

## I. Introduction to 2017 MUKEN Beginner Course

The MUKEN Beginner Course provides a foundational training and understanding of kendo. It is aimed at complete beginners - no experience with kendo or any other martial art is required. Over a 10 week period starting from Monday February 27, lessons will be given twice a week in a group setting by experienced instructors. Those completing the course will be invited to join the club and take their place in our regular club training sessions.

Course content includes an introduction to dojo etiquette, safety, the basic movements in kendo and our club training routines.

Over a 10 week period starting from Monday February 27, lessons will be given twice a week in a group setting by experienced instructors. Training takes place twice a week in the Sports Centre West Stadium:

- Mondays 5:30-7:30pm
- Thursdays 5:00pm – 6:30pm.

Full attendance is expected for both the beginners' course and for our regular training. However, we understand that work and study commitments do come in the way some times. It is possible to make progress while training only once per week, but instructors have limited time to give extra attention to those who do not attend regularly.

Kendo is a physically demanding, contact activity. Average health and fitness is assumed. If you have any health issues that may impact on your ability to take part safely in this kind of activity you should consult your doctor and advise the Club before you commence training.

Please wear light and loose fitting clothes to training – tee shirt and track pants are a good option. Avoid long sleeved shirts and tight pants or skirts. It is not necessary to wear kendogi and hakama at the start of the Beginners' Course, though you may choose to wear them if you do have a set. If you decide to continue after the Beginners' Course, you will be expected to wear the uniform to all training sessions

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For 2017 beginners, two payment packages are made available for the course itself and training afterwards. To meet most people's needs, there are different options for each package.

## 1. Beginner Course Package

| Content         | Description                         | Full Pack | Course & Shinai |
|-----------------|-------------------------------------|-----------|-----------------|
| Beginner Course | 9 weeks (excluding free trial week) | ✓         | ✓               |
| Shinai          | A Japanese sword made of bamboo     | ✓         | ✓               |
| Shinai Bag      | Bag to store and carry shinai       | ✓         | ✓               |
| Uniform         | Navy Blue Gi and Hakama             | ✓         | --              |
| Price           |                                     | \$ 250.00 | \$ 140.00       |

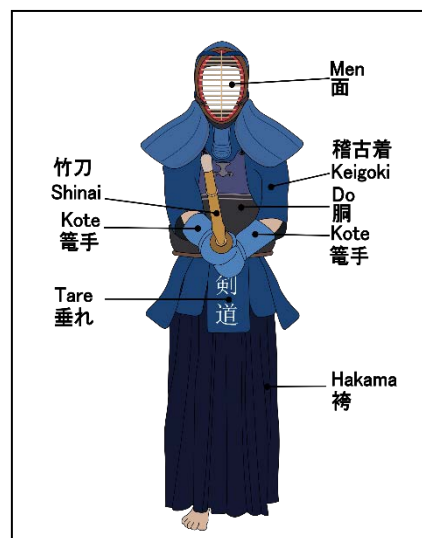
If you already have a set of uniform, you can choose to purchase the Course & Shinai package.

Purchased shinai and bags will be handed out on the 4th week of the beginner course. They will be yours to keep and maintain. To receive them you must attend one of the two shinai maintenance course held on March 20 and 23 after training, where you will learn how to maintain and repair your shinai. Attendance is mandatory.

Uniforms ordered through us will be given out between the 5th – 8th weeks of the beginner course. This will give you time to learn how to wear and fold the uniforms correctly.

If you decide to order your own uniforms, please ensure that you have it ready before Monday March 27.

At the end of the course there will be a test on the skills you have learned during the 10 weeks. If you can pass the test and have attended more than 60% of the course you will receive a certificate acknowledging your success and be given the opportunity to



Kendo Equipment

<[https://upload.wikimedia.org/wikipedia/commons/a/ac/Kendo\\_uniform\\_parts.png](https://upload.wikimedia.org/wikipedia/commons/a/ac/Kendo_uniform_parts.png)>

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become a full member and participate in all MUKEN training, competitions and activities.

## 2. Survivor Package

Once you complete the beginner course, you can choose to become a full member of MUKEN. There will be a one off cost which comes with two options.

| Content    | Description   | Full Pack | BYO Amour |
|------------|---|-----------|-----------|
| Membership | Membership to Melbourne University Sports, Victorian Kendo Renmei, Australian Kendo Renmei.<br>A must-have for entering competitions and grading within Australia.<br>Including insurance to cover any injuries you may sustain from any official training or competitions. | ✓         | ✓         |
| Zekken     | A name tag worn over the tare.  | ✓         | ✓         |
| Tenugui    | A head towel worn under the men, in the 25th MUKEN anniversary style.   | ✓         | ✓         |
| Training   | All training sessions up until June 30, 2017.   | ✓         | ✓         |
| Amour hire | Amour hire for all training sessions up until June 30, 2017.  | ✓         | --        |
| Price      |   | \$ 200.00 | \$ 165.00 |

We have endeavored to source a balanced mix of good quality equipment for the lowest price possible for you. These equipment do not necessarily have to be purchased from us. You are welcome to bring your own equipment if you have them. They will need to be inspected first before use to ensure that it is suitable for training. There will be NO refunds for the shinai, shinai bag, and uniforms once purchased. In the case that the uniforms are not the correct fit for you, we will find a replacement for you free of charge.

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## 3. Future Fees

From July on, you can keep training as a full member of MUKEN. Applied fees include:

| Item                                       | Price     |
|--|-----------|
| Semester Training Fee (covers 6 months)    | \$ 130.00 |
| Semester Armour Hire Fee (covers 6 Months) | \$ 80.00  |
| Casual Training Fee (per training)         | \$ 5.00   |
| Casual Armour Hire Fee (per training)      | \$ 5.00   |
| Annual Membership Fee (due in every May)   | \$ 75.00  |

Additional Purchases are available from the club (prices subjected to change):

| Inventory              | Price     |
|------------------------|-----------|
| Shinai (Size 38 or 39) | \$ 35.00  |
| Shinai Bag             | \$ 10.00  |
| Bokken (L)             | \$ 35.00  |
| Bokken (S)             | \$ 20.00  |
| Zekken                 | \$ 40.00  |
| Tenugui                | \$ 12.00  |
| Uniform Set            | \$ 120.00 |
| Club Jacket            | \$ 70.00  |

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## II. More Information

More information can be found on:

MUKEN Official Website: <http://www.muken.com.au>

MUKEN Beginner Course Information: <http://www.muken.com.au/Kendo-Beginner-Course>

MUKEN FAQ: <http://www.muken.com.au/Kendo-FAQ>

MUKEN Facebook Page: <http://www.facebook.com/melunikendoclub>

Victoria Kendo Renmei: <http://www.kendovictoria.asn.au/>

Australian Kendo Renmei: <http://www.kendoaustralia.asn.au/content/>

### MUKEN Training Information

Monday (Beginner, Advanced) 5:30pm -7:30pm West Stadium, Sports Centre

Wednesday (Advanced) 7:00am – 9:00am West Stadium, Sports Centre

Thursday (Beginner, Advanced) 5:00pm – 6:30pm West Stadium, Sports Centre

Thursday (Kata) 6:30pm – 7:30pm Mind/Body Studio, Sports Centre

Friday (Advanced) 7:30pm – 8:30pm West Stadium, Sports Centre

Please feel free to contact us should you have any further question at [enquiries@muken.com.au](mailto:enquiries@muken.com.au)



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## Important Rules and Guidelines

Be ready to start on time: 5:30pm (Mondays) or 5:00pm (Thursdays).

Remove any hats, shoes, and socks before entering the dojo area.

All personal belongings must be kept inside the stadium and not left near the stairs.

Bags and shoes must be lined up neatly against the wall.

For all trainings, you must either wear light and loose fitting clothes or the kendo uniform (gi / hakama).

Assist with the setting up and cleaning of the dojo (before training) and packing up (after training).

Ensure that your equipment is well maintained and safe for use in training.

When assigned a bogu, pack it up correctly before storage.

Respect the instructors by listening and not speaking when they are giving instructions.

Do not leave your shinai lying around. When not in use lay them against the wall with the handle on the floor and tip facing up.

If you have trouble understanding the instructions let the instructors know. We will try to help you as much as we can.

Notify the instructor or a committee member if you are unable to attend a training session.

If you feel any pain or discomfort – stop training and inform the instructors immediately.

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