

Portsmouth Aikido
Learn Everywhere NH
Program Contract



By signing this document, I _____ hereby agree to the following
Parent's name

terms for my son/daughter _____:
Name of Child

I (the parent/legal guardian of, or the emancipated student, covenant and agree at all times to indemnify and hold harmless the (school district), their school boards, officers, directors, agents, employees, all funding districts and sources, and their successors and assigns, (the "indemnified parties") from any and all claims, demands, actions and causes of action, whether in law or in equity, and all damages, costs, losses, and expenses, including but not limited to reasonable attorneys' fees and legal costs, for any action or inaction of the state approved Learn Everywhere program, its board, officers, employees, agents, representatives, contractors, guests and invitees, or pupils.

To earn academic credit for my participation in this program, the student must:

- Attend a minimum of 2-3 classes per week for a total of five months
- Assist with kids' classes at least twice a month in addition to weekly training
- Demonstrate competency in the four areas of movement patterns, movement concepts, fitness goals, and fitness responsibility
- Pass a United States Aikido Federation kyu test
- Give a demonstration of learning at the end of the five month cycle

(Check one)

Aikido I (½ credit)

Aikido II (½ credit)

Signature _____

Date _____

Student Outcomes

Aikido I:

1. **Movement Patterns:** Students will demonstrate the [USAF 6th kyu test techniques](#) of *tai no henko* and *kokyuhō*, and show basic weapons skills with the sword and staff including, bowing, standing, and sitting and showing three *kamae* positions for each weapon.
2. **Movement Concepts:** Students will demonstrate back falls, back rolls, forward rolls, knee walking, a seated pin, and four basic *tai sabaki* (body movements).
3. **Fitness Goals:** Students will successfully pass the USAF 6th kyu test, including regular class attendance, receiving feedback on practice tests, and completing a formal test in front of their teachers and peers.
4. **Fitness Responsibility:** Students will consistently demonstrate formal Japanese dojo etiquette, including bowing, sitting quietly before and after class, listening respectfully during instruction, and practicing safely and cooperatively with other students.

Aikido II:

1. **Movement Patterns:** Students will demonstrate the seven paired techniques of [USAF 5th kyu test](#), and show three basic attacks each with the sword and staff.
2. **Movement Concepts:** Students will demonstrate the *omote* and *ura* versions of each test technique, including two seated pins, three joint locks, and five throws.
3. **Fitness Goals:** Students will successfully pass the USAF 5th kyu test, including regular class attendance, receiving feedback on practice tests, and completing a formal test in front of their teachers and peers.
4. **Fitness Responsibility:** Students will continue to demonstrate formal Japanese dojo etiquette, and serve as mentors by helping to demonstrate techniques in front of the class, helping less experienced students, and participating in regular cleaning of the practice space.

