

## About Practice at Hombu Dojo (updated 2023/04/03)

### Changes as of April 3rd

Mask usage at the Aikido Hombu Dojo has been discretionary since June 2022. However, as the Japanese Government has recently announced a change in the mask usage policy, the Aikikai Foundation is updating Hombu Dojo's mask usage policy in the following ways.

**The use of masks at the Aikido Hombu Dojo (including inside the building, changing rooms and during practice) will remain discretionary.**

Please respect other visitors' decision of wearing or not a mask, and refrain from imposing your own. Your understanding and cooperation is appreciated.

## Requests for Participation in Practices

### ● About Visitor Practice Fee Participation

Notification about the resumption of Visitor Practice Fee and cost change

From Sunday October 31, 2021, the Aikido Hombu Dojo resumed accepting Visitor Practice Fees under the following conditions.

Start Date: From October 31st, 2021 (Sunday)

Price: Fee: ¥ 1,650 (tax included) → **¥ 2,200 (tax included)**

Applicable to Visitor members (persons whose main dojo is not the Aikido Hombu Dojo)

Aikido Hombu Dojo members must participate in at least one of the courses available, paying its monthly fee.

### ● Multiple Practice Participation

From March 22, 2022 (Tuesday), Hombu Dojo allows participation in multiple practices per day. When participating in multiple practices per day, **turn in your card for each practice**. Even if participating in multiple classes in a row, please make sure to resubmit your card at the front desk for each practice.

※Blackbelts are not allowed to practice in the Beginner Class.

- **Sanitize hands**

Upon entering the dojo, as well as before and after practice, please wash hands, gargle, and use hand sanitizer.

Please refrain from participating in the practice if you are not feeling well.

- **Mask Usage**

The use of masks at the Aikido Hombu Dojo (including inside the building, changing rooms and during practice) will remain discretionary.

- **Confirmation of Contact Information**

The Aikido Hombu Dojo is requesting updated contact information from all members. Persons who have not registered, or who have changed contact information, please inform the front desk, or fill out the online form.

Online form: <https://bit.ly/2TDbZq1>

- **About Blackbelts in the Beginners' Classes**

To avoid overcrowding, black belts will not be allowed in the beginners' class.

- **Disclaimer**

While the Aikikai Foundation and the Aikido Hombu Dojo work hard to prevent the spread of COVID-19 infection, we cannot be held responsible in the case of infection. You participate in practice at your own risk. Please receive the consent of your family members and other related parties before resuming practice.

## Behaviors in the Changing Rooms and in Dojos

- **In the Changing Room**

Please do not hold conversations in the changing rooms.

- **Hakama**

To avoid overcrowding, please put on and remove hakama in the dojo.

## Other

### ● About Practice Gear

Please bring your practice gear home every day.

The use of the 5<sup>th</sup> Floor Drying Area is prohibited.

### ● Conversations at the Entrance

Please do not hold conversations or gather in front of the entrance to avoid bothering the neighbors.

### ● Parking Areas

You may use the parking areas.

**The requirements may change without warning. When there are changes, they will be posted on the Aikikai homepage, so please check it regularly.**

Aikikai Foundation

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