

Instructor Certification Aikido Seminar

led by Hoa Newens Sensei, 6th dan
TAA Certified Instructor Trainer



at [Aikido in Fredericksburg](#)
Friday - Sunday, September 24 - 26, 2010

\$199 seminar fee includes lunch on Saturday
\$249 after September 1

6155 Hickory Ridge Road, Spotsylvania, VA 22551

(I-95 exit 126, go south 5 miles on US1, and turn right onto VA 632 which is Hickory Ridge Rd,
go 1.4 miles and turn right into the paved driveway)

Aikikai black belts are eligible to participate.
Call Aviv Sensei for more info at 1.540.582.9600 or email aviv@aikidoinn.com
limited overnight accommodations available

Seminar Leader Hoa Newens Sensei, 6th Dan

Hoa Sensei began his training as a youth in 1967 under Dang Thong Phong Sensei. He studied with Seiichi Sugano Sensei, and then Saito Sensei and came to the Aikido Institute of Oakland in 1978. He later became the Chief Instructor at the Oakland Dojo, before establishing Aikido Institute of Davis where he is the Dojo Cho. Hoa Sensei's taijutsu and bukiwaza exhibit both grace and precision. He is an accomplished aikidoist, instructor, family man, civil servant, and serves on the Board of Directors and Teaching Committee of the Takemusu Aikido Association. He has been instrumental in the development of the TAA Teacher Certification Program and is a TAA Certified Instructor Trainer.



“Each teacher will have a unique way of presenting a technique. In this course we'll look at the essence of the techniques and their underlying principles; the detail of the form does not matter as much. This course is not a rehash of technical details, we will be focusing on the teaching method.” – Hoa Sensei

Seminar Schedule

<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
7 – 8 PM	8:30 – 10 AM	9 – 10 AM
	10:30 - 12:00 Noon	10:30 - 12:30 PM
	12 - 1:00 PM Working Lunch	
	1 - 5 PM	

bring bokken, jo, and an open mind

Seminar Registration Form and Liability Waiver

(submit to aviv@aikidoinn.com or mail in prior to September 1, 2010 with your non-refundable discounted \$199 seminar fee \$249 thereafter if space is still available)

Name _____
Address _____
Telephone _____ Email _____
City, State _____ Zip _____
Home Dojo _____ Rank _____
Personal Goals for the Seminar _____

Emergency Contact Information _____

READ THE FOLLOWING CAREFULLY - IT LIMITS OUR LIABILITY

I, the undersigned guest of AIKIDO IN FREDERICKSBURG and Hoa Newens (hereafter called "Schools"), acknowledge that I am applying for instruction in a martial art involving strenuous exercise and personal body contact. I acknowledge that any insurance that the Schools may carry may not cover injury to any of its students. I do hereby hold the Schools, their instructors, lessors, volunteers, and agents harmless from any and all liability (including attorney's fees and costs) for all claims, actions, or damages due to injuries suffered by me or caused to third parties by me, arising out of activities involving Aikido, or any variation thereof, whether occurring on the premises of the Schools or elsewhere. I agree to abide by the rules of the Schools and to follow all instructions given by instructors during the course of my instruction. I agree to receive relevant correspondence from the Schools at the above address and permit the Schools to use any photos or videos of me from the event.

Date _____

Signature _____

Those who want to apply for the TAA Fukushido Certification must pay the \$50 Certificate Fee to the Takemusu Aikido Association and submit a completed application at the end of the Seminar.

Takemusu Aikido Association Fukushidoin Certification Course

Objective

Upon satisfactory completion of this course, students will have acquired the essential knowledge and information and core minimum skills to become effective assistant-instructors of Aikido. Note that in addition to completion of this course, there are training and teaching experience requirements to complete the TAA Fukushidoin certification.

Pre-requisites

1. Aikido Yudansha with relevant experience.
2. Knowledge of basic information about Aikido and the TAA.
3. Proficiency in basic taijutsu and bukiwaza.

Target

This course focuses on the needs of an assistant-instructor who has some light teaching responsibility in a dojo, under the supervision of a Chief Instructor.

Format

The course includes a combination of 10 hours of mat work and 2 hours of lecture/discussion. Students' interaction with the instructor is encouraged.

Mat work includes:

- Identify and work on physical and energetic components of each technique
- Explore strengths and weaknesses of each technique
- Work on best way to present techniques to facilitate assimilation

Each student will be provided with a binder containing essential information that can be used for note-taking.

Satisfactory Completion

A student must attend and actively participate in all classes to complete the course satisfactorily. Upon satisfactory completion the Course Instructor will sign off the relevant sections on the TAA Fukushidoin Application and Checklist.

Course Syllabus

Subject Area	Duration (minutes)
1) TAA Instructor Certification Program	10
2) Fukushidoin - Role and responsibilities	10
3) Background on Aikido and Iwama	20
a) O Sensei's life	
b) Historical development of Aikido	
c) The major branches of Aikido	
d) Saito Morihiro Shihan and Iwama	
e) Present-day Ibaraki	
4) Takemusu Aikido Association	30
a) Background & organization	
b) Goals & vision	
c) Administrative matters	
d) Ranking policy and guidelines	
5) Requisites for instructors	60
a) Dedication to the dissemination of Aikido	
b) Technical proficiency	
c) Code of conduct & Ethics	
6) Technical Curriculum – Basic	
a) Basic Taijutsu	
i) Tai no henko	20
ii) Morotedori kokyuhō	20
iii) Kokyu dosa	20
iv) Ikkyō	30
v) Nikyō	30
vi) Sankyō	30
vii) Yonkyō	30
viii) Iriminage	30
ix) Shihonage	30
x) Kotegaeshi	30
xi) Koshinage	30
xii) Kokyunage	40
xiii) Ushirowaza	40
b) Basic Bukiwaza	
i) Ken suburi	30
ii) Jo suburi	60
iii) Ken awase	30
iv) Jo awase	30
7) Teaching presentation	60
TOTAL TIME	approx. 700