

WELCOME TO AIKIDO OF KONOCTI

Sensei Lance Giroux, Sandan (3rd Degree Black Belt) is Sensei / dojo cho. He has trained since 2000, and advanced in rank under Richard Strozzi-Heckler, Shichidan (7th Degree Black Belt), Shihan (Master) / dojo cho of [Two Rock Aikido](#) in Petaluma, CA. Lance Sensei maintains “membership” at Two Rock Aikido.

Aikido [Aikido](#) is a modern & evolutionary martial art, and it is a “practice” that introduces all levels (beginner and advanced) to learning that can assist daily living. Aikido was founded by [Morihei Ueshiba](#) (1883-1969), often referred to as “O’Sensei”, and considered one of the greatest martial artists of all time. Practicing Aikido requires patience. Ask for and give help. All senior students, sensei (teachers) and shihan (masters) started just like you. Some began at a young age, some started later in life. Some have physical disabilities; others do not. Some are highly athletic; others are not.

No matter when you begin or how fast you progress, all is good. Aikido is NOT about perfection, competition or quick advancement. It’s “a path” for self-realization and mastery. You’ll learn from your training partners, and from mutual accomplishments and mistakes. Improvement with specific techniques comes with diligent long-term practice and can surprise you. Your body will learn, at its own pace.

Our Affiliation Division 2, California Aikido Association (CAA) www.ai-ki-do.org. We align with [Two Rock Dojo](#), Petaluma, California. Rank advancement is governed by CAA guidelines.

Training Schedule

Monday & Wednesday	YOUTH ages 8-9	3:15 to 4:15 PM
	YOUTH ages 10-12	4:30 to 5:30 PM
	ADULTS & TEENS	6:00 to 7:30 PM
Thursday (morning)	ADULTS & TEENS	6:15 to 7:30 AM
	LOW IMPACT / NO FALL	8:45 to 10:00 AM

Dues/Fees*

\$60/month Adult (age18+) Membership dues for all classes except Seminars. Pay at start of month
\$45/month Teen (13-17) & Youth (8-12) Membership. Pay at start of month
\$15/class *Drop-In & Visitor Mat Fee*

*** Veterans, active & reserve military, nat’l guard, first responders receive discounts**

Seminars All levels (Adults & Teens - Beginners to Advanced) are WELCOME to attend seminars hosted by Aikido of Konocti. Seminars are taught by visiting sensei or shihan from other dojos. Seminars will be announced on our website and by flyers on our bulletin board. ADDITIONAL Fees are charged per seminar SEPARATE FROM monthly dues.

Required Forms Visitors and Members MUST complete a “Release of Liability” form. Everyone MUST maintain a “Training Card”. The following information is required: name, telephone number, email address and US Mail address. This information is maintained at the dojo to help keep you informed. Dojo rosters are electronically distributed to you and other MEMBERS. If you DON’T want other MEMBERS to have your contact information THEN PLEASE PRINT “OPT OUT” on your Release of Liability form. In that case your contact information WILL NOT appear on dojo rosters made available to others.

BEFORE EACH & EVERY CLASS IT IS YOUR RESPONSIBILITY TO PULL YOUR OWN “TRAINING CARD” FROM THE CARD BOX AND PLACE IT ON THE DOJO DESK SO YOUR ATTENDANCE IS DOCUMENTED.

Advancing in Rank Some train to advance in rank; others train with no desire to advance. Either is OK. Your intent regarding rank will be respected and honored. We are governed by CAA guidelines.

Please Invite Others Your friends, colleagues and family are always welcome to come and watch, or to step onto the mat and experience a class for themselves. This is how the word spreads about our dojo, and how we serve communities in Lake County and elsewhere.

AIKIDO OF KONOCTI DOJO ETIQUETTE

All students and visitors are asked to follow these basic guidelines. They ensure our training will be SAFE and RESPECTFUL, that our dojo is welcoming, and that we serve each other and our respective communities.

1. When entering or leaving the dojo, it is traditional etiquette to bow in the direction of the kamiza. Also, please bow towards the kamiza anytime you step onto or off of the mat.
2. When you enter the dojo please remove your shoes right away and place them on the shoe rack or aside the door in an orderly fashion. Shoes are NEVER allowed in the dojo or on the mat.
3. Be on time for class. If you arrive late, sit quietly in seiza off the back edge of the mat until the instructor gives you permission to step onto the mat and join the practice.
4. If you need to leave the mat or dojo for any reason during class, please inform the instructor.
5. Avoid sitting on the mat with your back facing the kamiza. Avoid leaning against walls or posts. It's OK to sit if you have to, but avoid sitting with your legs stretched out toward the kamiza.
6. Before practice REMOVE and safely store ALL jewelry, watches, rings and earrings.
7. Unless the instructor asks you for help, do not coach or teach others during class. This includes unsolicited coaching by yudansha.
8. Refrain from talking while sitting or kneeling seiza. During practice keep talking to a minimum.
9. Promptly follow the instructor's requests. Do not keep the class or others waiting for you.
10. DO NOT ENGAGE IN roughhousing or needless contests of strength. REFRAIN FROM TRAINING IF before class you drank alcohol (within 2 hrs), OR smoked marijuana (within 4 hrs), OR ingested marijuana (within 6 hrs).
11. Keep your training uniform clean and in good shape, and odor free. Keep fingernails and toe nails clean and shortly trimmed.
12. Promptly pay your monthly membership dues or daily mat fee. If you are unable to pay your dues or fees on time, talk with the dojo cho to discuss solutions.
13. Change your clothes off the mat, never on the mat. Hakama folding is allowed on the mat.
14. Everyone is a student. We come to study, practice and learn, not to gratify the ego. Receptivity and humility are strongly encouraged and advised.
15. Use common-sense standards of decency and respect for others and self at ALL times.
16. Train with joyful spirit, and at a safe and healthy pace for you and your training partners. This will serve you and your partners. Your body will learn at its own unique pace. BE PATIENT.
17. Your help in setting up and putting away the mats, and cleaning in and around the dojo and the changing rooms is DEEPLY APPRECIATED. In reality, this is part of training.
18. Please let others know about our dojo. They are welcome to visit and watch, or to step onto the mat anytime to get a sense of training and practice. Aikido of Konocti exists to serve you and our communities for all around good health and wellbeing.