



# York Shodokan Aikido Club membership application form

This form is to be completed *in capital letters*, signed, and handed to an instructor before training for the first time. Payment of the insurance is mandatory. **No valid insurance means no training!** Membership is open to all adults – 18 years of age or more. However, it is subject to an instructor reviewing your health questionnaire (see below) and the non-refundable payment of the insurance fee. After a couple of classes, if you decide that Aikido is for you, you will need to pay a yearly club membership fee and get a dogi (Japanese martial art suit). If you are unemployed or a university students, class fees are lower – ask for details. You can pay monthly at a much reduced cost per class.

<b>NAME</b>	Title	Forename	Surname
<b>Address</b>	Street Town Post Code		
<b>Date of birth</b>	Date / Month / Year		
<b>Phone</b>	Home		Mobile
<b>Email</b>	If you add an email address, you will be added to the club email list.		
<b>Emergency contact details</b>	Who? Phone and Mobile Address Town Postcode		Relation to yourself?

## Physical activity readiness questionnaire

Has your doctor ever said that you have a heart condition and recommended only medically supervised activities?	Write Yes or No
Do you have chest pain brought on by physical activities?	Write Yes or No
Have you developed chest pain in the last month?	Write Yes or No
Do you tend to lose consciousness or fall over as the result of dizziness?	Write Yes or No
Do you have either a bone or joint problem that could be aggravated by training in Aikido?	Write Yes or No
Has a doctor ever recommended medication for either your blood pressure or a heart condition?	Write Yes or No
Are you aware, through your own experience or from a doctor's advice, or any other physical reason why you should not exercise without medical supervision?	Write Yes or No
Are you either currently pregnant or have been pregnant ion the last six months?	Write Yes or No
Are you HIV positive or have hepatitis or any other blood-borne disease?	Write Yes or No
Have you had surgery in the last six months?	Write Yes or No
If you answered <b>YES</b> to any of the above questions: <i>Talk to your doctor before</i>	Acknowledge

<i>starting Aikido and show them this form.</i>	with initials
Are you allergic to anything, in particular medication and/or any item commonly found in first aid kits? If so, how severe is the allergic reaction?  Write details here.	Acknowledge with initials
Give details if you either suffer or have suffered in the past from migraines, epilepsy, hay-fever, diabetes, haemophilia, respiratory conditions, nervous conditions, any contagious or infectious disease (including cold sores), mental illness or any other illness or disease which the instructor might reasonably be expected to be informed of for the safety of yourself and other club members.  Write details here.	Acknowledge with initials
Give details of any injuries and/or physical disabilities that you have.  Write details here.	Acknowledge with initials

## Declaration

I,                     print Forename. Surname                    , acknowledge that, as in any physical activity, the practice of Aikido involves the risk of personal injury. I accept the responsibility for keeping the instructors informed of any change in information given and any other information that the instructors might reasonably be expected to be informed of for my personal safety and the safety of other participants. Furthermore, I acknowledge that I have read and understood the information on the safety and etiquette sheet.

Signature: \_\_\_\_\_ Date: Day / Month / Year

These membership sheets will be destroyed after a year of absence unless advised otherwise.

*No data will be passed to any third parties.*

York Shodokan Aikido Instructors are Members of Shodokan UK Ltd (a non-profit limited company). All Shodokan Aikido instructors are member of the Japan Aikido Association. Shodokan Aikido clubs are under the technical direction of Tetsuro Nariyama shihan, Shodokan Hombu, Osaka, Japan. York Shodokan Aikido Club is run on a non-profit basis. All fees paid by members and participants are used solely for the running and maintenance of the club .i.e. rent, equipment and administration. No fees are taken for instruction unless specified for a particular event or course.

Details of insurance can be found at the British Aikido Board's web site at [www.bab.org.uk/insurance/insurance.asp](http://www.bab.org.uk/insurance/insurance.asp). Details about the York Shodokan Aikido club can be found on the web site [www.york-aikido.org](http://www.york-aikido.org) which includes useful information such as Aikido history, class structure and the grading syllabus.

## For official use only

<b>Membership Number</b>	
<b>Insurance number</b>	
<b>Insurance due date</b>	<i>Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec</i>
<b>Membership due date</b>	<i>Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec</i>

<b>Grade</b>	<b>Date</b>	<b>Grading panel</b>
First session	Day / Month / Year	Name of the instructor that accepted the form.
8 kyu	Day / Month / Year	Name of the head instructor on the grading panel
7 kyu	Day / Month / Year	Name of the head instructor on the grading panel
6 kyu	Day / Month / Year	Name of the head instructor on the grading panel
5 kyu	Day / Month / Year	Name of the head instructor on the grading panel
4 kyu	Day / Month / Year	Name of the head instructor on the grading panel
3 kyu	Day / Month / Year	Name of the head instructor on the grading panel
2 kyu	Day / Month / Year	Name of the head instructor on the grading panel
1 kyu	Day / Month / Year	Name of the head instructor on the grading panel
Shodan	Day / Month / Year	Name of the head instructor on the grading panel
Nidan	Day / Month / Year	Name of the head instructor on the grading panel
Sandan	Day / Month / Year	Name of the head instructor on the grading panel
Yondan	Day / Month / Year	Name of the head instructor on the grading panel