**ASSOCIATION OF KI AIKIDO**

**(AKA)**

**Constitution/Rules**

**Aims**

**Principles**

**Membership**

**Etiquette**

**Gradings**

**Health and Safety**

**Running of the AKA**

**Complaints Procedures**

**General**

1. Aims
   1. To teach and learn ki Aikido. To deepen and spread understanding of ki and Aikido. To extend the spirit of Aikido at all times.
2. Principles
   1. Respect towards all
   2. Compassion towards all
   3. Non-aggression at all times
   4. No competition with others
3. Membership
   1. Students and teachers who practise regularly must join the Association.
   2. Members agree to uphold the principles and aims of the Association and follow its rules and procedures.
   3. Beginners will be allowed seven weeks practise before they need to join. Other newcomers from other Aikido associations will need to join after their first session of practice.
   4. Membership fees, which include insurance costs, are payable on an annual basis and should be paid up-to-date.
   5. The AKA reserves the right to suspend or cancel the membership of any member whose behaviour brings or threatens to bring the Association into disrepute.
4. Etiquette
   1. All students must practise a high level of Aikido etiquette, including:
   2. Showing respect to all those practising Aikido and other martial arts
   3. Showing respect to those at higher levels when they demonstrate or correct a technique
   4. Moving quickly when instructed to start or stop practising
   5. Handling weapons with care, and treating wooden weapons as real
5. Gradings
   1. Up-to-date membership of the Association is required for any student who wishes to grade. Examiners may also grade members of another suitable WAKO GB affiliated organisation at their discretion.
   2. Students may only grade with permission of their sensei.
   3. 6th kyu grading can be taken at any time following completion of a beginners’ course. 5th kyu to 1st dan gradings may only take place at least six months after the previous grading. This is a minimum and the gap may be longer.
   4. Dan gradings must be a minimum of three years apart.
   5. The minimum grade for teaching a class is 3rd kyu (green belt).
6. Health and Safety
   1. Students shall take great care over their safety on the mat and those of all fellow students at all levels
   2. Students must stop what they are doing and move quickly to kneel at the side of the mat *immediately* a sensei claps hands, shouts to stop or instructs them to cease in any other way.
   3. If a student needs to leave the mat for any reason, they must if possible inform the sensei.
   4. If a student below dan grade wishes to join or return to the mat during practise, they must wait to be invited on by the sensei.
   5. If a student is injured, the sensei should be informed immediately.
   6. Students shall conform to the highest standards of hygiene, keep nails short, remove rings, jewellery and any other potentially dangerous ornaments, or tape them over.
7. The Running of the AKA
   1. Decisions relating to teaching, syllabus and gradings - the Chief Instructor’s decision is final after taking advice as appropriate from senior senseis.
   2. Decisions relating to other matters regarding the regular running of the AKA - the Chief Instructor’s decision is final, however he will be guided by a majority decision of the senior senseis, and will only deviate from that in exceptional circumstances, and after giving his reasons.
8. Complaints Procedures
   1. Members of any rank who infringe the principles of the Association on or off the mat may be subject to minor or major disciplinary measures including suspending or banning them from practice or removing their membership, subject to the complaints procedures below.
   2. Minor complaints should be directed to one of the association’s senseis or to the current Welfare & Complaints Officer, who should deal with the situation swiftly after speaking where possible to both sides.
   3. Serious complaints should be directed to the Chief Instructor or the Welfare Officer. who will designate three or more senior members either led by himself/herself or by another senior sensei to listen to both sides and take appropriate action as 5.1 above, by majority decision. The reason for the decision should be given and members informed of their right to appeal.
   4. The Chief Instructor may overrule such decisions under 5.1 or 5.2 in exceptional circumstances, giving the reason for his decision.
   5. Members may appeal against decisions to the Chief Instructor, to Aikido for Daily Life and/or to the British Aikido Board.
9. General
   1. The Association is affiliated to Aikido for Daily Life and the Association and its members are governed by the rules and regulations of Aikido for Daily Life.
   2. This Constitution may be changed by the Chief Instructor in consultation with senior senseis.
   3. The actions of the Association and its members are subject to the laws of England and nothing in this constitution removes members’ statutory rights.

Amended March 2020