

Shugyou

Shintoku

修 業 心 得



*The meaning implies a
Life Altering Change and that our practice requires virtues of the heart as guiding principles.*

RULES OF TRAINING

It is necessary to respect the way in which the instructor of the class directs the training. Receive instruction and carry out suggestions for training sincerely and to the best of your ability. There is no room for argument on the mat.

It is the moral responsibility of each student never to use Aikido technique to harm another person or as a way to display his or her ego. It is a tool to develop a better society through the character development of the individual.

There should be no competition or conflicts of ego on the mat. The purpose of Aikido is not to fight and defeat an enemy, but to defeat your own fear and aggression. Aikido is not street fighting. The strength of Aikido is not found in muscular force, but in **flexibility, timing, control and modesty**.

Everyone has different physical abilities and reasons for study. These must be respected. True Aiki is the proper and flexible application of technique appropriate to any changing situation. It is your responsibility to cause no injury, and to protect your training partner and yourself. Be aware of your limitations. Rude behavior is not be tolerated. There should be no power struggles within the dojo. The dojo membership is one family and the path of Aikido is to move toward harmony. All students are studying the same principles. If you cannot abide by these rules, you will be unable to practice in this dojo.

