

## Uchi Deshi Program

In the traditional Japanese Arts, it has always been the custom for committed students to live in the school, and often even in the teachers family, to fully dedicate themselves to the study of the art and its relation to life (similar to the traditional European apprenticeship system).

Unlike the so called *soto deshi*, students who live outside the school and visit the school for a few classes per week, the *uchi deshi* are live-in students and as such part of all daily activities of the school and the sensei. Through this full immersion, a much more complete transmittance of the tradition of the school and the art is possible. *Isshin den shin* - mind to mind - is the Japanese term for the wordless transmittance of the arts essence through resonance with the energy or vibration (the *kiai*) of the teacher.

Starting in January 2015, the Ki Aikido Dojo Rodgau offers committed Aikido students to stay for an extended period as a live-in student (Uchi Deshi), and to fully dedicate themselves to the study of Shinshin Toitsu Aikido. The dojo sensei lives with his family on the same property - which makes it possible to be there for the daily intensive training of the live-in students, besides the regular dojo classes and his own studies. There are small living quarters for the Uchi Deshi, and they can use the dojo's showers and toilet, a small kitchen with fridge and cooker, and the social area for eating and other activities.

Our Uchi Deshi Program is available to all Aikidoka who are 18 years and older and have a minimum Aikido experience of one year. Although preferable, it is not mandatory to come from Shinshin Toitsu Aikido background. If from another Aikido lineage, the Aikidoka must show a sincere interest in Shinshin Toitsu Aikido, and also must become a member of Ki Society before joining our program. All applicants have to fill and sign the form and regulations of our Uchi Deshi Program, and have to provide a letter of recommendation from their current sensei.

The time and length of the program participation can be planned individually, but a minimum length of one month is advisable. For long-term stays it is possible to agree a setup where the live-in student works part-time outside the dojo to finance his program participation (the dojo can offer no assistance to find such a job, though). But please keep in mind that such a setup results in a less extensive training program, which will slow down the progress that can be made during any given program length. Ideally one would financially prepare for the stay as Uchi Deshi and save up the money needed - so the time as an Uchi Deshi can be used to its full potential without distractions.

If you apply for the Uchi Deshi Program, you should be aware of the importance and meaning of this decision. To fully dedicate yourself to the study of this path can be a truly meaningful and useful experience with many beautiful aspects to it - but there will be times when it is not easy and when it will take willpower to succeed. Daily practice, also on your own, repetitive chores such as cleaning, and being away from family and friends, can test your endurance and mental power - this right here is not only part of the experience, but the stuff that makes you grow as a person.

# Program Details

## Enrollment

- Male and female Aikidoka 18 years and older are eligible to apply for the program.
- Your health must be in good condition, allowing 4 hours of daily training (sometimes more). If in doubt, please consult your physician. Having said that, no one will be asked to do more than they can possibly handle - your physical and mental abilities will grow over time, and the teaching will reflect that so that your growth can continue.
- You need to have valid health insurance for the desired duration of your time as Uchi Deshi.
- The minimum education level attained should be High School for foreign applicants (or your country's equivalent), German applicants need to have a „Realschule“ diploma (or higher).
- You need to have the financial capability to support your stay as Uchi Deshi. Besides the program cost (see chapter „Program Cost“), you need to budget for your food, cleaning and traveling expenses, Aikido gear, examination fees, cost of our-of-town seminars, etc.
- Applicants need a letter of recommendation from their current Sensei. Members of Ki Society need the concurrence of their Head Instructor for applying for this program. Aikidoka from other organizations need to become a member of Ki Society before starting their training as Uchi Deshi.
- In your application, please tell us why you wish to enroll in the Uchi Deshi Program. You will also need to visit Ki Aikido Dojo Rodgau at least once and experience our training. The Sensei will then do an interview with you and decide if you are accepted into the program.

## Training Schedule

- Uchi Deshi train in all classes and seminars offered by the Dojo (available at our website). Additionally, there is a 90-minute special Uchi Deshi class from Monday through Friday. A detailed weekly schedule will be worked out with the Uchi Deshi upon his/her arrival.
- Additionally, Uchi Deshi practice Ki-Breathing and -Meditation for (at least) one hour per day. The Dojo is available all day for any other practice time you might want.

## Program Cost

- The regular fee for training and lodging is 250,- € per month. For shorter stays:
  - one week: 100 €
  - two weeks: 180 €
  - three weeks to one month: 250 €
- These fees have to be paid before the training starts. For long-term stays, the monthly fee has to be paid at the first day of each month. Paid fees will not be refunded if the Uchi Deshi ends his program participation early, or is expelled from the program due to behavior issues.
- If needed, the fee for becoming a Ki Society member is 30,- € (valid for life). Yearly membership fees are covered by the Dojo for the duration of the Uchi Deshi program (or the Dojo membership).

- Fees for seminars with invited teachers or for seminars out-of-town have to be paid separately. Also, all fees for Ki and Aikido examinations have to be paid by the individual. Their Aikido training gear and weapons will be the Uchi Deshi's own responsibility.
- Uchi Deshi provide for their own food and cook by themselves in the Dojo kitchen. Other possible cost are for train/bus tickets, washing/cleaning, and you will need to plan for some pocket money for your free time expenses.

### **Uchi Deshi Life**

- For Uchi Deshi, practicing all aspects of Shinshin Toitsu Aikido is their first priority.
- Your whole day is part of the training. The teaching is applied to all aspects of daily activities and conduct - the true development of the student is visible in the smallest detail of daily life, not only in the technical quality of your Aikido on the mat. Attention, responsibility, thinking along, seeing what has to be done, consideration, will power, patience, helping others, not forcing advice onto others... to make it short: Keep One Point, Ki extends! Then you will always do the right thing!
- Through their behavior and conduct, Uchi Deshi not only represent the path they have committed themselves to, but they also represent their Dojo, its students and their Sensei. Be humble, polite and attentive, so that you can always do what is right in every moment. Never talk badly about Ki Aikido, the Dojo, its members or Sensei. Never talk badly about other arts and ways, respect other ideas and opinions. Follow the path you have chosen without doubt or hesitation.
- Uchi Deshi are responsible that at least 30 minutes before each class the garden gate and Dojo door are unlocked and the light in the Dojo entrance and training room is switched on. When the last student has left the Dojo and its premises, the Uchi Deshi switches off all lights and locks the Dojo door and garden gate.
- Uchi Deshi train in all regular and scheduled Uchi Deshi classes. Should your health prevent you from participating, please inform the Sensei ahead of class time.
- Uchi Deshi practice Ki-Breathing and -Meditation on their own for (at least) one hour per day. If you are not used to that practice yet, you will work towards this goal with Sensei's guidance.
- The Dojo is available all day should you need more practice time, but please respect quiet/night times and be considerate of neighbors (no *kiai* with open windows and/or during the night).
- Uchi Deshi are responsible that all Dojo rooms as well as the path to the dojo through the garden and backyard are clean and in order at all times. You will make a plan of all needed activities (in agreement with Sensei, so your activities don't collide with anything else). Always be aware, so if anything unplanned has to be done - just do it.
- Uchi Deshi should be available if Sensei has a need for some work around the dojo, or for an extra training. If you need to leave the Dojo grounds to run some errands, please inform the Sensei in advance.
- Uchi Deshi buy their own food and cook for themselves in the Dojo kitchen. The kitchen and the social/eating room should be clean and in order at all times. Food and leftovers are stored (or disposed of) appropriately.

- Die Uchi Deshi have a small space in the attic for their belongings and for sleeping. Please bring your camping mattress, sleeping bag and pillow. As the rooms are neither heated in winter nor cooled in hot summer, you can sleep on the Dojo mat as an exception if the weather is severe. Food and drinks should be stored in the kitchen - they are not permitted in the Dojo mat room.
- Uchi Deshi set an example in their behavior. Sensei and all Dojo members are treated with respect. Hints and corrections by the Sensei are accepted and carried out to the best of your ability - back talking, avoiding or justifying comments are not in place - these are signs of a missing will to learn and of your personal ego that stands in the way.
- Everyone has different conditions and experiences, physical and mental abilities, reasons for studying Ki Aikido. These have to be respected. Competition and displays of ego have no place here. It is everybody's responsibility to not harm or injure others or oneself.
- Your training gear is always clean and in order, nails are short, hands and feet clean, etc. - so that other students can follow your example.
- The Dojo and its grounds are a non-smoking area (also no use of heavily scented deodorants or perfumes, please). Alcohol consumption should be limited or avoided if possible - an Uchi Deshi has to be ready at all times. Use of drugs is strictly forbidden and will get you expelled from the Uchi Deshi Program immediately.
- Pain relieving medicine should only be taken if really necessary. Please inform Sensei right away, as pain killers affect your body's sensations, and hence your training. Should you feel sick, please inform the Sensei (maybe you need to see a doctor, possibly some Kiatsu can help, and it may be necessary to adjust your training schedule).
- Religious and other lifestyle preferences are private and should not interfere with the training, the Dojo's operation and other Dojo members.
- Hobbies and other spare time activities must not interfere with your training and your other responsibilities in the Dojo. If in doubt, please talk to Sensei.
- Time outside the Dojo premises for running errands, sightseeing and relaxation is available in agreement with Sensei, as long as it is not interfering with your training and other responsibilities. Urgent/important family or official affairs need of course be taken care of - but please inform Sensei well ahead of time. Generally, it should never occur that the Sensei does not know your whereabouts.
- Overnight stays outside the Dojo grounds are only possible for the above mentioned exceptions (and for out-of-town seminars). Uchi Deshi can receive private guests only with Sensei's permission, and never over night. Uchi Deshi manage their sleeping times so that they are fit and refreshed the next morning. Regenerating and refreshing with universal Ki during the night is vital for your healthy development...
- Severe or repetitive violation of these Uchi Deshi rules for conduct and training will get you expelled from the Uchi Deshi program. Applicants for this program should therefore check thoroughly if their will to go along this path is strong enough, so that they can handle possible difficulties or hardships. As with anything in life to which you fully commit, great results are possible. To see today that there are many things that you don't know or can't do yet is not a bad

thing - but it rather positively represents the big potential of all the things you can still learn! Once the first step is taken, all you need to do is continue walking...

I hereby agree to the above rules and conditions.

Applicants Name (print): \_\_\_\_\_

Place and Date: \_\_\_\_\_

Applicants Signature: \_\_\_\_\_

Special Arrangements:

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### Application for the Ki Aikido Dojo Rodgau Uchi Deshi Program

Personal Data	Name	First Name	Gender
	Birth Date	Birth Place, Country	Nationality
	Home Address	Mobile Phone Number	Email Address
	Native Language	other languages (fluent, school level, or just basics)	
Education and Work	School Education - Type of School	Name and Place of School	Date of Graduation
	Professional Education - Type/Name/Level	Name and Place of School/Institution/Company	Date of Graduation
	University - Course of Studies / Graduated as...	Name and Place of University	Date of Graduation
	Work Experience...		
Aikido Experience	Aikido since	Current Aikido Rank (Date)	Current Ki Rank (Date)
	Current Dojo	Current Sensei (Letter of Recommendation!)	Member of Ki Society ? (Number & Date)
	Aikido Organization (if not Ki Society)	Experience in or current practice of other Martial Art / Meditation	
Data for the Uchi Deshi Program	Contact Person in Case of Emergency	Address Contact Person	Email / Phone Contact Person
	Desired Starting Date	Desired End Date	Duration
	Financial capability to support oneself for the entire length of program? Parellel job necessary for financial support?		Program cost for desired duration
	Are there any health issues that could impact your training?		
Date / Signature of Applicant		Concurrence Olaf T. Schubert Sensei	