

## **Aikido Yoshokai - Vermont: Information for Youth Students and Parents**

**PLEASE BE ON TIME:** Please be in the dojo (training area), dressed and ready for class no later than 4:25 pm. Go to the bathroom before class and wash hands thoroughly.

**ATTENDANCE/TESTING:** At the end of the session, some beginners and some continuing students will be eligible to test for Youth rank (Kyu) in Yoshokai Aikido.

*Testing is optional* and is separate from AYV - Brandon registration – additional requirements, forms, and fees are involved.

- Beginning students need at least 8 classes for their first test (9<sup>th</sup> Kyu; yellow belt)
- Continuing students (9<sup>th</sup> Kyu and above) should check their testing requirements in the member's section of the AYANA website ([www.aikidoYoshokai.org](http://www.aikidoYoshokai.org)). *Some ranks require a minimum age and/or more than 8 classes* in order to test.
- Testing techniques are incorporated into the plans of each class. Students must also practice techniques at home in order to be prepared for testing.

**HEALTH/SAFETY:** Clean hands, feet, face, hair, and finger & toenails are required. Nails must be clipped, and hair must be out of eyes and secured, if long. Hands must be kept clean while on the mat.

**UNIFORMS (DOGI):** Dogi is not required. If you do not have a dogi, please wear clean long-sleeved sweatshirt and sweatpants (no shorts) for class. Dogi belts may only be worn with a proper dogi. Other clothing (pants, sweatshirts) may not be worn underneath dogi (though a plain t-shirt may be worn under the dogi, if desired).

**SWORD (BOKKEN):** Bokken is required for students taking their second and subsequent tests. If you purchase a Bokken, students are responsible for their Bokken. They must store their Bokken properly and carry it to and from class in a case themselves. (Please do not carry your child's Bokken for him/her.) The Bokken is not a toy or just a wooden stick; it should never be used for play (games, Halloween, etc.) Bokken carrying case may be made at home or purchased, or a towel may be wrapped around the bokken and fastened with rubber bands.

**WATCHING CLASS:** Parents are invited to watch from the side of the dojo. No food is allowed inside the dojo. Please do not wear a hat or engage in other activities when observing class inside the dojo. (If you would like to do other activities, such as reading or working on a computer, please sit in the hallway during class.)

**IMPORTANT NOTE TO PARENTS:** Aikido involves a great deal of coordinated movement, concentration, and specific rules in an energetic atmosphere. Because we are providing both direction and discipline during class, it is important that we know in advance if there are particular limitations or special circumstances affecting your child. If your child is taking any medication on a regular basis or if your child has any injury, disability, or other condition that might affect his/her behavior or performance during class, please notify the instructor before class.

Thank you very much,

Contact information and websites:

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Aikido Yoshokai - Vermont

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AYV website: [www.AikidoYoshokaiVermont.org](http://www.AikidoYoshokaiVermont.org)

AYV also has pages on Facebook and Google+

AYANA website: [www.aikidoYoshokai.org](http://www.aikidoYoshokai.org)