



Iwama Shinshin Aiki Shurenkai

ABN 40 648 986 045

Welcome,

Aikido is a non-violent, non-competitive traditional Japanese Martial Art. With more than 20 years of training and over ten years of teaching experience, we have never had a serious injury.

However, as with any physical activity, the risk of injury cannot be eliminated. Therefore, before you join us on the mats, we require that you complete some important forms. The three forms we require are:

- A Membership Application (1 page);
- A Martial Arts Contract (3 pages); and
- A Pre-participation Questionnaire (3 pages)

You will also find attached guidelines on basic dojo etiquette.

By completing the attached forms, you are acknowledging the inherent risks involved in participating in a martial art.

Please take the time to read the information provided and to complete the forms carefully. If you have any questions, consult your instructor.

Once again, I'd like to welcome you to our dojo and above all enjoy your training!

Thank you,

Simon Harris
Chief Instructor
Iwama Shinshin Aiki Shurenkai
50 Stuart Drive
Woodend Victoria 3442
Australia
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MEMBERSHIP APPLICATION FORM

1. APPLICANT'S DETAILS:

Surname:

Given names:

Address:

Postcode: Ph (home): Ph (work):

Email:

Occupation: Date of Birth:

2. HEALTH DECLARATION:

Are you prescribed drugs which may impair reaction time or judgement?

YES If yes, what drugs
NO

Have you suffered any incapacity requiring medical attention in the past 12 months?

YES If yes, give details
NO

3. EXCLUSION OF APPLICANT:

Have you ever been excluded from Martial Arts in the past by a medical practitioner or any other person or entity or a Martial Arts Club?

YES If yes, give details
NO

4. DECLARATION OF UNDERSTANDING:

Martial Arts Is Dangerous

I have read and understood the terms of the Martial Arts Contract or if I did not understand the terms of the Contract I request an independent person to explain them to me:

Dated this day of 20

Applicant Signature

Witness Signature

5. GUARDIAN'S CONSENT: (for all persons under 18 years)

I hereby certify and decree that all the information contained in the declaration above is true and accurate.

Signature Relationship to Applicant

Address in full



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Martial Arts Contract

MARTIAL ARTS IS DANGEROUS

The following conditions must be read carefully:

1. Interpretation

"the Applicant" means the individual who signs this Contract and agrees to be bound by its terms and includes a guardian of that individual if the individual is under 18 years of age.

2. Acceptance

I, (full name)

.....

of (residential address)

.....

I, (full name of Guardian)

.....

of (residential address of Guardian)

.....

the Applicant, hereby agrees to be bound by the terms of this Contract with *Iwama Shinshin Aiki Shurenkai* and the persons named and described in Schedule 1, hereinafter jointly and severally referred to as "the providers". The providers agree to permit me to use their premises and facilities for Martial Arts, to instruct me in Martial Arts and related activities ("the service") upon and subject to the following terms and conditions:

(a) Club Fees

The Applicant will pay on demand the prescribed or stated fees for the service. Such fees may be notified to the Applicant by letter or memorandum or by notice displayed in the provider's premises or premises occupied by the provider or verbally.

(b) Medical Conditions

The Applicant warrants that he or she has not at any time suffered any blackout, seizure, convulsion, fainting or dizzy spells and is not presently receiving treatment for any illness, disorder or injury which would render it unsafe for the Applicant to take part in Martial Arts.

(c) Exclusion of Applicant

The Applicant warrants that he or she has not at any time been excluded from Martial Arts by a medical practitioner or any person or entity including a Martial Arts Club.

(d) Rights of a Consumer

If the Trade Practices Act 1974 or similar state laws apply to this agreement then certain terms and rights may be implied into this contract which operate for the benefit of the supplier flowing from them, cannot be excluded, restricted or modified by any provision of the contract.

PLEASE NOTE THE FOLLOWING:

If the Trade Practices Act 1974 or similar state laws operates so as to prevent the exclusion, restriction or modification of warranties otherwise implied by those laws then the liability of the offerer for breach of those warranties is limited to

- (i) the re-supply of the Martial Arts instruction and related activities; or
- (ii) the payment of the cost of having the Martial Arts and related activities supplied again.

(e) Waiver and Indemnity

In all other cases and except where inconsistent with the above, the Applicant for him/herself, his/her executors, administrators, dependants and other personal representatives, hereby absolves and indemnifies the providers and all their servants, agents, employees and other students or persons under the providers control (the "indemnified") from all liability howsoever arising for injury or damage (including but not limited to the Applicants' person, whether fatal or otherwise, property and personal belongings) however caused including by the negligence of the indemnified, arising out of or participating in Martial Arts or in connection with Martial Arts or in anyway caused by, or arising out of, any activity carried on by the indemnified.

I, the Applicant, have been advised and understand that the practice of Martial Arts is potentially dangerous.

I, the Applicant, agree to occupy and use the premises of the providers at risk to myself and release to the full extent permitted by law the providers, and their agents, servants, contractors and employees from all claims and demands of every kind in of or resulting from any accident or damage to property or injury or death to myself while undertaking training in martial arts with the providers.

(f) Martial Arts done at Applicant's own Risk

Any person training Martial Arts, or in activities connected with Martial Arts or participating in any activity carried on by this Club are only allowed to do so on the distinct understanding that they do so entirely at their own risk.

(g) Martial Arts not to be taught by Applicant

The Applicant agrees that he/she is in no way qualified or authorised to teach Aikido Martial Arts publicly or privately in any way whatsoever for personal, monetary or any form of gain whatsoever unless with the written authorisation of *Iwama Shinshin Aiki Shurenkai*.

(h) Acceptance

Performance of the provider's obligations under the contract may be effected by any one or more of the providers either jointly or severally.

(i) Governing Law

Any agreement entered into pursuant to this acceptance is to be governed by the laws of the State of Victoria the Courts of Victoria shall have exclusive jurisdiction to entertain any action in respect of any such agreement.

(j) Statement of Understanding

I, the Applicant have read, or have had read to me the above conditions and having understood the same, I consent to the activities proposed.

Signed (*Applicant*)

This (*date*) **day of** (*month*) 20

in the presence of (*signature of witness*)

[This contract **must** be signed by a guardian if the Applicant is under the age of 18.]

SCHEDULE 1

In addition to *Iwama Shinshin Aiki Shurenkai*, the providers in respect of this agreement include:

- (a) The staff, instructors, venue providers, including but not limited to:
 - (i) Macedon Ranges Shire Council
 - (ii) Simon Harris, Sean Seibold



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PRE-PARTICIPATION QUESTIONNAIRE

All information on this sheet is confidential.

Access to this sheet is limited to Instructors & First Aid Officers of Iwama Shinshin Aiki Shurenkai

Personal Details

Surname

Given Name(s)

Address

number

street

town

postcode

Phone:(hm)

wk

mob

Sex

M

F

Date of Birth

Occupation

Emergency Contact

Surname

Given Name(s)

Phone:(hm)

wk

mob

Relationship

Health Care Details (Optional)

Medicare Number

Private Health Care?

Yes

No

Private Doctor

Phone

Can the Doctor be contacted at all times?

Yes

No

after hours contact

Private Dentist

Phone

Can the Dentist be contacted at all times?

Yes

No

after hours contact

Any other relevant information?

Other Commitments

Do you participate in other sports?

Do you attend other groups / activities (eg scouts venturers, youth groups etc)

Please list any other regular commitments(eg part time work , music lessons etc)

<p><i>If yes please list</i></p>	<p><i>If yes please list</i></p>	<p>last 3 years? Yes <input type="checkbox"/> No <input type="checkbox"/></p>
<p>Are there any past injuries still effecting your performance? (eg pain or stiffness) Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p>Do you require specific taping/ padding for a previous injury? Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p>Have you sustained a fracture in the last 3 years? Yes <input type="checkbox"/> No <input type="checkbox"/></p>
<p><i>If yes please list</i></p>	<p><i>If yes please list</i></p>	<p><i>If yes please list</i></p>
<p>Have you ever had a head, neck or spinal injury? Yes <input type="checkbox"/> No <input type="checkbox"/></p>		
<p><i>If yes, please list</i></p>		
<p>Declaration / signature</p>		
<p>To the best of my knowledge all the information contained on this sheet is correct (if under 18 years of age, please have a parent or legal guardian sign)</p>		
<p>Signature:</p>	<p>Date:</p>	



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BASIC DOJO ETIQUETTE

“Aikido is the training of mind and body. It’s purpose is to produce sincere people.”

1. Since all techniques are entirely secret, they should not be revealed indiscriminately to the public. Wrongful use of any technique, by anyone, is prohibited.
2. Prior to training, shower if possible or, at the very least, wash your hands and feet. Ensure your fingernails and toenails are kept short, and that your dogi is clean and presentable. Consumption of alcohol or illicit drugs is strictly prohibited.
3. Be punctual and preferably early for class to help prepare the dojo (i.e. wherever possible, arrive 30 minutes early). If late to class, sign yourself in and wait quietly at the back of the dojo until the instructor indicates for you to bow in and join the class.
4. Upon entering and leaving the dojo, direct a standing bow towards the shomen (where the scroll hangs). A standing bow should be made whenever stepping on or off the mat.
5. Ensure the dojo is swept and the mats are wiped down before and after each class. Footwear must be worn at all times whilst in the building and not on the mat, especially between the change rooms and the dojo. Shoes are not permitted on the mats at any time.
6. Keep talk in the dojo to a minimum and keep your language clean. Prior to class, students should focus and centre themselves while warming up quietly. Save socialising for after class.
7. Maintain an alert and respectful posture at all times. Whenever the instructor is demonstrating a technique to the class (or to you and your partner), sit in seiza (kneeling) and watch quietly. If you are asked to take ukemi, bow quickly before moving swiftly towards the instructor. Once the demonstration has finished, kneel and bow once again, and thank the instructor.
8. After a technique has been demonstrated, bow to your partner and say in a loud voice, “onegai shimasu”. When the instructor signals to change the technique, stop practising immediately. Kneel and bow to your partner and say “arigato gozaimashita”, then return to the edge of the mat as quickly as possible.
9. For safety reasons, approach the instructor before leaving the mat for any reason during keiko.
10. Pre-existing injuries must be brought to the instructor’s attention prior to commencement of the class by recording them on the attendance register. Any injuries incurred during class must be also brought to the attention of the instructor and detailed on an accident report form. In the event of a blood spill, cease training immediately and alert the instructor.
11. Train safely and non-competitively at all times, protecting your partner through respect for their limits and experience. Do not engage in contests of strength.
12. For insurance purposes, students must sign in and sign out before and after every class. Annual membership fees, class fees and grading fees are to be paid in full on time. If you are experiencing financial difficulties, please see your instructor.