



Information for Beginners

FEES

Dojo: Dojo dues are paid biannually or annually. Members will not be allowed to train, enter tournaments, nor test for rank promotion if they are behind in their dues.

DOJO DUES		
INDIVIDUAL	BIANNUALLY	ANNUALLY
Adult	\$110	\$200
Minor	\$90	\$160
FAMILY DISCOUNT		
Each additional immediate family member who joins will result in a \$10 discount for each members.		

Community Center: Dojo members are also required to join the Valley Japanese Community Center, whose facilities we use.

ANNUAL VJCC DUES	
Per Family	\$40

Kendo Federations: It is also necessary to join the local (SCKF) and national (AUSKF) governing bodies of kendo.

ANNUAL FEDERATION DUES	
Southern California Kendo Federation	
Adult	\$26
Minor	\$14
All United States Kendo Federation – \$10 intiation for new members	
Adult	\$60
Adult – Full-Time Student	\$30
Minor	\$30

EQUIPMENT

Starting: To begin you will need a shinai. Make sure it is the correct size and weight for your age and gender. Wear comfortable clothing, such as sweat-pants and T-shirt, or something you'd wear to exercise.

Joining Main Group: After three months there will be a skills test, after passing you will join the regular practice group and may wear hakama and keikogi. You should also purchase a bokuto for use in learning the Kata Bokuto Ni Yoru Kendo Kihon Waza Keiko Ho.

Wearing Bogu: After 3 months in the main group you will be tested again and if successful you can begin to wear bogu. You should also purchase mejirushi (also called tasuki) at this time for use in tournaments.



Information for Beginners (cont.)

REIGI (ETIQUETTE)

You will observe these things happening at practice, you should be following suit without being told. That is a necessary part of etiquette as things can vary from dojo to dojo and you must be able to fall in line when visiting another location on your own accord. If you always need to join late or leave early, then you should be doubling your efforts for the time you are there before or after practice. It's not an excuse to not help.

Before practice:

- Remove shoes before entering the dojo and line them up neatly.
- Bow 30° at the hips upon entering/ exiting the dojo towards the shomen (or head of dojo – which in our dojo is towards the stage).
- Help clean and maintain the dojo. These duties should be done by EVERYONE. Don't just assume somebody else will do it. If somebody is already doing it who outranks you, take over for them! If they refuse, then assist them and it will be done faster.
- Beginners, don't linger outside just because you don't need to change and put on bogu! These are not reasons for you to come in late, these are reasons you should be helping. Those further along than you have already done so when they were beginners.
- Turn on the 3 sets of lights, 2 switches to left of door, 1 to the right. During the heat of summer you may want to delay turning on lights to not add another heat source.
- Sweep the dojo and check for raised nail heads. Our floor is aging, we must inspect it prior to every practice to avoid injuries.
- Open the blinds, if it's warm open windows and doors as needed.
- If there are any chairs, trash cans, etc. in practice area, return them to seating area.
- If mirrors are exposed, close them. If you open one to observe your form, close it afterwards.

After practice:

- Turn off fan/air conditioner/heater if it is on.
- Put away uchikomidai (practice dummy), mirror, or any other equipment brought out.
- If you have a beverage, take the container with you. If you see empty containers left behind, put them in recycling bin.



Information for Beginners (cont.)

- Close doors, windows, and blinds.
- Turn off all lights.
- Lock the doors if you are a key-holder. If you need to remain later than all key-holders, ask them to lock the door before they leave.
- If you see trash on the ground outside, pick it up.
- Turn of lights in bathrooms and lock their doors.
- Close and lock the gate if you are the last one out. If you are second to last, drive through the gate and wait for the last person to close it and get in their car before leaving.
- If you have to leave early let a sensei or the person running practice know.

During Practice:

- Come early enough to give yourself enough time to change, prepare, and warm up before practice. If you are late, be respectful and enter quietly to avoid distracting others. Hurry to change and be ready, don't take your time while others are working hard. If joint warm-ups are occurring, join the group and bow before starting. If practice has started get in line and sonkyo when it's your turn before starting.
- At the beginning and end of practice line up quickly by rank with the highest ranking member starting near the stage. You shouldn't need to be told to line up, you should be aware and notice when it starts and hurry into position. Make sure to line up with your sempai (the person or people to your left) and follow their lead. You can use the lines in the wood to check and make sure your knees, shinai/bokuto, and kote are all in one line. If there are too many people to fit in a single line a second line may be started behind the senior students. If you are late, don't try to join the lineup after it's formed, stay off to the side on your own and hurry to get ready.
- Never lean on the stage or a wall, or sit unless you become suddenly ill or injured during class. If you are so exhausted you need to rest then stand or sit on the floor off to the side out of the way. Do not stay out more than one rotation. Please refrain from talking if sitting out to rest. Do not sit on the chairs unless you have properly excused yourself from practice and changed.



Information for Beginners (cont.)

- When moving around the dojo avoid walking in front of anyone. Walk behind them, if this is not possible and you must walk in front, slightly bow while extending your right hand. Do not step over shinai, bokuto, or other equipment.
- Make the most of every practice. Come prepared mentally and physically to participate fully.
- Maintain your equipment, especially your shinai. You should inspect it after every practice to avoid injuring others. Treat your shinai with respect do not use it as a cane and do not lean on it.
- While you are not using them please put your shinai/bokuto and any other equipment where others will not trip on them.
- If you or your opponents armor comes untied, shinai is broken, or some other issue, signal time out by raising your right arm. Explain the issue and then perform similar etiquette to ending/starting practice with somebody minus sonkyo, correct the problem, then start again.
- Avoid unnecessary discussion. Practice time is for practice. Chatting, questions, discussion, etc. is for after practice.
- Avoid verbally teaching. Teach by example. If you must verbalize something, make it short and quick. There is a lot of time and opportunity for discussion after practice and through other means. Don't waste the precious little time we have to practice with talking. The sensei, and as needed the most senior students, are there to do the teaching.