



Riai Aikido Wellington

Free training at City dojo

City Dojo is often available for use on Fridays and Sundays (other than allocated or booked times) and on Mondays and Wednesdays before or after class. This policy refers to members' use of such times, known as free training.

This can be for reasons of grading preparation, research and exploration, refining a troubling technique, or whatever an individual is seeking or exploring.

Conditions for free training:

- A nidan or two shodans must be present: they are responsible for safety and observance of dojo protocol
- Will be open to all graded members, but not beginners / white belts
- Will not have a stated purpose: anyone can attend for their own reasons
- Does not count towards hours or days trained
- Weapons use (as uke or nage) by 2nd kyu and above only (weapon on weapon training must be approved by me)
- Times must be agreed with me and I will advertise them in advance so that all can partake (by email plus notice in City Dojo)
- If WJJA (Judo) are training at the same time, then the mat space and facilities will be shared on a fair and reasonable basis

There will be no teacher or teaching, just self-guided partner practice by mutual agreement. Members may pre-arrange a training partner, or turn up and join in at the time. Anyone without a pre-arranged partner must be assimilated, as for example threesomes, so that all get a fair share of free training time.

Conrad, dojo cho City
21 August 2016