



CANADIAN AIKIDO FEDERATION CODE OF CONDUCT

Identification

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Application: This Code of Conduct applies to all persons who are members of, or training in a Canadian Aikido Federation (CAF) dojo or who are attending any CAF function or dojo for any reason.

Enquiries: Any questions or concerns regarding this Code of Conduct should be directed to the CAF Secretary. The Secretary email and mailing information can be found on the CAF website:
<http://www.canadianaikidofederation.ca/index.php>

Introduction

This Code of Conduct is intended to provide direction regarding appropriate conduct for CAF dojos and registered participants as well as to other persons training in CAF dojos or participating in any CAF function or event. It also applies to all CAF registered participants training or practicing elsewhere. As registered participants of the CAF, they represent the CAF.

Definitions

CAF Aikidoist – A practitioner of Aikido at any level and who is a registered participant of the Canadian Aikido Federation.

Other Persons – A person, who while not a member of a CAF dojo, is in a CAF dojo for another event, or for a trial class etc.

CAF Dojo – Any dojo in Canada which is affiliated with the Canadian Aikido Federation, abides by its rules and policies, and is in good standing with regards to annual dues.

Context

Aikido is a Japanese Martial art which is practiced in close quarters and carries with it inherent possibility of injury. It is the goal of the CAF and all CAF dojos to offer a clean and safe training environment free of any prejudices or harassment of any form.

Policy Statement

Aikido, founded by Morihei Ueshiba, is a way of harmonizing with the unlimited *ki* (power) of the universe; it is a way of transcending conflict and creating a world of peace and love for all living things. Dojos must acknowledge their connection to Morihei Ueshiba as the founder of the art.

The CAF recognizes that Aikido is a martial art that carries with it an inherent risk of injury. It also recognizes that Canada is a diverse nation with a population of many different ethnic origins. The CAF has laid out the Code of Conduct to ensure that all people training in, or associated with the CAF or a CAF dojo are doing so in a clean, respectful, environment free of prejudice or harassment.

1. Aikido is a martial art which is hierarchical in structure. All participants must accept this hierarchy and show appropriate respect to their instructors and more senior members. Formal etiquette of the dojo is an inherent aspect of the practice of Aikido and must be observed.
2. Through Aikido, we cultivate strong mind and body and acquire a correct way of breathing and embracing the power of the Universe. Aikido is for polishing our character and , and also for helping each other develop personally and spiritually to a higher level. We are to improve society and guide others.
3. Aikido is a way of *shugyo* (self-discipline in pursuit of enlightenment), and the teachings embedded in Aikido are profound and sacred. The dojo is a place for such *shugyo*. The teacher and students in Aikido must keep this in mind and engage in earnest training toward self-improvement.
4. During practice, students must follow the teacher's instructions closely and train seriously and safely without accidents. Training must be carried out pleasantly and harmoniously without conflict.
5. Students are expected to practice together with all other participants regardless of gender, age, ethnicity, creed, sexual orientation, rank, or any other defining characteristic.
6. Students must not deviate from the given instructions or engage in a self-serving practice in class. They must not engage in *ara-waza* (vigorous or rough techniques), *kaeshi-waza* (counter techniques), *henka-waza* (modified or unexpected techniques), or *renraku-waza* (combination techniques), unless so instructed. They must not engage in unproductive resistance or forceful competition with each other. When practising technical forms in Aikido, both the *nage* and *uke* (*tori* and *shite*) must obey the teacher and make efforts to learn accurate forms and the proper flow of *ki*, and help each other in the learning process.

7. Students must refrain from engaging in private conversations and unnecessary chats, being inattentive to instructions, or making excuses for their inattention. Instructors and students must engage sincerely in learning and training aligned with the harmonious principles of Aikido.
8. Instructors must be kind and patient with students, and demonstrate a sense of responsibility, gratitude, care and respect in dealing with students. Instructors must treat students as precious beings entrusted to their care and guidance. Instructors must consider each student's personality, physical strength, technical level, age, and personal circumstances, and take care to avoid injuries. The manner of instruction must convey respect, gentleness, and humility to students. Instructors must be clear about their role and responsibility as teachers, and avoid competing with students, diminishing the latter's self-respect, or making them feel angry or hurt. (The same applies to senior members working with junior members.)
9. Instructors must be humble and sincere in dealing with dojo members, displaying sensitivity and tender care. They must recognize and correct their own shortcomings (i.e., their *shin-gi-tai* or mind-technique-body). They must engage in the process of *shugyo* and self-discipline, hand in hand, with the students in class, and cooperate with each other to build a better dojo.
10. Instructors must be mindful of their role as teachers and leaders in relation to the other dojo members, and must be committed to improving themselves and becoming good role models.
11. All Aikido practitioners are Founder Ueshiba's students. We must engage in *shugyo* always with gratitude and respect to the Founder, our teachers, and *sempais* (senior students). With thankful and humble attitudes, must we live each day and treasure the relationships with people, nature, the Universe, and all that we experience. Thus we can embody the spirit of Aikido.
12. There are a number of other self-evident rules of conduct in training and among them:
 1. Cleanliness is important; the mat area must be clean and dojo uniforms (*keigogis*, *hakamas*) must be clean.
 2. *Mudansha* must not wear *hakamas* at summer camps or seminars organized by the CAF.
 3. Training while under the influence of alcohol or any other intoxicant is prohibited.
 4. Participants with a medical condition that may be contagious, or one that may be worsened by practice must not practice.
 5. Participants should not train while in an unbalanced mental or emotional state.