

Aikido & Healing Arts Center of Roseville

Membership Registration Form Page 1 of 4

Date: _____

First Name: _____ MI: _____ Last Name: _____

Home Address: _____

E-Mail: _____

Home Phone: _____ Cell/Work Phone: _____

Occupation: _____ Date of Birth: ____/____/____

Last school or studio attended: _____

Previous Training Experience: _____

Current Martial Arts Rank(s): _____

Desired Training Start Date: _____

List names of any referrals made if applicable: _____

How did you find us?: _____

Do you have any training/fitness goals?: _____

What would you like most to get out of your membership?: _____

Please list any other alternative mind-body practices you are interested in: _____

Please list any health problems, either temporary or permanent that could be affected by strenuous physical training. Always check with a physician before beginning any course of rigorous activity. If you have no health problems then enter "None":

Membership Type (check one): _____ solo _____ couples _____ family _____ Kids

List all names for couples and family memberships: _____/

_____/_____/_____

Membership Registration Form Page 2 of 4

Membership Program (list the arts you have selected): _____

Initial Payment Amount: _____ Payment Method: _____

Payment Schedule Chosen: _____ Monthly _____ Quarterly _____ Semi-Annual _____ Annual

Using any promotions or discounts?: _____

Dojo Etiquette for Aikido Students

- When training in Aikido, upon entering and leaving the dojo mat area, a formal bow is expected in the direction of the shomen as a sign of gratitude and respect.
- Please always be courteous and helpful with each other when training, and respectful of each student's skill level so as not to cause undue harm.
- If another student is being disrespectful to you or being overly aggressive, please talk to the Instructor so the matter can be remedied.
- The health and safety of this environment is managed by the staff and the instructors, but it is also everyone's responsibility to foster a safe space in which to train.
- Please notify the Instructor if you need to keep your pager or cell phone on during the class. Please limit this to emergency calls only.
- If you arrive late to class, please sit off to the side of the mat and wait for the instructor to grant you permission to come on to the mat.
- If a class is cancelled, notification of members will be attempted giving as much notice as is possible. Notice will be via e-mail to all students, so please check your e-mail before coming to class.
- Promotions, dojo updates and events, seminars and newsletters will be provided to each member via e-mail. If you do not wish to receive anything from the dojo by e-mail, please let us know.
- Members have no obligation to inform the instructor if they are unable to attend class.
- Please do not walk on the matted area with shoes.
- Occasionally we will perform a quick wipe down of the mats after class and would appreciate your help in this traditional activity.
- If you must leave class before it ends, quietly bow out off to the side. You do not need to inform the Instructor.
- During class, please only perform the techniques the instructor has demonstrated. Do not deliberately add variations or instruct other students during training unless the Instructor asks you to help another student. Training should be done with little to no conversation. If you are having difficulty with a technique, please ask the Instructor for help.

Membership Registration Form Page 3 of 4

Dojo Etiquette Continued

- Please do not compete with each other or try to intentionally resist techniques. Resisting joint locks or throws may cause injury.
- Any injury acquired before or during class should be reported to the Instructor and made aware to your training partner so as not to worsen the condition.
- Please stop the technique you are performing if you or the mat is tapped by your training partner or if you receive a verbal request to stop from your training partner or the instructor.
- Please do not leave valuables unattended. It is the member's responsibility to ensure that their valuables are contained in a safe location.
- It is up to each student to ensure that they receive credit for attending class by properly checking in. Rank promotions are based both on class attendance and skill level. If you are unable to participate in a class but would still like to be present to observe, you will still receive credit for the class.
- A Gi is required for training. If you do not have a Gi or cannot obtain one, please inform the Instructor so one can be provided to you.
- Please remove jewelry when training.
- Please keep finger nails short and clean.

General Information

- Aikido is the study of harmony and connection and is also known as the way of non-resistance. The focus is on cooperation rather than competition. Learning the basics of the art, such as handling conflict and physical aggression using blending and circular movements often takes longer to grasp on average versus training in other Martial Arts, so the average length of time for a committed student training at least 3 days per week to reach Black Belt is about 3 years.
- Monthly dues are expected to be received during the first week of every month and no later than the 7th day of the month. If you are unable to pay the monthly dues, or decide you want to leave the school, please let someone from the Healing Arts staff know. The school strives to help its students and to also maintain a positive relationship with members and former members. If you should fall on difficult financial times, but would still like to train, please inquire about the school's financial assistance program.

Membership Registration Form Page 4 of 4

General Information Continued

- The dojo offer its members reward points or credits which are based upon various factors such as total number of members at the school, the type of membership a member has, and for how long they have been a member. Healing Arts Credits are not a guarantee of membership and will be provided as long as the business is financially able to. Credits may be used to receive discounts on any other Healing Art service with any other practitioner that this business has a signed Affiliation Agreement with. The Healing Arts credits are specifically designed to support other practitioners in alternative mind-body medicine practices and offer members a discount on those services.
- Healing Arts Credits may be gifted to another person and do not expire after a member cancels their membership. Members only utilizing the credits and discounts for other services but not training on the mat, may gift their allowed participation in Aikido to another person. The gifting of mat time to another person is only allowed if the member will absolutely not be training on the mat. Healing Arts Credits are not redeemable directly for cash and cannot be used to reduce monthly dues.
- If you cancel your membership before the 15th day of the month, you will be refunded for the remaining days in the month, calculated using the following equation: $(1/30 \times \text{\# of remaining days in the month} \times \text{member's monthly rate})$. If you cancel past the 15th day of the month then you will be responsible for the full month's payment. If you are on a quarterly, semi-annual or yearly plan you will be reimbursed for all of the months in your plan that you did not use in addition to the days in the month in which you gave notice of cancellation, assuming you cancelled before the 15th day of the month.
- If you need to cancel your membership, written or verbal notice is required and the date of cancellation noted on the member's contract.
- If you will require a leave of absence from the dojo for 1 or more months at a time, you must inform the Head Instructor so you are not marked down as delinquent on your monthly dues and your membership account is not cancelled.

I fully understand and agree to the above terms (signature): _____

Date: _____

Date of notice of leave of absence: _____ Date of return from leave: _____

Date of notice of cancellation: _____ Date of notice of re-activation: _____

Head Instructor/Owner (signature): _____ Date: _____