



Roe Jan Aikido

Student Information Package

9 Anthony Street, Hillsdale, New York
Mail: PO Box 204, Copake Falls, NY 12517
Phone: 518 329-0380 Email: aikido@roejan.com
<http://www.roejan.com>



Roe Jan Aikido

Roe Jan Aikido is a chartered Berkshire Hills Aikido dojo created with the intention of bringing aikido to the Roe Jan Community.

Dora Filanowska Sensei, owner of Roe Jan Aikido, holds the rank of third degree black belt and is certified by Berkshire Hills Aikido as a Senior Instructor. She began aikido classes eleven years ago in 1994. While looking for an activity for her 8 year old son, Dora tried an aikido class. She was totally captivated and her practice with Ron Ragusa Sensei and Mary Eastland Sensei continues today.

Aikido training is a great mental and physical workout. At Roe Jan Aikido we develop strong self-defense skills as well as share the beauty and fun in practicing aikido. We train in a relaxed atmosphere where students are encouraged to progress at their own pace. Safety and enjoyment in practice are of paramount importance.

Aikido

Aikido is a non-competitive Japanese martial art developed by Morihei Ueshiba over the period of the 1930s to the 1960s. The word, Aikido, can be translated as “the way of spiritual harmony”.

Aikido incorporates a wide range of techniques which use principles of energy and motion to redirect, neutralize and control attackers. At its highest level, aikido can be used to defend oneself without causing serious injury to either the aggressor or the defender. If performed correctly, size and strength are not important for efficiency of the techniques.

Training is done through mutual technique, where the focus is on entering and blending (harmonizing) with the attack, not on sparring or competing with the attacker's power. Weapons training in aikido consists of jo (short-staff), bokken (sword) and tanto (knife).

Aikido is a practice for the development of mind and body. This martial art does not require physical strength or aggressive spirit but develops flexibility, coordination, balance and quick reaction. Come to class for a good workout and at the same time, have fun!

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Berkshire Hills-Ryu Aikido Charter

I. Mission

Recognize and develop Ki through the coordination of mind and body,
Develop strong self-defense skills through dedicated practice and study,
Integrate these skills into our daily lives and seek to share our knowledge with others we encounter on our path through life,
Encourage students to adopt Aikido training and philosophy as a way of life,
Allow students to progress at their own pace. Safety and enjoyment in practice are of paramount importance.

II. Core Principle

The core principle of Berkshire Hills-Ryu Aikido is the concept of the Continuous and Returning Center. As we practice our self-defense techniques, we seek to identify with the center that is common to both uke (attacker) and nage (defender). When the common center is correctly perceived, great power and stability is the result. The linking of our individual centers with the common center to form a unified whole is a manifestation of Ki energy. The practitioner's ability to feel and control the center (extend ki), forms the basis of powerful, effective self-defense technique. The internalization of the notion that this common center is continuous and ever returning is the goal of our practice.

III. Training Method

Our teaching philosophy revolves around the idea that Aikido is best experienced from the inside out. Each student has the living principles of Aikido as part of his or her innate nature. It is the instructor's job to help the student realize the nature of and explore the depths of these principles. Your purpose as a student is to be open to the emergence of Aikido as a natural part of your life process, realize your full potential through dedicated study and hard practice and apply what you learn to your daily life.



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DOJO ETIQUETTE

Safe and enjoyable practice are the two primary goals we strive for at our dojo. The simple rules of dojo etiquette that follow are applicable to both students and instructors.

Please:

- Keep your Gi and your feet clean.
- Clip your finger and toe nails.
- Do not drink alcohol or use drugs before class.
- No jewelry except plain rings.
- Let your instructor know if you have any physical limitations before class.
- Let your instructor know if you are going to miss more than a week of classes.
- Arrive for class on time, ready to practice.
- Respect yourself, your fellow students and your instructors.



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Class Schedule

Monday	7:00 pm – 8:00 pm
Thursday	7:00 pm – 8:00 pm
Saturday	8:00 am – 9:00 am

Dues and Test Fees

Single Class Fee \$10 per class

Membership Plans

Individual	\$ 60 per month
Family	\$ 75 per month

Test Fees

6 Kyu	\$ 30
5 Kyu	\$ 35
4 Kyu	\$ 40
3 Kyu	\$ 50
2 Kyu	\$ 70
1 Kyu	\$ 80

1st Dan	\$ 150
2nd Dan	\$ 150
3rd Dan	\$ 150

The dojo is available for other compatible uses when it isn't being used for Aikido classes. Please call for more information.

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Student Registration Form

Name:	
Parent or Guardian: <i>(If under 18 years of age)</i>	
Address 1:	
Address 2:	
City/Town:	
State:	
Zip Code:	
Phone Number:	
Email Address:	
Medical or Other Issues:	

LIMITATIONS OF LIABILITY AND RELEASE

In consideration of being accepted as a student of Sensei Dora Filanowska and Roe Jan Aikido, the undersigned or their Parent or Guardian hereby expressly agrees to release from any and all liability and hold harmless Sensei Dora Filanowska, her instructors, agents, or Roe Jan Aikido from personal damage or loss of any kind including but not limited to claims for personal injury or property damage resulting from accident or negligent act or omission of the above mentioned instructors, agents and landlords and arising out of Aikido training sessions or instruction, participation in demonstrations, camps or seminars, or resulting from the use of equipment or facilities of Sensei Dora Filanowska either on her premises or elsewhere.

The undersigned further states that he or she has been advised of, and has observed personally, facts which evidence inherent dangers in practicing the martial art of Aikido. The undersigned acknowledges the existence of and assumes the risks which are inherent.

Signature

Date

Parent/Guardian *(If under 18 years of age)* Date