

TAKEMUSU AIKIDO MOTRIL

Rules for training

- 1 Be at the Dojo at least 10 minutes before training to help with preparing the mat space for practice. At the end of class help with cleaning up.
- 2 Keep hand and toe nails short. Make sure your gi is clean. Remove all jewellery. Turn off mobile phone unless absolutely necessary.
- 3 During practice keep all talking to a minimum and follow the instructions of the instructor carefully.
- 4 While the instructor is demonstrating sit in seiza and pay attention. Never sit against the walls of the Dojo or lean on your weapons.
- 5 All classes begin and end with etiquette which ensures trust and respect as basic parameters to contain the practice. Perform this with attention.
- 6 If late for class, perform the opening bow and await the instructor to bring you onto the mat.
- 7 During class do not leave the mat without the instructors knowledge and permission. This rule is for reasons of safety.
- 8 Always seek to practice with a curious, playful and joyful state of mind.

Guidelines for learning

- 1 Practice regularly. This is the only 'secret technique' in Aikido.
*Learning through practice is like pushing a cart up a hill:
if you slack off, it will slip backwards.
(Japanese Proverb)*
- 2 Cultivate 'beginners mind' (shoshin). Learn to leave aside what you think you know.
*In the beginner's mind there are many possibilities, but in the expert's there are few.
(Shunryu Suzuki)*
- 3 Take responsibility for your own training and learning and never accept or believe anything without critically examining it against your own common sense and experience (and don't forget to ruthlessly question these as well!).
*Instructors can impart only a fraction of the teaching. It is through your own devoted practice that the mysteries of Aikido are brought to life.
(Morihei Ueshiba)*
- 4 See the principles and essence of Aikido as universal and in the world around you and this will gradually close the gap between practice in the Dojo and it's application in the greater Dojo of everyday life.
Jikishin kore no dojo ("If the mind is straightforward, everywhere is the dojo.")

This phrase - JIKI SHIN KORE DŌJŌ - in Japanese, is attributed to Yuima, a great layman who was considered an enlightened teacher during the early stages of Buddhist development in India. The story goes that Yuima claimed to have come back from the dōjō where he had attained enlightenment. A young monk asked Yuima: where was this dōjō? The young monk told Yuima that he wished to go to this place and attain enlightenment as well. Yuima then answered: Jiki Shin Kore Dōjō, telling the young monk that the dōjō which he had returned from was not a building or a place but his straightforward mind.