup>TH</sup> DAN

**CHIEF INSTRUCTOR**  
RICHARD LEWIS 6<sup>TH</sup> DAN

**SECRETARY**  
DEE MASTERS  
[kskaikido@outlook.com](mailto:kskaikido@outlook.com)

## WELCOME TO MARTIAL ARTS – KENSHINKAI

To help you become familiar with our organisation we have produced this Information pack.  
(However, if you have any further questions, please do not hesitate to ask)

- Come along and “have a go” at a first class for **FREE**. You can watch instead but we recommend you try out a class as just watching can be boring! Wear t-shirt, jogging bottoms and slip-on shoes and bring a drink.
- Please bear in mind that the classes are varied, and it is impossible to get a full understanding of martial arts by attending/watching one class only.
- For insurance reasons you will be required to fill in a membership form to provide you with insurance for your first class. 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 class that you attend. The joining fee will enable you to train at as many classes 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 all annual membership and insurance fees.
- Training fees are payable via monthly standing order or “pay as you go” basis (which means you are in control of the payments as there are no direct debits). 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 [www.kenshinkai.org.uk/cancellations.aspx](http://www.kenshinkai.org.uk/cancellations.aspx). We also have groups available on Facebook (Kenshinkai Members, Kenshinkai Juniors and Yoshinkan Aikido - Martial Art (Kenshinkai)) and feel free to friend request “Kenshinkai Aikido”.
- 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 checked, to discuss any child protection matters please contact the Club Welfare Officer (see website).
- From time to time, we will take photographs and videos of members participating in martial arts for advertising purposes. If you prefer that a member is not included in photographs or videos of training, please inform the club instructor.

**We hope that you decide to learn martial arts with Kenshinkai, and that you enjoy the time spent with the Ken Shin Kai 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 martial arts 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  
[www.kenshinkai.org.uk/cancellations.aspx](http://www.kenshinkai.org.uk/cancellations.aspx)*

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

Friday (Juniors 7+): 7.00pm - 8.00pm

Friday (Juniors Intermediate): 8.00pm - 8.45pm

Friday (Adults 16+): 8.00pm - 9.30pm

Sunday (Juniors 7+): 10.00am - 11.00am

Sunday (Juniors Intermediate): 11.00am - 11.45am

Sunday (Adults 16+): 11.00am – 12.30pm

\* Classes are usually held in the Gym/Hall or Sports Hall. See [ALNS community parking](#).

\* Entrance is via the Exercise Deck at the opposite end of the school to the car park. After parking you need to walk along the front of the school building (along the tarmac) to the far end and enter near the outdoor courts. There are 2 metal gates to pass through. One near the roadside (timer controlled) and the next near the school. Both should be open when you arrive/leave.

\* Traditional Weapons (jo, bokken, tanto) classes available on the last Friday of the month

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

Wednesday (Adults 16+): 8.00pm – 9.30pm

\* You do not need to be a member of Fareham Leisure Centre to attend classes, just inform reception that you are there to participate in an aikido class.

## **SENIOR INSTRUCTORS**

- Garry Masters – 8<sup>th</sup> Dan Principal Coach (45+ years martial arts knowledge)
- Richard Lewis – 6<sup>th</sup> Dan Chief Instructor (55+ years martial arts knowledge)
- Roger Bish – 6<sup>th</sup> Dan (45+ years martial arts knowledge)
- Malcolm Courts – 5<sup>th</sup> Dan (35+ years martial arts knowledge)
- Dee Masters – 4<sup>th</sup> Dan (30+ years martial arts knowledge)
- Eric Woodgate – 4<sup>th</sup> Dan (30+ years martial arts knowledge)
- Mark Coldbreath – 4<sup>th</sup> Dan (30+ years martial arts knowledge)

## 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 Aikido Alliance UK. For further details on the Insurance Cover please refer to the Aikido Alliance UK website ([www.aikidoalliance.co.uk](http://www.aikidoalliance.co.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 PA Insurance policy.
- If you have any further questions regarding insurance, you must direct these through your Club Instructor to the Principal Coach as Aikido Alliance UK 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.

- All junior members must be collected by a parent/guardian at the end of the class.
- 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.
- Always use correct and proper language, at all times.
- Encourage and guide participants to accept responsibility for their own performance and behaviour.

### GENERAL RULES

- Please arrive at the Dojo and be changed into your Gi at least 15 minutes before training begins.
- Bow on entering or leaving a Training Area.
- Please 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 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 martial arts 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.
- Most importantly, enjoy your training!

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## KEN SHIN KAI - MONTHLY TRAINING FEES

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- **Joining Fee: Junior £20 / Adult £25** - payable at second class attended, **INCLUDES** 4 weeks of classes.
- **Junior: £20 per month** - the monthly training fee for junior members (under 18), training in any of the junior classes (average class cost of only £2.50 per class).
- **Junior + Intermediate: £25 per month** – the monthly training fee for junior members (under 18), training in any of the junior and intermediate classes (average class cost of only £1.56 per class).
- **Adult - 1 class per week: £20 per month for Students, Unemployed, Blue Light & Leisure Card holders** – the monthly training fee for *discounted* adult members training one class per week (average class cost of only £5 per class).
- **Adult - 1 class per Week: £25 per month** - the monthly training fee for adult members training one class per week (average class cost of only £6.25 per class).
- **Adult - All Classes: £25 per month for Students, Unemployed, Blue Light & Leisure Card holders** – the monthly training fee for *discounted* adult members training in any of the classes available per week (average class cost of only £2.10 per class).
- **Adult - All Classes: £30 per month** - the monthly training fee for adult members training in any of the classes available per week (average class cost of only £2.50 per class).
- **"Pay As You Go"** option of **£7 per class** via Bank Transfer is also available, however if you are training 1 class a week, the above monthly payment options are cheaper!

Monthly training fees are payable via Standing Order (which you are in control of) and **INCLUDE** ALL Annual Membership, Insurance and Class fees. No additional costs except for gradings.

### **CURRENT OFFERS/DISCOUNTS:**

- There is a £5 per month discount available on Junior and Intermediate training fees, for each additional child living at the same address (providing one junior at that address is paying full price).
- There is a £5 per month discount available on adult training fees for Students, Unemployed, Blue Light and Portsmouth Leisure Card holders, *see discounted fees above*.

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### **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 due to illness or injury.
- If you wish to cancel your membership it is YOUR responsibility to cancel your standing order payment.

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### **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 considered when calculating the monthly fee.

**DUE:** SETUP 4 WEEKS AFTER JOINING FEE PAID  
**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: [kkaikido@outlook.com](mailto:kkaikido@outlook.com)

# MARTIAL ARTS - KEN SHIN KAI ORGANISATION UK

## MEMBERSHIP FORM (page 1 of 2)

### Personal Details:

First Name:	Date of Birth (dd/mm/yyyy):	/	/
Last Name:			
Address:	Phone (Home):		
	Phone (Mobile):		
Town:			
Postcode:	Emergency Contact Name:		
Email:	Emergency Contact Number:		

### PLEASE CIRCLE THE CORRECT ANSWER

Do you suffer from any disability, illness or injury that may affect your practice of martial arts?	YES / NO (If YES give details on back)
Do you require any medication (e.g. Inhaler, Tablets) to always be available to you?	YES / NO (If YES give details on back)
Have you ever practiced a Martial Art?	YES / NO (If YES give details on back)
Do you hold a current an Aikido Alliance UK Licence?	YES / NO (If YES give details on back)
How did you hear about this club? (e.g. Facebook Advert, Google Search, Internet, Friend, Poster, Leaflet etc.)	

I recognise that as a participant I am fully aware and accept the inherent risks involved in undertaking contact activities, such as martial arts, including the potential to contract or pass on Coronavirus/COVID or similar infectious diseases, and will comply with safety measures as directed by my coach/club/association and government guidelines. I am aware that the practice of martial arts & 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 a change of address or contact details and any illness or injury, which may affect my practice of martial arts, 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 Aikido Alliance UK website ([www.aikidoalliance.co.uk](http://www.aikidoalliance.co.uk)) or from a club instructor (please do not contact Aikido Alliance UK directly).

I understand that it is recommended that I obtain my own personal accident insurance, should i need cover in addition to the limited Aikido Alliance UK cover that is provided.

If signing on behalf of a junior member I am aware that it is my responsibility to ensure that someone is available to meet them at the end of class and ensure that they get home safely.

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

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

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

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

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

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

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## MEMBERSHIP FORM (page 2 of 2)

**Disability / Health / Medication Information (e.g. anything that may affect your training):**

**General Information (e.g., other martial arts practiced, insurance from another club):**

### **Aikido Alliance UK Insurance**

Please note that insurance cover 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 Aikido Alliance UK 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.

### **Data Protection**

We take the privacy of our members data seriously and will only use your personal information for club administration purposes and for communicating with you about your membership. Only the Membership Secretary and Treasurer will be able to access your details. As an Aikido Alliance UK member we will provide your name, contact details and date of birth to the Aikido Alliance UK to administer your membership including any relevant insurance cover. Aikido Alliance UK may use your data to communicate with you about your membership. More information about how Aikido Alliance UK uses data can be provided on request. We will never share or sell your data without your prior permission.

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### **TO BE COMPLETED BY YOUR CLUB INSTRUCTOR:**

<b>Membership Type</b>	<b>Tick Box</b>	<b>Monthly</b>	<b>Information</b>
Junior		£20	Standard Junior fee.
Junior Discounted		£15	Discounted Junior fee.
Intermediate		£25	Standard Intermediate fee.
Intermediate Discounted		£20	Discounted Intermediate fee.
Adult 1 class		£25	Standard Adult fee. 1 per week.
Adult 1 class Discounted		£20	Student, Unemployed, Blue Light card, Leisure card.
Adult any class		£30	Standard Adult fee. 1 per week.
Adult any class Discounted		£25	Student, Unemployed, Blue Light card, Leisure card.
PAYG		£10	