

For those who living abroad who wish to train at Hombu Dojo

Anyone who is a member of the Aikikai Foundation can train at Hombu Dojo. Below information frequently requested regarding this.

1. In order to train at Hombu Dojo you must become a member of the Aikikai Foundation. At dojo located abroad, this is usually done upon joining the dojo, or else upon registration of shodan grading. Upon completing registration with the Aikikai, you will receive a membership card and a membership number.

These do not expire and are good for life. Also, upon registering shodan you will also receive an International Yudansha Book. When wanting to train at Hombu Dojo, please bring something with your registration number with you. For those who are not yet Aikikai members, please complete the registration at the front desk upon arrival at Hombu Dojo.

2. If you wish to train as a Visitor, you can participate in any Regular or Beginner class. Other types of classes are not available to you. It is possible to join as many classes of those two types in a day as you wish. The fee for training is as listed on the homepage. For 1-7 days, it is 1575/day. For over 7 days please pay the monthly fee. The monthly fee begins the day you pay it and ends at the completion of the calendar month, not 30 days from when you pay. Please be aware of this fact. You can begin training immediately after paying the fee if you wish.
3. Please take you uniform home with you each day. Uniforms can be purchased at the front desk, though any white martial arts uniform is generally acceptable. Hakama are worn by men from shodan and women from 3rd kyu. This is the custom at Hombu Dojo. However, if you wish, you can wear a hakama from the time you register.
4. All necessary requirements for entering Japan (Visa, lodging) are the sole responsibility of the individual. Hombu Dojo does not provide lodging, laundry facilities or any other accommodations.
5. It is possible to watch Regular or Beginner's classes at any time. Please arrive before the beginning of class and sign in at the front desk. As you enter the dojo, perform a bow from seiza just inside the doorway. If you are not training, please sit in the back of the dojo to watch and do not interfere with the participants. Please refrain from taking photos or videos.

1. **Registration**

One can join practice at Hombu Dojo after filling out the Application Form available at the office and paying the registration fee.

* Office Hours: Monday-Saturday 6:00-19:30, Sunday 8:30-11:30

2. Membership card

All members receive a Membership Identification Card after completing the necessary forms.

This card should be presented at the office before practice, and picked up prior to leaving.

3. Fee

For Regular class - Monday to Saturday

Registration Fee (yen) 8,400

Monthly Fee (yen) 10,500

4. Timetable

Class type	Day							Time	Floor
	Sun	Mo	Tue	Wed	Thu	Fri	Sat		
Beginners' class		✓	✓	✓	✓	✓	✓	07:00 - 08:00	2nd floor
							✓	09:30 - 10:30	
		✓		✓		✓		17:30 - 18:30	
		✓	✓	✓	✓	✓		19:00 - 20:00	
Regular class		✓	✓	✓	✓	✓	✓	06:30 - 07:30	3rd floor
		✓	✓	✓	✓	✓	✓	08:00 - 09:00	
							✓	10:30 - 11:30	
		✓	✓	✓	✓	✓	✓	15:00 - 16:00	
		✓	✓	✓	✓	✓	✓	17:30 - 18:30	
		✓	✓	✓	✓	✓	✓	19:00 - 20:00	
Women's class			✓		✓			18:00 - 19:00	2nd floor
Sunday class (Regular)	✓							09:00 - 10:00	3rd floor
	✓							10:30 - 11:30	
Sunday class (Beginners)	✓							09:30 - 10:30	4th floor
Women's Special Course			✓			✓		10:30 - 11:30	3rd floor

5. * No classes on Japanese national holidays

AIKIKAI FOUNDATION

Aikido World Headquarters

17-18 Wakamatsu Cho, Shinjuku-ku, Tokyo, 162-0056 Japan

Phone: (+81) 3-3203-9236, Fax: (+81) 3-3204-8145
E-mail: aikido@aikikai.or.jp