



Airenjuku
Aikido Club

研
修
生

Kenshusei Programme

Level - Basic

Workshop 3



1. Kenshusei Basics

- Kenshusei should be at the head of dojo maintenance, keeping it clean and ensuring shoes / zori's are tidy. These activities should be delegated to the kenshusei to other students, however he / she must maintain the community spirit of participating in every dojo activity delegated.
- When approaching sensei for aihanmi / gakuhanmi the approach must be from the **DEAD** side.
- Approach for morote is the same as the fourth suburi sword movement. The same movement, only smaller is used for ushiro attacks.
- When taking ukemi, breath in when being drawn into the tori and breath out on impact with the ground. Also breath out when accepting immobilisation's such as ikkyo.
- Similarly the tori will breath in before a throw and breath out during a throw. This is called kokyu rokyu (breath power).
- When approaching the sensei approach in a relaxed, confident, positive attitude (this will pass on to other students). Keep good posture (kamae) at all times.
- Learn to feel what the sensei want through contact.
- Nearly all kenshusei work is done by example, respect, ukemi, attitude, manners, honesty and helpfulness to the sensei on and off the tatami.
- The Kenshusai must promote personal hygiene by wearing a clean kigogi. Having at least two and rotating them is advisable.
- If you have long hair tie it back and you have clean and neatly trimmed nails.
- Clean your hands and feet before practicing
- All students are advised to wear zori to and from the mat, the Kenshusai should promote this by wearing his/her own zori at all times and advising other students who do not.
- The kenshusai should attend as many UKA courses as possible. This both improves their visibility within the organisation and further promotes the kenshusai system.
- The kenshusai should ensure that all weapons are stored properly and transported to and from the mat correctly.
- Terminology is an important part of Aikido heritage, it is up to the kenshusai to digest as much of the known and little known terminology as possible and promote it at their own Dojo and UKA courses.

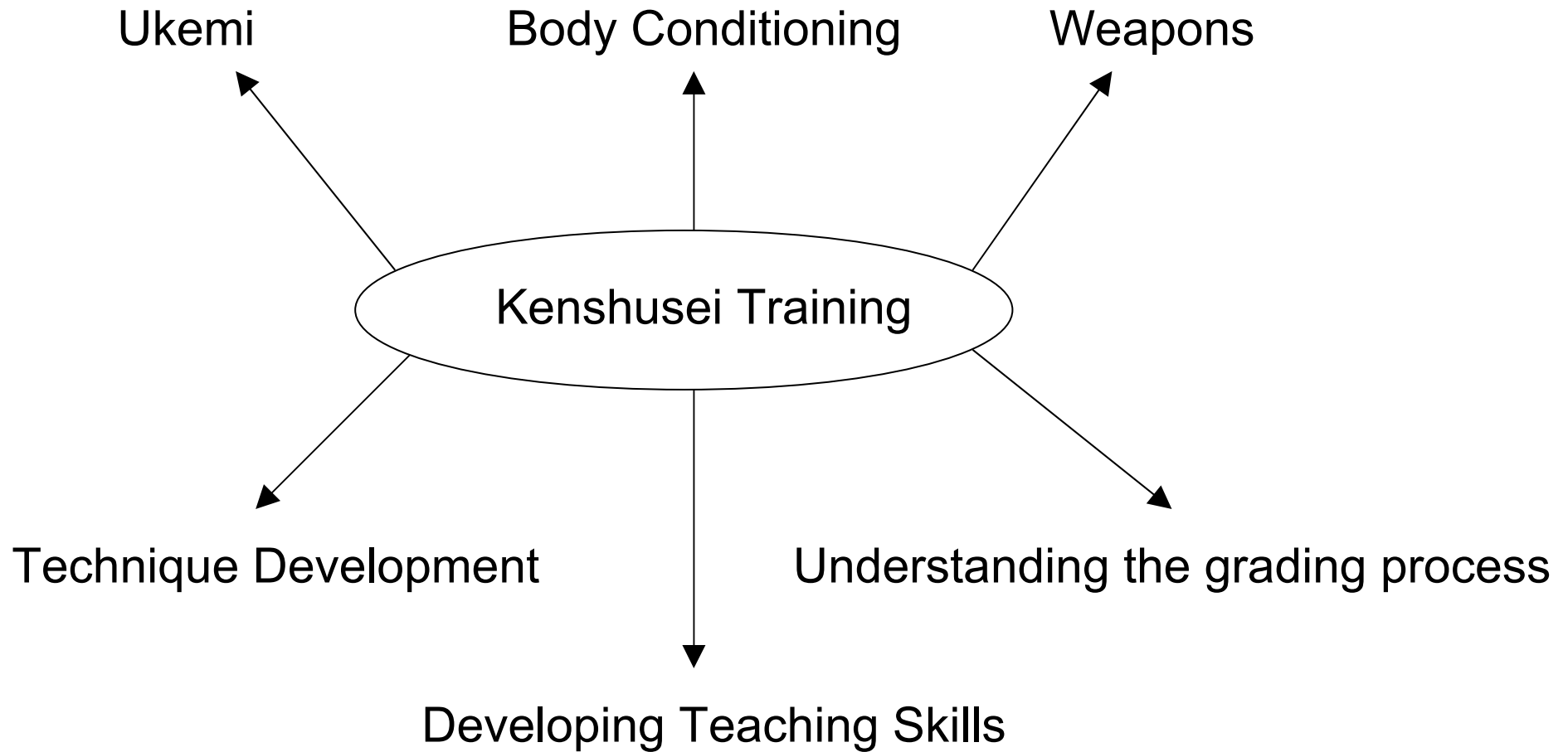


Task

In the space below from your current experiences and expectations write down what you expect to gain from kenshusei training. This will be used for your own reflection later on in the course.



Kenshusei Training





In the below boxes from discussion and your own understanding write down your interpretations of the core elements of kenshusei training and why they are important

Ukemi

Body Conditioning

Weapons



Technique Development

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Understanding the grading process

Blank area for notes related to Understanding the grading process.

Developing teaching skills

Blank area for notes related to Developing teaching skills.