

Welcome To Aikido of Nebraska

Welcome to Aikido of Nebraska. You have made a powerful choice to improve many aspects of your life. You will find that you are starting on a most unique endeavor. **Imagine yourself with the skills needed to defend yourself against aggression**, and the strength and focus to excel in today's dynamic society. If you are not familiar with Martial Arts, many aspects of the experience can be intimidating. But rest assured, you are welcome, and encouraged to start your own path of physical, mental, and spiritual development.

Basic Vocabulary

Aikido (EYE-KEY-DOE)= Harmony-Power-Way

Sensei (SEN-SAY)= Instructor

Dojo(DOE-JOE)= Training Hall

Zori (ZOE-REE)= Sandals/footwear

Shomen (SHOW-MEN)= Front of the mat

Budo (BOO-DOE)= Martial Way

Gi (GHEE)= Training uniform

Gambatte (GOM-BA-TAY)= Persevere/ Do your best

Your First Day

No matter how much you don't want to be, you will be nervous on your first day. Everyone who has gone before you has had similar anxiety. Everyone is self-conscious at first; it is natural. Remember to relax. This is a good time to ask questions. Remember, you are not expected to "know everything". You can only learn by allowing yourself to do things wrong a few times! Learning a Martial system involves going back to the basics; how to move your body, where to place your feet, etc., you can expect to feel uncoordinated. Soon, however, you will notice the time start to fly, and

you will start enjoying the simple act of training. It is important to train and develop at your own pace. It is natural to have periods of quick progression, followed by slower periods. Progress, however, is not made by a lack of trying!

Basic Etiquette (Reigi)

The Japanese culture has a rich and intricate system of etiquette. Some find it intimidating in this culture, because most Americans are "laid-back", and don't find it necessary. Nevertheless, in a traditional Aikido dojo, there is a certain amount of formality to everyday activities. First, bowing upon entering the dojo, upon stepping on/off the mat, and greeting others is considered appropriate. Bowing has no religious connotation; it is simply a sign of respect, the American equivalent of a handshake.

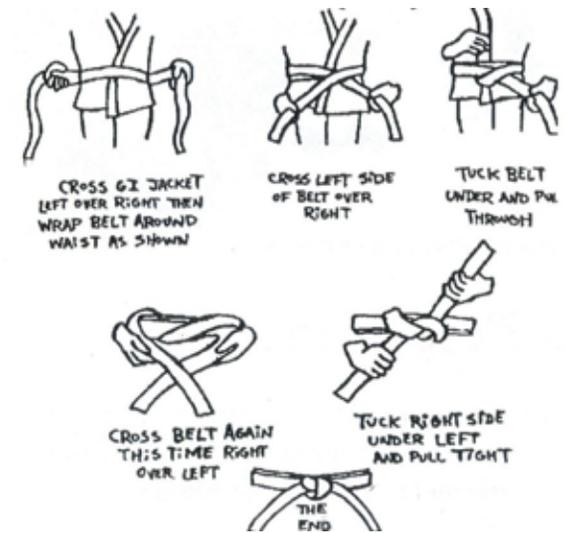
Second, when addressing the instructor, always use the term Sensei (SEN-SAY), i.e. "Hello Sensei", etc. The instructor is there to personally help you with your own development, it is proper to say thank you when you receive personal instruction.

Third, your senior students are addressed as Sempai (SEM-PIE), i.e. "Thank you for your help, Sempai", etc.

Fourth, your membership dues are used to support the function of the dojo. It is considered embarrassing for the instructor to have to ask you for your dues. Take care of your financial responsibilities, and do think that paying your dues "entitles" you to instruction. The instructor imparts his knowledge on those who are worthy of that instruction.

Your Uniform (Keiko Dogi)

Although it is not mandatory at first, eventually you will want to get your first practice uniform, called a Keiko Dogi (KAY-KO DO-GEE), or Gi (GEE) for short. Aikido students use a standard Judo-type uniform that can be purchased at the dojo or through online retailers. Make sure to get sized first as many uniforms have significant shrinkage. The pants are



worn with the double reinforced knee to the front. The jacket lapels cross left-over-right, and are held in place by the belt, called an Obi (O-BEE). Don't worry, the staff can assist you with any problems. How to tie the Obi is shown below.

What to Expect

For many, it has been a long time since they were in school. As an adult, it often becomes "comfortable" to be the expert at work, the authority over the children, etc. The process of learning is a difficult one, and you must get used to feeling "uncomfortable" again, and challenge yourself to do things you are not used to doing.

What is Expected of You

When you come to a martial arts school and sign up, you, wittingly or unwittingly, make an unwritten agreement with the instructor. The instructor promises to direct your training, to teach to the best of their ability, and to provide an environment suitable for your development. What, then, do you agree to do? The instructor expects you to attend your regular classes, to open yourself to the training process, and to act responsibly and safely. You are expected to not give up on the days you want to give up, and strive to overcome your weaknesses. You are also expected not to be too hard on yourself, and give yourself permission to

make mistakes occasionally.

How to Progress

COME TO CLASS- That is really all there is to it. You must start the journey of a thousand steps with the first step. There will be many obstacles with work, family, injuries, etc. that will test you from "going to class tonight". Some days you may feel "just too tired", and will talk yourself into staying home. Go to class anyway. You must realize that going to class regularly will give you more energy, and you will be better able to face all of life's challenges. Set your schedule to attend at least two classes/week no matter what. Make a commitment to yourself to learn the Martial Art of Aikido, and follow through. Remember, if Martial Arts didn't require effort and commitment, everyone would be a master. The Instructor and the senior students are there to help, but you must be present to learn.

Allow the instructor to perform his/her task, which is to direct your training in a way that will produce results. Resist the temptation to think, "Well, why can't I turn my feet that way?" or "That won't work if I do this". At first, it won't seem lifelike because the attacks are slow, and techniques are done step by step. Be patient. Even a concert pianist must start out with the basic building



blocks; learning the notes. You must also learn simple concepts of balance, foot placement, and interaction. Inevitably, those who resign the "How fast am I progressing?" or "Can I take my next test?" mentality, are the ones who ultimately progress the fastest.

Our Pledge to You

Our pledge to you at Aikido of Nebraska is to supply you the proper mental and physical tools to reach your goals in Traditional Aikido. It is one of the paradoxes of the Martial Arts; a focused study of the techniques of combat will allow you to be a better citizen, a better husband/wife, and a better father/mother, a better overall person. It is our sincerest wish to lead you to a lifetime of self-development. Although it sometimes seems trite in today's society, we consider it our duty to help you realize ideals like courage, integrity, honor, duty, and service, and apply them to your daily life. Through these ideals we hope you will find balance and peace in a challenging societal culture. It is possible to achieve your goals in life. It requires discipline, commitment, and focus. We can show you the door; it is up to you to walk through.

Aikido of Nebraska

Non-violent self defense and more

4209 South 33rd Street

Lincoln, Nebraska 68506

(402) 261-6655

email: info@aikidonebraska.org

www.aikidonebraska.org

Information for New Students

Aikido of Nebraska

Non-violent self defense and more